



farechoice

The newsletter for Community Food and Health (Scotland)

Issue 64 October 2013

In touch and informed



Edinburgh Community Cafés launch their pocket map at the joint CFHS/ECF event on 8 August (see page 7).

This edition of Fare Choice goes out shortly before our annual networking event, which in many ways undertakes a very similar role to the newsletter. It is an opportunity for practice to inform policy (see Malnutrition Task Force page 15) and for policy to inform practice (see page 4). Both the networking event and the newsletter create opportunities for the sharing of experience and evidence, and hopes and concerns, between those on the front line and planners, policy makers and the academic community.

For those unable to get a place at our popular national event, there are no shortage of other opportunities to develop practice, exchange learning and influence policy highlighted in this edition of Fare Choice (see page 3).

As the economic circumstances put increasing pressure on community food initiatives and those funding them, it is crucial that every effort is made to ensure those at the coal face, tackling health inequalities and promoting social justice, are given every opportunity to improve the impact and reach of their work. Likewise, it is just as important that those with other roles and responsibilities around food and health, from all sectors and levels, are encouraged and enabled to keep in touch, and informed at such a crucial time.

About us . . .

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

We do this by supporting work that improves access to and take-up of a healthy diet within low-income communities. 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 is now part of NHS Health Scotland.

Team talk

An update on our recent/ forthcoming work

Hello and welcome back

Jane Oliver has joined the CFHS team as a National Development Officer, with an interest in engagement. Jane previously worked in the tobacco team within NHS Health Scotland. And we welcome back Jacqui McDowell, who has re-joined the team as a National Development Officer with an interest in impact. Jacqui had previously been with us on a temporary basis earlier this year.

Learning and development programme

CFHS's learning and development programme for this year is now available. It includes a range of half and one-day courses covering customer care, health and safety and risk assessment, marketing, the Scottish Grocers Federation Healthy Living Programme, introduction to social enterprise, and the RSPH Level 3 Award in Nutrition. All of our courses are fully funded. Anyone working in or supporting community food and health work is welcome to apply.

The application forms are available on our website. For more information, contact Anne.

Annual development fund

The CFHS annual development fund 2013 (previously known as the small grant scheme) received over 150 applications this year. Information about successful applicants will be available on our website later this year. Thanks to all that applied.

Evaluating the impact of the Scottish Grocers Federation Healthy Living Programme

CFHS has commissioned research to assess the impact of this programme on the community food retailers that have taken part in one of the programme's training sessions or used the programme's resources (stands and point-of-sale materials). The research findings will be available early next year.



CFHS Study Tour - London 1-3 October

As Fare Choice goes to press, the programme for the CFHS study tour is being finalised. Eleven participants will be in London for two days to look at approaches to improving food access and addressing food poverty with older people.

There will be visits to Greenwich Co-operative Development Agency and New Horizons Centre and Orangery Café. We will meet members of the London Food team at City Hall and also the London Assembly member with responsibility for food poverty. There will also be an opportunity to find out more about universal commissioning in the London Borough of Southwark and the approaches being developed by the Casserole Club, London Circle and Community Catalysts.

The full programme is available on the CFHS website and participants from the tour will share their initial findings at our national networking conference.

A full report on the findings will be posted on the CFHS website.

All on One Plate

We look forward to seeing our delegates at our annual networking event on 31 October at the CoSLA conference centre in Edinburgh.

Notes from the day, which includes speakers, workshops and resource sessions, will be available shortly.



Food, mental health and wellbeing

Organisations involved in the Building Evidence of Impact programme met in Edinburgh in July to share learning from the evaluation work that they have done in their projects.

The evaluations, which were the final stage of the programme, all have a focus on the impact that work involving food can have on mental health and wellbeing.

The group shared their findings and information about the tools that they have been using. They also discussed what they have learned along the way and what they will need to put in place to embed evaluation as a key part of their work in future.

We are currently looking at how best to collate the rich material that has been gathered. The plan is to have materials and tools that can be shared with other organisations in the field and also contribute to the evidence base around food and mental health.

Participants from the Building Evidence of Impact programme will be facilitating a workshop at All on One Plate on 31 October 2013 at the CoSLA Conference Centre Edinburgh.



Community retailers event

CFHS will be holding a networking event for community retailers on 19 November, in West Lothian. The event will provide an opportunity for community retailers to discuss common issues and share ideas. **More details of the event are available on our website, or contact Anne.**

Bags and aprons

Please get in touch if you would like a share of the last remaining CFHS branded bags and aprons, available free to community groups in Scotland. Email nhs.HealthScotland-CFHS@nhs.net for an order form.

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

Food touches on so many policy areas and, although not specifically addressed in either of them, it will be important for many community food initiatives to view aspects of their work in relation to the aspirations of Scotland's first national play strategy and second learning disability strategy. Even the forthcoming national litter strategy should be relevant to the efforts of many local initiatives.

