



## Welling up...with an eye on the future

It's the end of an era as Community Food and Health (Scotland) ends its association with Consumer Focus Scotland after more than 16 years. This 62<sup>nd</sup> edition of Fare Choice will be the last to go out from the country's consumer champions. In future it will be NHS Health Scotland, with its national remit to reduce health inequalities, that will take on CFHS and its functions.

The transfer has been highlighted in previous editions of Fare Choice and e-bulletins but as the move gets closer it is more important than ever that everyone appreciates what is happening, to ensure a smooth transition, allowing support to continue for those tackling health inequalities and promoting social justice through the medium of food.

Tackling inequalities is a challenge that has been identified by various groups and agencies at all levels (see Policy, page 4) and social justice was a recurring theme at this year's annual conference (see page 10). Recognising the specific challenges facing particular communities, from older people (see page 13) to infants (see page 7) and from young carers (see page 6) to rural communities (see page 9) will continue to be crucial to ensuring



Award ceremony for 18 Community Food Champions in Fife supported by Fife Community Food Project see page 12.

that not only is inequality and injustice recognised but also appropriately addressed.

Community Food and Health (Scotland) have only ever been able to achieve anything through a very close relationship with those, paid and unpaid, addressing inequality and injustice at a community level. That relationship will be more important than ever as we work alongside our new colleagues at NHS Health Scotland in a national effort to tackle the inequalities in health that too many individuals, families and communities endure.

Community Food and Health (Scotland) are well up for the changes ahead and convinced that communities will continue to be well served, well informed and well connected – looking forward to a fairer, healthier Scotland.

### In this edition:

*'[FareShare Glasgow]...works to redistribute fit for purpose surplus food to organisations that work with disadvantaged people in the community, addressing food poverty, food waste and employability'. see page 13.*

## About us . . .

Our overriding aim is to improve Scotland's food and health.

We do this by supporting work within low-income communities that improves access to and take-up of a healthy diet. Major obstacles being addressed by community-based initiatives are:

### **AVAILABILITY**

Increasing access to fruit and vegetables of an acceptable quality and cost

### **AFFORDABILITY**

Tackling not only the cost of shopping but getting to shops

### **SKILLS**

Improving confidence and skills in cooking and shopping

### **CULTURE**

Overcoming ingrained habits

We help support low-income communities to identify barriers to a healthy balanced diet, develop local responses to addressing them and highlight where actions at other levels, or in other sections are required.

We value the experience, understanding, skills and knowledge within Scotland's communities and their unique contribution to developing and delivering policy and practice at all levels.

CFHS is funded by the Scottish Government and based within Consumer Focus Scotland.

# TEAM TALK

## An update on our recent/ forthcoming work

### **'Winter promotion' funding**

Fourteen community food retailers were recently awarded small amounts of funding to promote their sales of fruit and vegetables throughout January and February. The range of promotional activities was very impressive and included: Tullibody Healthy Living Initiative holding a soup making day; East Lothian Roots and Fruits running healthy eating sessions; and Community Food Moray holding a 'Seasons Eating' event to encourage young parents in the area to use their services. Evaluation of the impact of the promotional activities will be carried out later. Our funding scheme complemented the Scottish Grocers Federation Healthy Living Programme's 'Winter Promotion' event, which has included hundreds of convenience stores promoting fresh produce and other healthier products through the winter months.

### **North Glasgow Community Food Initiative Case study**

This case study is now available on our website. It focuses on pioneering work with refugees and people seeking asylum in the city. Using photographs, video footage, web links and words, it features the story of Bouchard who came to Glasgow from the Democratic Republic of Congo and how being involved in NGCFI's allotment and wider activities has helped him to settle in a new place as well as work on his diet.

### **Learning and development programme**

Our learning and development programme for 2012/13 is nearly completed. Thanks again to everyone that took part in one of our courses, especially to those of you that helped us with our evaluation of the programme. The evaluation is available on our website.

If there is a course that you feel we should be offering, please get in touch.

### **Funding for nutrition training**

We want to make it easier for everyone to be able to access accurate and consistent information about what constitutes a healthy, balanced diet. In February, we funded groups working with families to run a REHIS Elementary Food and Health course for their staff, volunteers or group members. We are also funding community food practitioners to obtain the RSPH Diploma in Nutrition and Health, so that they can become REHIS elementary food and health tutors. **Places may still be available: for more information, contact Anne.**

### **On the right track**

A report from our very successful annual networking conference which was held in Glasgow last November is now available on our website. Key themes from the conference discussion are on page 10.

## Theory of Change

CFHS has commissioned a piece of work to explore the theory of change that underpins work around food and older people.

Eight organisations have generously shared their time with a consultant to look at theories underpinning their work and whether it is possible to come up with one generic model.

The model(s) will form a suite of materials to support groups to build long term support for work that improves access to a healthy diet for older people living in their community.

## What sort of economic evidence do local authorities really use from community food initiatives?

Continuing our interest in economic evidence we are doing a short survey of local authority staff to find out a bit more about their use of it. What we find will inform future work e.g. to do wider research or develop resources for the field.

## Building Evidence of Impact – Food, mental health and well being

*“It was good to challenge my own thinking and appreciate some wider ways of doing things. I think it will help me to plan my projects better i.e. with more clarity.”*

Participant feedback

Ten different organisations completed the group part of the programme provided by Evaluation Support Scotland in January. They also received funding from us to take this learning back into their organisations and to carry out a piece of evaluation.

Participants will meet again in June to share what they have been doing and their learning about the impact that improved food access has on mental health and wellbeing. A report will be available later in the year.

## Healthy Start with Home-Start MAJIK

Following the successful pilot to promote maternal and infant nutrition and Healthy Start in Falkirk in collaboration with NHS Forth Valley, CFHS are investing in a similar programme of learning activities in collaboration with Home-Start MAJIK (Mid-Argyll, Jura, Islay and Kintyre) taking place in Campbeltown.

Learning from this programme will be shared and provide valuable learning about delivering activities in low-income/vulnerable communities in rural areas. More information about the programme is available on page 7.

## Maternal and Infant Nutrition Conference

CFHS had a strong presence at the recent NHS Health Scotland conference in Edinburgh on 7 February. The event focussed on maternal and infant nutrition (MIN) and the use of asset based approaches to improve MIN. In partnership with NHS Forth Valley, CFHS contributed to a workshop on ‘Practical examples of using asset-based approaches’ where the work of the ‘Putting Healthy Start on the map’ pilot was presented. CFHS also had a stall where ‘Strengthening food work across ethnic minority communities: a focus on maternal and infant nutrition’, was launched (see page 14).

Both Michael Matheson, Minister for Public Health and Aileen Campbell, Minister for Children and Young People spoke at this event and highlighted positive changes and progress in tackling health inequalities especially in relation to children, parents/carers and families in Scotland.

**Presentations from the event will be available soon on our website.**

## ‘From local to national and back again’ report

Three health intermediaries, CFHS, VHS and CHEX in collaboration with the Scottish Government Third Sector Unit created opportunities for structured dialogue between community-led health organisations, Scottish Government officials and the community and voluntary sector. A report from this pilot is available on our website. A proposal from the three intermediaries to fund a further two year programme of similar Learning Exchanges has been forwarded to the Scottish Government. The programme’s objective is to build a bridge between policy making and implementation, in order to improve policy outcomes by:

- Developing skills for engagement.
- Improving understanding of roles and challenges.
- Facilitating the co-creation of practical ideas.

More information on how to participate will be available in due course.

The same three intermediaries along with other agencies, are following up the Scottish Government’s enthusiasm for more effective engagement between the Third Sector and the NHS. SCVO’s recent annual ‘gathering’ saw the launch of a new engagement tool, which will accompany a new online resource and the greater promotion of community benefit clauses in the pursuit of more informed collaboration between these key partners. Visit our website for more information.

## Whatever your ambitions for food and health in Scotland - policy matters!

The reconvened **Ministerial Taskforce on Health Inequalities** met for the first time in November 2012, and will examine all available evidence and suggest new or improved ways to reduce health inequalities. Their work will also build on the Equally Well report, published in 2008. **It is expected to report in Summer 2013.** [www.scotland.gov.uk/News/Releases/2012/11/healthinequalitiies29112012](http://www.scotland.gov.uk/News/Releases/2012/11/healthinequalitiies29112012)

Also published is the 5th annual publication on headline indicators following the Equally Well report. It shows the gap in health outcomes between the most deprived and least deprived areas of Scotland. [www.scotland.gov.uk/Publications/2012/10/3929](http://www.scotland.gov.uk/Publications/2012/10/3929)

**Joseph Rowntree Foundation's** sixth study of poverty and social exclusion in Scotland highlights a huge rise in unemployment for under-25s. The research was carried out by the New Policy Institute. [www.jrf.org.uk/publications/monitoring-poverty-scotland-2013](http://www.jrf.org.uk/publications/monitoring-poverty-scotland-2013)

The **Scottish Index of Multiple Deprivation 2012** was published by the Scottish Government in December 2012. The Index ranks Scotland's 6505 datazones (each consisting of 350 houses) for several different aspects of deprivation, from the most to the least deprived. <http://simd.scotland.gov.uk/publication-2012/>

Another report published in December was **Audit Scotland's 'Health inequalities in Scotland'**. The aim of the report was to assess how well public sector organisations are working together to tackle health inequalities. It concludes: health inequalities are not reducing, there is a need for clarity about how resources are allocated and that better access to health services for disadvantaged groups and better partnership working are required to make any impact.

Visit [www.audit-scotland.gov.uk/work/all\\_national.php](http://www.audit-scotland.gov.uk/work/all_national.php) and scroll down for the report.

The Chief Medical Officer for Scotland's annual report, **'Health in Scotland 2011: Transforming Scotland's Health'** was also published last December. Health inequalities are recognised

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as the '....most significant issue which the Chief Medical Officer of Scotland has to face...' [www.scotland.gov.uk/Resource/0041/00411579.pdf](http://www.scotland.gov.uk/Resource/0041/00411579.pdf)

Martyn Evans, Chief Executive of the Carnegie Trust UK, and former Director of the Scottish Consumer Council and Consumer Focus Scotland, is one of four members of an **Expert Working Group on Welfare** recently established by the Scottish Government. The Group will advise the Scottish Government on how a fairer welfare benefits system can be introduced in an independent Scotland. [www.scotland.gov.uk/News/Releases/2013/01/welfare06012013](http://www.scotland.gov.uk/News/Releases/2013/01/welfare06012013)

The Scottish Parliament has passed the **Homelessness (Abolition of Priority Need Test) (Scotland) Order 2012**. All unintentionally homeless people now have the right to settled accommodation due to the removal of the priority need test. [www.scotland.gov.uk/News/Releases/2012/11/tackling-homelessness21112012](http://www.scotland.gov.uk/News/Releases/2012/11/tackling-homelessness21112012)

The latest data used to measure the success of **Scotland's National Food and Drink Policy** has been published. The Food and Drink Leadership Forum selected a set of indicators to monitor its progress. [www.scotland.gov.uk/Publications/2013/01/4828](http://www.scotland.gov.uk/Publications/2013/01/4828)

**The Scottish Food and Drink Federation and the Scottish Government** are working with food and drink manufacturers to assist them to reduce the amount of salt, fat and sugar in their products. [www.scotland.gov.uk/News/Releases/2013/01/healthyfood04012013](http://www.scotland.gov.uk/News/Releases/2013/01/healthyfood04012013)

An analysis of the responses to the consultation on the proposed **Community Empowerment and Renewal Bill** was published in early January. The report summarises the content of the 447 responses received. [www.scotland.gov.uk/Resource/0041/00410864.pdf](http://www.scotland.gov.uk/Resource/0041/00410864.pdf)

**Family Food 2011** is the source of detailed statistical information on purchased quantities, expenditure and nutrient intakes derived from both household and food and drink eaten outside the home. [www.defra.gov.uk/statistics/foodfarm/food/familyfood/](http://www.defra.gov.uk/statistics/foodfarm/food/familyfood/)



## Communities in the pursuit of sustainability: food as an action focus

Increasing environmental and societal challenges have enhanced the imperative for the pursuit of sustainability. Sustainable development is seen as a pathway towards this contested and elusive goal. Whilst formal government interventions are essential, at international, national and regional level, together with NGO support, there has also been a strong grassroots response to both avert apocalyptic possibilities and to inhabit more positive alternative visions of the future. So what is the relationship between community sustainability action and community food initiatives?

Communities of place, interest, practice or values can all engage, although normally we consider communities of place, such as a village or city neighbourhood. In addition to the focus on top down community regeneration in deprived areas there is sometimes also a desire to build 'community' as an objective as well as a route to sustainability. This then focuses upon action from within deprived communities themselves as opposed to initiatives begun by outsiders.

Such action often results in particular groups and associated projects emerging. In many cases a focus on food is evident. Firstly, sharing tasty food is a good way to begin to get people engaged in more wide ranging discussion such as their means of challenging social inequalities, build a sense of community and have fun, thus promoting the ideas of sustainability as a more pleasant way of living (as opposed to more restrictive). Secondly, the production of more sustainable food options has health benefits that make people feel positive, impact community health outcomes and reduce environmental impacts. Part of the feel good factor is the satisfaction of learning to grow and cook basic foods, which helps people reconnect with their local natural environment, through digging the soil and watching plants grow as the days lengthen. This may convey mental health as much as physical health benefits for individuals and have direct impact upon community physical and mental health outcomes. Thirdly, sustainable food production and consumption is closely associated with localism. Buying food locally reduces carbon emissions incurred by food transport, helps strengthen relationships between local farmers and communities, creates positive local economic impacts and encourages people to purchase seasonal foods (again reducing carbon emissions, and re-establishing human-environment links and cultural rituals). Finally, a focus on food tends to highlight health, environmental and equity attributes of food. Fairtrade, organic, high welfare and social responsibility foods form part of the diet, with a proportion of the diet still deriving from overseas production (inevitably bananas, chocolate and coffee!) but in an intentional manner. All of these factors assist in the creation of community resilience, the ability of communities to adapt to change.

Community resilience and increased reliance on local food assist in the development of food security, "a situation that exists when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life" (FAO 2011). In deprived communities resilience is clearly a desirable outcome of community sustainability action, but such action is also considered to drive an even more desirable outcome of increased food sovereignty. "Food Sovereignty is the right of peoples to define their own food and agriculture; to protect and regulate domestic agricultural production and trade" ([www.viacampesina.org](http://www.viacampesina.org))

Examples of communities in Scotland pursuing sustainability through food action include many Transition groups e.g. the Fife Diet is a community initiative begun by a few people who wanted to explore just how much food could be procured locally. CLEAR is a community group in Buckhaven, a deprived area in Fife. Their focus on sustainability led to creation of local growing areas, transforming area previously used for vandalism into green communal spaces, empowering locals to take back control of their land and facilitating healthy eating, education and social engagement.

The pursuit of sustainability by communities thus offers a holistic view of sustainable food production and consumption, seeing it as a part of our move towards more sustainable ways of living, together, lightly upon the planet. In this way, sustainable food is not only a health or environmental choice, but also a statement of who we humans are and how our communities should be.

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CFHS have funded six community food initiatives to develop pieces of work to increase access to locally grown or sourced fresh produce in low income areas. A report detailing how they got on will be available on the CFHS website later in the year.

### Making self-evaluation fun for young people

In January 2012 Quarriers Glasgow South West Carers Centre got support to develop and undertake self-evaluation activities with young carers. Previous consultation had identified the need and desire in young people to develop cookery skills. Working with Clarity Nutrition, it ran a programme of activity to build knowledge using the eatwell plate and practical cookery skills, including menu planning, making healthier versions of favourites, and waste reduction.

Embedded in all of this was self-evaluation. To engage and empower the young people they used more creative methods such as food photo diaries, quizzes or games.

The photo diaries were particularly popular with the young people, helping them understand where they were starting from and identify change and difference. For example, one young person who started off saying she only ate soup out of a tin, ended up declaring her home made sweet potato soup 'tastes better than Heinz!'

The work culminated in November with a Masterchef style competition, in front of family and friends. To test and demonstrate their learning the young people had to create a meal which fitted with the eatwell plate and minimised waste. Each of the young people demonstrated both cooking skills and clear understanding of what to include in a balanced meal.

The Young Carers Coordinator said, "the young people have loved taking part in this group; we've all learnt lots, had a good laugh and enjoyed some lovely food. Evaluation was just part of it all, whether it was using stickers on pictures to rate things, games with the eatwell plate or food labels or preparing food for an event; we were able to show off their learning in lots of different ways. Camera phones have definitely taken over from disposable cameras!"

What this work shows is that with a bit of thought it can be easy and fun to build your evaluation methods into activities. From this you can get relevant information about progress and keep young people involved and engaged to the point where they take their learning and skills into their everyday lives.





## FEAT Trading

Fife Employment Access Trust (FEAT) based in Glenrothes, is a registered charity supporting people with mental health problems to gain confidence and access and sustain employment. FEAT Trading is a Community Interest Company (CIC) and an offshoot of FEAT. The CIC was developed to increase the enterprise activities of FEAT.

FEAT Trading has been awarded a small grant from CFHS for a start-up cost for a pilot cafe project in Cowdenbeath. This involves developing a Remploy canteen to provide employees with disabilities freshly prepared hot and cold meals. Many employees lack access to a main meal and this enterprise could meet that need. In addition this enterprise could offer community cohesion with local high school pupils by offering an alternative option to fast food vans in the area outside the school. The cafe could also attract local workers from a local industrial estate. The proposal outlines clear links with the Scottish Government's 'Preventing Overweight and Obesity in Scotland Route Map and Action Plan'. However, following the award of funding, the progress of the SAYCE review (commissioned by the UK Government into how protected budget for disability employment could be used more effectively) has caused uncertainty about the Remploy factory in Cowdenbeath. A revised proposal has been developed which continues to work towards their outcomes.

In partnership with Fife Community Food Project (FCFP) an alternative joint programme of activity will be delivered to fulfil their goals. This programme will sustain the momentum of the project, develop skills and deliver valuable opportunities for FEAT and other partners clients.

Key features of the programme activity include:

- FCFP will deliver 3 x 2 hour sessions over 6 weeks in 3 venues in Fife relevant to the needs and interests of the group including cooking on a budget, healthy eating and food safety.
- Prospective managers will participate in practical sessions to assess their capacity to work with sometimes vulnerable clients.
- 'Train the Trainer' training to ensure the needs of the programme are met effectively.
- Work with and involvement of potential partners including Remploy clients and Gillespie Church, Dunfermline.
- Exploring and identifying opportunities to sell food produced in the programme through local outlets i.e. Remploy employees; hospitals where FEAT deliver support with employment; pop up shops; and market stalls.
- Exploring sources of local food with a local networking enterprise.

The programme is expected to be delivered from April 2013 onwards. For more information contact David Henderson on 07810 550217.

## Maternal and Infant Nutrition, Healthy Start and Home-Start MAJIK

Home-Start MAJIK provides a service to parents through home visiting in which volunteers provide support, friendship and practical help to parents with children under five in Mid Argyll, Kintyre, Islay, Jura, Cowal and Bute. Home-Start MAJIK is a local project of the wider Home-Start UK network.

All local Home-Starts are firmly rooted in the communities where they are based, making them an ideal support service to meet the needs of the people who live there. They play a vital role in supporting improvements in children's health, wellbeing and development and increase access to health, education and community services.

Learning from a successful pilot between CFHS and NHS Forth Valley<sup>1</sup> is being used to support Home-Start MAJIK to:

- raise awareness around Healthy Start and maternal and infant nutrition (MIN);
- build capacity to share learning; and deliver practical sessions to local and targeted communities.

The aim of this collaboration is to support and demonstrate the important role that the community and voluntary sector has alongside or

<sup>1</sup> <http://www.communityfoodandhealth.org.uk/publications/putting-healthy-start-map/>



in partnership with others in delivering national priorities around maternal and infant nutrition.

A programme of work currently underway involves:

**Planning and engagement** - delivery of up to four awareness raising sessions to staff and volunteers from 15 + community and voluntary organisations in Campbeltown to promote Healthy Start and MIN. This activity will support staff and volunteers to engage colleagues and targeted communities in providing information on and promoting Healthy Start. The impact of this will be mapped.

**Training and practical activities** - in partnership with NHS Highland, a dietitian will deliver two training sessions on MIN to staff and volunteers from community and voluntary organisations. This is to develop and support knowledge and skills that can be shared with target groups when promoting Healthy Start. The training sessions will be followed by practical food preparation and cooking demonstrations focusing on snacks and meals that can be made from the value of one Healthy Start voucher - £3.10 (fruit and vegetables).

**Activities** - organisations that have participated in raising awareness and training sessions will be encouraged to apply for small amounts of funding to deliver activities that promote Healthy Start and MIN to groups.

**Resources** - Home-Start MAJIK is purchasing a cooking kit for groups of eight participants to hire and use in local venues and sustain practical activity in local areas. Healthy Start resource packs are being produced to ensure that relevant information is distributed to participating organisations.

**Impact** - Learning from this programme will be used to:

- Highlight the intervention and how it can be applied in other areas.
- Inform learning focusing on the impact of engaging communities and all those who engage with pregnant women, children and families to promote Healthy Start/MIN.

**For more information contact Dee Hancock, Senior Co-ordinator on 07887 511 022 or e-mail [dee@homestartmajik.eclipse.co.uk](mailto:dee@homestartmajik.eclipse.co.uk)**

## HELM Dundee

Helm is a charity based in Dundee providing a creative, supportive learning service for people, in particular young people. HELM delivered The Growwell Project (Maternal and Infant Nutrition NHS Tayside) on behalf of NHS Tayside, with programmes to improve the nutritional knowledge and skills of women of child-bearing age and those with young families currently taking place.

Initially Growwell ran three cooking sessions a week: two for young parents and one for young women aged 15-18 years. Through links with other projects support has been provided inhouse and to wider audiences outside Helm.

**Outreach** activities in other parts of Dundee targeting both young parents and other parents in low-income communities have been developed. Helm is invited to deliver sessions to other young people's services and agencies across Dundee relevant to MIN.

A small grant from CFHS was used to develop a Recipe Menu planner which was created and piloted by outreach groups. The planner includes advice on nutrition for young parents and children and practical cooking ideas relevant to their lives such as one pot recipes, microwave friendly recipes, family foods and eating during pregnancy.

HelmHealth Roadshow works alongside Growwell to widen and complement their work in improving nutritional learning and skills within low-income communities in Dundee. HelmHealth distributes **Healthy Start** children's vitamins, along with providing advice on nutrition, exercise, breastfeeding, weight management and cooking to families around Dundee. HelmHealth is funded by Awards for All and supported by NHS Tayside. Families who already receive Healthy Start vouchers can receive a two month supply of Healthy Start vitamins direct from HelmHealth.

Helm has close links with the **St Andrews Family Support Project**. The project helps families with parents aged 21 years and under to develop and learn positive interactions with their children, recognising their potential as both parents and individuals.

The **Play and Learn crèche** at the family project provides parents with access to training and learning opportunities through **Helm Young Parents Employment (HYPE) Project**. **Tots 'n' Times** is a toddler group run by former parents and volunteers that participated in Helm/HYPE programmes for parents who are 22 years and over.



Helm also use learning opportunities to promote **breastfeeding and weaning** to young people. With support from NHS Tayside, infant feeding sessions take place with both males and females in separate groups. Both are encouraged to discuss their infant feeding experiences if they are known and learn about the importance of considering breastfeeding as future parents. These sessions are very successful.

**Impact** - The initial two year Growell project was evaluated by Dundee University, using detailed questionnaires completed with participants to overcome literacy issues. In continuing the work it was too complex to utilise the same approach. Instead short qualitative questionnaires, pictures and observation were used.

Dundee University has hard data on the Healthy Start vitamins distributed, and may be able to create a map to illustrate the distribution of recipients in time.

**Future steps** - Funding for MIN activities is coming to an end in March 2013, however Helm feel confident that as its work contributes to strategic outcomes and targets, funding will continue. The outcomes they are achieving can demonstrate clearly the importance of collaborative working in partnership between public sector partners and community and voluntary organisations in relation to addressing the health needs of their core groups – young people, young parents and other hard to reach communities.

**For more information contact Sarah Ellis on 01382 224464.**

### **‘Fife Gingerbread: Surviving Poverty - the impact of lone parenthood’ report**

The Poverty Alliance recently launched a report from a participatory research project carried out in partnership with Fife Gingerbread as part of their Evidence, Participation and Change Project (EPIC). The project worked with lone parents to look at their experiences of living on a low-income in a rural community especially in relation to exploring factors that contribute to or reduce their well being.

A number of key issues are outlined in the report. Of particular interest is the impact of the rising costs in relation to food and fuel. Lone parents involved in the research reported having to skip meals in order to feed their children. They reported that as a consequence of having to manage a reduction in income, skipping meals was a way of coping in difficult circumstances to

enable other family members to eat. This has an obvious effect on physical well being.

Another added impact reported was their concern with paying for food and having enough for their children’s needs and their own. In the context of welfare reforms impacting on lone parents and high levels of unemployment, this was seen as an issue that would continue and also increase anxiety among lone parents. Many participants highlighted feelings of emotional stress as they tried to manage day to day. School holidays and other specific dates added pressures to stretched budgets. Again, parents going without food (and heating) was reported as a way of dealing with not having enough money.

Another aspect was their ability to make food choices:

- Buying foods that require minimal cooking to reduce fuel costs.
- Buying low cost readymade meals was perceived as being cheaper than cooking from scratch and requiring less cooking time.
- Frozen foods were viewed as cheaper than fresh but of less nutritional value.
- Parents were aware of health messages around food but felt making healthy choices was too expensive.
- Meal times were stressful due to lack of food and denying food choices resulting in distress for the whole family.
- Older children wanting to forgo school meals in favour of packed lunches or using external food outlets. Little or no money was available for this.

Parents emphasised that free school meals are a key support for parents however access to these is not available during holidays, placing more pressure on them.

In the study overall, when parents were reflecting on their quality of life, reported priorities focused mainly on their and their families’ basic needs being met. Food costs were the top priority which will remain an issue as access to food faces bigger challenges within low-income communities. The Poverty Alliance has recommended that more support for families to tackle and alleviate these pressures is available and critical to reduce the effects of poverty.

**To read the report visit [http://povertyalliance.org/news\\_pubs/reports/surviving\\_poverty](http://povertyalliance.org/news_pubs/reports/surviving_poverty)**

## Some key themes gathered from the CFHS networking conference discussion on approaches to addressing food poverty and some activities addressing inequalities in food and food poverty.

Our invited speaker, Dr. Deirdre O'Connor, University College Dublin, kicked off the discussion based on her paper 'Rights based approaches to addressing food poverty and food insecurity in Ireland and the UK'<sup>1</sup>

### Rights-based approach to food poverty

Participants reported a lack of awareness of rights based approaches and agreed this approach is valid along with other community level responses. However, with communities taking on roles to address need and fill gaps, to what extent should their role and responsibility be?

### Engaging with policy

Some felt health policies focused on highlighting an over-reliance on individual responsibility. Participants would like to see more upstream (top down) responses and better links with what is happening downstream (bottom up).

### Access to food/inequalities

Inability to access food can contribute to health inequality. Anyone experiencing food poverty is doubly impacted through their inability to choose healthy food to consume. Rising costs of fuel impacts on ability to purchase food, as well as cook and prepare it.

### Availability and choice

As food/healthier choices become more expensive, perceptions of positive eating habits are changing e.g. cheaper to eat high calorie foods - cheaper than low calorie foods; foods high in fat perceived as sustaining you for longer.

### Measuring food poverty

Can food poverty in Scotland be tracked, measured and defined? What would indicators look like? Examples used in Ireland<sup>2</sup> were useful to consider i.e. the ability to afford one hot meal per day; and ability to afford a minimum standard of nutrition?

Some examples of how **food poverty** is affecting communities:

- Parents unable to provide a snack for their child at groups.
- More older people accessing food parcels especially in rural communities.
- Babies being weaned later to avoid food costs which can lead to ill-health and developmental issues.
- Women - food budget holder and food organiser in home; skipping meals to feed children.
- Buying smaller quantities of food or day by day (not always cost-effective).
- Increased referrals to food banks.
- Increased dependence on other family members.
- Benefit reforms - any real benefits from reforms as hardship intensifies will increase reliance on emergency support and 'hand outs'.

### Responses to food poverty

Any responses need to be real, relevant and simultaneously support the unique contribution of community-led approaches, while pushing for more effective policies to tackle structural determinants of food poverty, which includes welfare reform. Third sector are able to respond to communities in need, as well as those perceived as outside of reach.

What is happening at community level:

- **Cookery groups** - cooking with frozen foods and basic store ingredients as well as ensuring food prepared is going home to feed families/ individuals for 'dinner' or 'tea'.
- **Co-ops** subsidising cost of fruit and vegetables and supplying ingredient packs e.g. soup packs.
- Third sector main providers of **food parcels/ food banks**

Other examples:

- **Breakfast and lunch clubs** for a variety of age groups and also reducing individual spend on food and fuel while attending food clubs.
- **Food redistribution**: Edinburgh Cyrenians Fare Share franchise

<sup>1</sup> <http://wrap.warwick.ac.uk/37619/>

<sup>2</sup> <http://www.safefood.eu/Publications/Research-reports/Measuring-Food-Poverty-In-Ireland.aspx>

- Promoting **Healthy Start** to eligible parents.
- Increased **community growing** in all areas.

### **Resources required to tackle food poverty**

Any responses to address food poverty require support for downstream responses. Effective solutions with long term outcomes are difficult to achieve if resources are short term.

**The full report from the conference can be downloaded from [www.communityfoodandhealth.org.uk/publications/cfhs-networking-conference-2012-key-themes-table-discussion](http://www.communityfoodandhealth.org.uk/publications/cfhs-networking-conference-2012-key-themes-table-discussion)**

### **Addressing food poverty in the Western Isles**

The Western Isles is a chain of islands in the Atlantic Ocean off the Northwest coast of Scotland. An increase in food poverty has become a major concern. A number of groups on the island of Lewis (Youth Homeless Committee and a Health and Homelessness Committee) involving e.g. NHS Western Isles (NHSWI), Comhairle nan Eilean Siar, The Foyer, Action For Children and the Job Centre, Welfare Advice and Citizens Advice are highlighting difficulties faced by communities in particular people who are in temporary accommodation, unemployed and others i.e. experiencing the impact of welfare reforms

There has been keen interest in addressing food and health inequalities there for some time. This work is led by NHSWI in partnership with a range of partners outlined above. Activity has been supported by CFHS and continues to have an impact on people who are living in temporary accommodation i.e. B and B's as a result of experiencing homelessness. There is no evidence of anyone sleeping rough so the issue of homelessness is often hidden. With only one housing association in the area, if tenants lose their home, it is a difficult issue to resolve.

For this group, the lack of cooking/kitchen facilities has been highlighted as predominantly occurring in Stornoway where most B and B accommodation is provided. NHSWI has been running a 'hot meal' voucher scheme for four years to enable access to hot food and main meals for those in need of them. The board has an arrangement with the local hospital to accept vouchers for meals. They already accept meal vouchers from some local public services i.e. police and coastguard rescue teams. Extending this to others who receive vouchers is approached in a discreet and sensitive way. Meals can be accessed at weekends which is particularly important when other food services are closed. This service is very successful as food is provided in a sociable way,

reducing stigma and social exclusion.

The Salvation Army also delivers a lunch and breakfast club two days a week. There is a small charge for meals which is covered by the vouchers. A local takeaway also accepts the vouchers and provides other food items such as milk and bread. A local trust will shortly take over the administration of the voucher scheme on behalf of NHSWI. The same trust recently developed a food bank with the Trussel Trust and has a wealth of volunteers in place to deliver the project. Agencies are already making referrals for support. They provide a week's supply of food for an individual or a family. The food bank was advertised locally and a separate poverty meeting recently highlighted concerns and the extent of need for support to others. As a result local people were keen to offer their help in the collection of food items through a local retailer.

NHSWI are also speaking to local retailers to request advance notice of special deals which can be advertised to communities and addressing food wastage from traditional Sunday closing on the islands.

The Comhairle's Homeless Support Officer sees everyone in temporary accommodation every week, is aware of who is being accommodated and is able to distribute the 'hot meal' vouchers to everyone they see. This also enables support to people who have medical conditions such as diabetes where access to food is very important.

Food access in the southern islands of Uist, Barra and others is less of an issue. While the need is there, there is more access to cooking and kitchen facilities. There are also more community projects and community supports. Vouchers have not been used there as at present there is no perceived need for them.

There is a strong sense of community and motivation to support others. All agencies that need to work together to address health inequalities and poverty are working together. Agencies feel support goes to the right people and are willing to 'go the extra mile' to find a solution where needed.

NHSWI are able to evidence how small amounts of funding are going a long way in addressing food access and food poverty and are cost effective. However, there is also recognition that much of the work delivered is operational rather than strategic. The delivery of local responses using the approach there is appropriate for a small community but may not be possible in other areas. However, there is a lot to learn from what is happening there. **For more information contact [tina.burgess@nhs.net](mailto:tina.burgess@nhs.net)**



## Grassroots Project Launch

Aileen Campbell, MSP for Clydesdale and Minister for Children and Young People, officially launched the Grassroots Project on Friday 23 November at the St Brides Centre, Douglas.

The Grassroots Project is a free support service for families with children under the age of five, who need extra help, living in rural South Lanarkshire. Following a successful pilot, Lottery funding has been secured for three years until March 2015.

Trained volunteers support pregnant women and families to attend vital pregnancy related healthcare appointments as well as educational programmes including:

- Feeding the Family cookery courses
- Healthy Weaning courses
- Breastfeeding Support groups
- Baby and Child First Aid courses
- Baby Yoga/Massage
- Play@home sessions

and many more!



MSP Aileen Campbell said she was, **“so pleased to be able to help celebrate the launch. There was a great buzz at the event – the project has great potential as it clearly links to national policy priorities.”**

Jackie Killeen, Scottish Director for Big Lottery, said **“Grassroots is an excellent project with fabulous staff and volunteers and offering great support to families in need.”**

**For more information contact: call 01555 880666, e-mail [info@healthyvalleys.org.uk](mailto:info@healthyvalleys.org.uk)**



## Community Food Champions

Fife Community Food Project hosted its first award ceremony for 18 Community Food Champions in Fife. The celebration took place on Friday 25 January at Levenmouth Community Kitchen, Adam Smith College Leven.

Food Champions are people who have been identified and supported by Fife Community Food Project and have demonstrated the ability and commitment to promote and deliver positive food messages to their local community.

Commenting on the awards, Lyndsay Clark, Senior Health Promotion Officer with NHS Fife Health Promotion and Chairperson of Fife Community Food Project said:

**“The Fife Community Food Project team would like to congratulate the Community Food Champions on their awards and wish them every success in continuing the valuable work they are doing within their communities. By supporting community based skills we are helping build a positive food culture.”**

The award participants are workers and volunteers from a variety of agencies including Fife Council Family Support teams and Nurseries, Fife Women's Aid, Link living and the Cottage Family Centre.

## CFHS publications giveaway

We have lots of copies of really useful publications to share with you and due to space limitations when we move we will not be able to take all of these with us. Please visit our website for more information.

**Please contact us by Monday 18 March if you would like copies.**



## Plunkett Scotland

On 1st January 2013, the Community Retailing Network (CRN), which has worked across Scotland since 2004 supporting community-owned shops, merged with the Plunkett Foundation, which has almost 100 years experience in supporting rural social enterprise. This is intended to give Scotland's rural communities greater access to Plunkett's support and will result in the establishment of Plunkett Scotland.

The current CRN co-ordinator will remain and the merger will also see the creation of a new post to promote and support community-owned enterprises.

## FareShare Glasgow launch

Bailie Liz Cameron welcomed participants to the official launch of FareShare Glasgow at the City Chambers on January 21. FareShare Glasgow is run by Move On and is an independent franchise of FareShare UK. It works to redistribute fit for purpose surplus food to organisations that work with disadvantaged people in the community, addressing food poverty, food waste and employability.

A DVD made for the launch can be accessed at <http://youtu.be/xPWjcwuazHY>



## Community Food Moray's 'Taste Not Waste' launch

Richard Lochhead, Cabinet Secretary for Rural Affairs and the Environment, and MSP for Moray, officially opened Community Food Moray's (CFM) new project, 'Taste not Waste' on 7 December 2012.

The project aims to reduce food waste through economical cooking and shopping methods. CFM will be providing a variety of take-out foods, commercial services, training and workshops for local people, community groups and organisations in Moray. It also plans to develop a further nine outlets in areas where a need for its services is identified.

'Taste not Waste' is funded by Moray LEADER, Awards for All and the Hugh Fraser Trust.

## Food Train arrives in Glasgow

The Food Train starts its new service in Glasgow this month. The service will be offered first in Govanhill in February, expanding across the south side of the city in the coming months. The service will be delivered by dedicated volunteers from local communities and is supported by Glasgow's Transformation Fund, Glasgow City Reshaping Care Partnership and six local housing associations.

The Food Train currently supports older people throughout Dumfries and Galloway, Dundee, Stirling and West Lothian and the Board, staff and volunteers are very excited to make their low cost grocery shopping delivery service for people over 65 available in Glasgow.

They have a new regional Manager based in Glasgow - Joyce Potts who is busy spreading the word about the service as well as recruiting and training volunteers.

She can be contacted at [glasgow@thefoodtrain.co.uk](mailto:glasgow@thefoodtrain.co.uk)



KEEP  
UP  
TO  
DATE



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to receive regular updates.

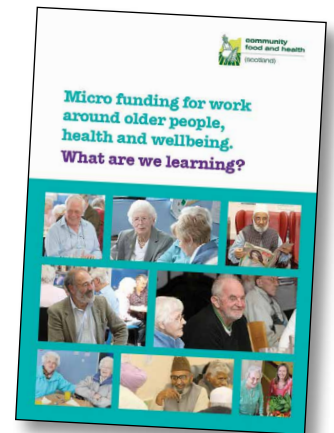
# PUBLICATIONS

**Forthcoming CFHS publications – all our publications are available from our website [www.communityfoodandhealth.org.uk](http://www.communityfoodandhealth.org.uk)**

## **Micro funding for work around older people, health and wellbeing – what are we learning**

In 2010/11 CFHS provided small amounts of funding to organisations to work with older people on food, health and wellbeing. This new publication brings together learning that organisations involved in that programme shared at an event in Stirling and at our annual networking conference in November.

It describes the range of outcomes for older people that were achieved by the work, what organisations need to be able to deliver these outcomes and the kinds of obstacles that get in the way of the work becoming sustainable. The wide range of work funded is outlined and there are snapshots of some the work in more detail.



## **CFHS research report on the impact of cookery courses on families**

Last year, CFHS commissioned Consilium Research and Consultancy Limited to explore the enduring impact of cookery courses on families. The aim was to find out the benefits of three different approaches to running cookery courses. All three approaches taught hands-on cooking skills and provided information on nutrition to groups of either parents (or carers) and children learning together, young people or parents of young children. The researchers found that participants from all three types of cooking courses had increased their knowledge about food and health. However, the researchers reported that the courses for parents alone had particularly improved their cooking skills and the course for parents and their children had made a positive impact on their families' diet.

**The report is available on our website and a summary report will be available shortly.**

The groups involved were the Adult and Family Learning Team based in North Perth Community School, Edinburgh Community Food working in partnership with the Pentland Community Centre in Edinburgh and the Community Food Work Team based within NHS Ayrshire and Arran. **For more information contact Kim.**

## **Maternal and Infant nutrition**

### **Strengthening food work across minority ethnic communities: A focus on maternal and infant nutrition**

CFHS and BEMIS launched this study at the NHS Health Scotland Maternal and Infant Nutrition Conference at Dynamic Earth on 7 February. The study provides a snapshot of activity in relation to maternal and infant nutrition across voluntary and community organisations working with ethnic minority communities. It reports on a survey of 65 organisations that asked for information about the kind of work organisations are doing, the resources they use to support that work and their future learning and development needs. BEMIS also carried out focus groups and telephone interviews with Polish, Roma, Czech and African women to explore the sources of information they use to inform their decisions on maternal and infant nutrition.

Evidence from this small scale study suggests that women from some of Scotland's newest communities struggle to find information from official sources and rely rather on family, friends and contacts in their home country for their information on maternal and infant nutrition. It also suggests that while there is activity across voluntary and community organisations in relation to food and healthy eating, there is limited activity specifically targeted at maternal and infant nutrition.

CFHS will be holding a networking event to look at the findings of this report and how to take them forward in March.

**For further information contact Sue.**



## From the ground up

This new publication is a snapshot of community and voluntary contributions to improving maternal and infant nutrition in Scotland. CFHS commissioned Rock Solid Research Ltd to explore activity in six areas in Scotland and the examples highlighted provide an understanding of what is happening in local areas. The report also highlights how the sector is well placed to promote maternal and infant nutrition using a wide range of approaches, skills, activities and expertise. Many activities are carried out in partnership with a range of organisations including NHS boards and local authorities.

**Both the report and the research are available on our website.**

## Other new CFHS publications coming soon include:

- A report and case studies on food and health activities with adults with learning disabilities.
- Information about the Royal Environmental Health Institute of Scotland (REHIS) Elementary Food and Health course for carers of adults with a learning disability.
- A publication highlighting the impact of basic nutrition courses (i.e. REHIS Elementary Food and Health (nutrition) course) on the work of community food initiatives.

## Ready Steady Baby! App

NHS Health Scotland Ready Steady Baby! book is now available as a free smartphone App making it quicker and easier for women and their partners who are trying for a baby, pregnant or new parents to find information they can trust.

With this purpose built App, access to all of the same useful content will be portable and can be personalised, for example:

- Keeping track as a pregnancy progresses and how the baby is developing
- Helpful notifications about the pregnancy journey
- Handy checklists to keep track of what to pack for hospital or purchase for a new baby.

**For more information visit [www.readysteadybaby.org.uk/you-and-your-pregnancy/pregnancy-mobile-app.aspx](http://www.readysteadybaby.org.uk/you-and-your-pregnancy/pregnancy-mobile-app.aspx)**



## New 'Healthy Eating, Active Living' training pack for teaching people with learning disabilities

The Scottish Consortium for Learning Disability will shortly have a training pack available which is designed to encourage healthy eating. The comprehensive pack has trainers' notes, participant hand-outs, certificates, DVDs and other materials to provide a practical and interactive course for people with a wide range of learning disabilities. The pack focuses on the themes of fat, sugar, fibre, fruit and vegetables and salt, with some additional sessions on food labelling and healthy bones and exercise. The course is structured for delivery over 22 sessions, but can also be delivered more flexibly.

The development of the pack was led by dietitians from the Glasgow Learning Disability Partnership (GLDP) in partnership with day service and health staff, users and carers. It was funded initially by NHS Health Scotland and local NHS funding. The Scottish Government provided further funding to pilot the pack. The pilot pack received the Cosla Gold Award in the "Tackling Inequalities Improving Health" category which is sponsored by Health Scotland.

**The pack will be available to download from the Scottish Consortium for Learning Disability website. For more information contact Clare Mills 0141 559 5720. [www.sclld.org.uk](http://www.sclld.org.uk)**

## Cyrenians Good Food new cookery course handbook

The Cyrenians Good Food programme has updated its useful handbook on setting up and running cooking courses. The handbook is particularly suitable for cookery courses that aim to promote social inclusion, such as those supporting adults experiencing homelessness, with mental health support needs or addiction issues. It includes information on nutrition and its impact on health, instructions on food hygiene procedures, equipment lists, budgeting and food shopping advice. It has a wide range of easy-to-follow recipes which include simple nutritional facts.

**The handbook is available from the Cyrenians Good Food website [www.cyreniansgoodfood.org.uk/what\\_we\\_do/food\\_education](http://www.cyreniansgoodfood.org.uk/what_we_do/food_education). We have a limited amount of copies available for groups planning cooking courses. Please contact Alice for a copy.**

# DIARY

## MARCH

### 14th National Salt Awareness Week

Monday 11th – Sunday 17th March

More info: [www.actiononsalt.org.uk](http://www.actiononsalt.org.uk)

### People Grow Better in Gardens: Trellis annual conference

19 March, Perth Concert Hall

More info: [www.trellisscotland.org.uk](http://www.trellisscotland.org.uk)

### Social Enterprise Exchange

21 March, SECC, Glasgow

More info: <http://socialenterpriseexchange.com/>

### Welfare Reform Scotland Conference

27 March, Edinburgh

More info: [www.capitaconferences.co.uk](http://www.capitaconferences.co.uk)

## APRIL

### CFHS becomes part of NHS Health Scotland

1 April, Meridian Court, Glasgow (see below)

More info: [www.communityfoodandhealth.org.uk/2012/cfhs/](http://www.communityfoodandhealth.org.uk/2012/cfhs/)

## MAY

### REHIS conference

16 May, Glynhill Hotel and Leisure Club, Renfrew

More info: [www.rehis.com](http://www.rehis.com)

## JUNE

### NHS Health Scotland National Early Years Conference

19 June 2013, Glasgow

More info: [www.maternal-and-early-years.org.uk/january-2013?utm\\_source=newsletter&utm\\_medium=email&utm\\_content=EYConference&utm\\_campaign=MEYJan2012](http://www.maternal-and-early-years.org.uk/january-2013?utm_source=newsletter&utm_medium=email&utm_content=EYConference&utm_campaign=MEYJan2012)

## Don't forget...

**CFHS will be transferring to NHS Health Scotland from 1 April 2013. Please note that the healthy living award, Scotland's national award for the foodservice sector and familiar to many of the country's community cafes, is also moving to NHS Health Scotland.**

Some of our new contact details are still being finalised. If you are trying to get in touch with us after April 1<sup>st</sup> please use the general contact details below. We'll get individual contact details out to everyone as soon as possible. Keep an eye on our website, on our Facebook page and our next e-bulletin in March for further information. You can sign up for these on our website [www.communityfoodandhealth.org.uk](http://www.communityfoodandhealth.org.uk).

**5<sup>th</sup> Floor, Meridian Court, 5 Cadogan Street, Glasgow, G2 6QE**

**Telephone: 0141 414 2890**

**E mail: [nhs.HealthScotland-CFHS@nhs.net](mailto:nhs.HealthScotland-CFHS@nhs.net)**



**community  
food and health**

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**[www.communityfoodandhealth.org.uk](http://www.communityfoodandhealth.org.uk)**

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