For more information see www.scotland.gov.uk/Publications/2013/06/5675 (play), www.scotland.gov.uk/Publications/2013/06/1123/0 (learning disability) and www.scotland.gov.uk/Publications/2013/07/6925 (litter)

More specific references to food and local communities are expected within the Community Empowerment and Renewal Bill and Food Standards Scotland Bill, both announced as part of 13 new bills the Scottish Government intends to put before the Scottish Parliament in 2013/14. See www.bbc.co.uk/news/uk-scotland-23951293

Similarly, progress with the integration of adult health and social care will be significant for many community food initiatives. **To keep up to date with this key development see www.scotland.gov.uk/Topics/Health/Policy/Adult-Health-SocialCare-Integration.**

Also significant will be the national action plan on human rights, which is expected to be launched on International Human Rights Day on 10 December. www.scottishhumanrights.com/actionplan/home

Many Fare Choice readers will be familiar with the Scottish Parliament's Cross Party Group on Food, but may be less familiar with the longer established All Party Parliamentary Food and Health Forum at Westminster. Both are well worth keeping an eye on. **For Holyrood see www.scottish.parliament.uk/msps/Food.aspx and for Westminster, www.fhf.org.uk**



A key challenge being faced by many policy makers across the world at the moment is encouraging and enabling sustainable consumption. At Westminster the Department for Food and Rural Affairs (Defra) has recently produced a report on the subject as a follow-up to their Green Food Project which has been running over the past year.

www.gov.uk/government/organisations/departments-for-environment-food-rural-affairs

Meanwhile a European Commission consultation on options towards a more resource efficient and sustainable food system has just been completed, with a response from the commission expected in early 2014. <http://ec.europa.eu/environment/eussd/food.htm>

The Director General of the World Health Organization, Dr Margaret Chan, did not mince her words when she told an international audience in Helsinki in June that the failure to tackle obesity ... is not a failure of individual will-power. This is a failure of political will to take on big business.'

For her full speech see www.who.int/dg/speeches/2013/health_promotion_20130610/en/

Meanwhile, the Director General of the Food and Agriculture Organisation, Graziano da Silva, was denouncing the huge social and economic costs of malnutrition and stressing, 'that we must strive for nothing less than the eradication of hunger and malnutrition' as he launched its annual 'State of Food and Agriculture (SOFA) report www.fao.org/news/story/en/item/176888/icode/

Community retail enterprises

There has been considerable interest in recent years in community retail enterprises (CREs). These are local shops owned and run by the local community, often set up because of the closure of the last privately owned shop in the area. The hope is that collective ownership of the business may make members and residents see the effect on others when they bypass their local shop or business, particularly as internet shopping and supermarket home delivery services mean that distant retailers now provide fierce competition for rural shops.

Their growth also chimes with the efforts of both the UK and Scottish Government to give local bodies more rights and powers, so that each community can make decisions that reflect local priorities or initiate developments that will fill gaps in local provision. Our research was part of a study looking at the nature of the CRE sector. We wanted to find out information on their operations and membership, and were interested to see how these enterprises have developed and changed over time. We carried out a survey throughout the UK, which yielded around one hundred usable responses. We also visited 21 shops and discussed a range of issues with staff and members.

Most of the CREs surveyed were founded to compensate for the loss (or expected loss) of the local shop. Community involvement took several forms: financial capital through membership, expertise for the fitting out and maintenance of the shop; time through volunteering to serve in the shop; access to social capital, which brought in external finance and expertise; and actually using the shop rather than the alternatives. As a result, our analysis found that many CREs had moved from being marginal enterprises to more established business models, while aiming to retain their social purpose. Often this meant not just replicating previous provision, but offering something different, such as local produce or local services, in order to compete with larger retailers.

We have moved from thinking about the community shops purely in terms of their size or products offered, to questioning what the membership or community expects from the enterprise and what resources they can bring to bear on the problem. As CREs become more settled or more profitable, they often suffer from 'volunteering fatigue' which can be overcome, if funds allow, through the recruitment of a paid manager or even paid staff. However, this change moves emphasis away from a social focus towards an economic one. After the initial burst of enthusiasm fades away, the community begins to treat the shop as if it were privately run and to forget that it is community-owned. As such they begin to judge it on the same terms as any other retailer, over-emphasising the higher prices of the goods compared to the social value of having the goods sold locally.

Overall, although it is commendable that local communities respond to the loss of retail facilities by setting up their own shop, enthusiasm and even money are generally not enough on their own. CREs require good governance structures and a clear idea of their long-term purpose. The evidence suggests that they require finance and advice, not just for their establishment but also at different stages in their development as they seek to cope with changes in their communities and the retail sector. Successful localism still requires a framework that nurtures and supports communities as they try to understand how to create a shop that will be a sustainable community resource.

Researchers: Mr Eric Calderwood and Dr Keri Davies, University of Stirling. A final draft of the paper can be downloaded from:
<https://dspace.stir.ac.uk/handle/1893/13081>



A flavour of

community-based food and health activity in Scotland

Support and Connect

A number of community initiatives that were recently awarded funding from the Big Lottery Fund are targeting food poverty. 'Support and Connect' is part of the 'Investing in Communities' portfolio, a £10 million fund, 'to improve the support available locally for people experiencing hardship and material need.'

Alongside welfare advice and initiatives to tackle fuel poverty, a number of initiatives have used the opportunity to establish or strengthen food banks. While doubts exist over the long-term impact of food banks, even among many who operate them, initiatives such as Lanarkshire Community Food and Health Partnership (LCFHP) intend to use the funding to try to tackle demand for emergency food aid in as constructive and developmental a fashion as possible.

Ian Shankland, Manager at LCFHP, stressed, **'Our intention is to offer long term practical support to clients, basing services around our existing community food co-op network. "North Lanarkshire Food Aid" will offer emergency food supplies, a local directory of support services, four weeks discount for produce from the co-ops and a range of free healthy eating, cooking classes and nutrition advice sessions. We hope by linking to the food co-op network that clients can access long-term support in the transmission between emergency aid to a sustainable support system that alleviates as far as possible the most severe effects of food poverty.'**

Funding from the same scheme has also gone to Changeworks, an environmental charity and social enterprise that is working with Edinburgh Community Food (ECF) with families challenged by rising energy and food costs.

'Support and connect' funding has gone into a range of responses to the hardships faced by individuals, families and communities and it will be crucial to learn from their experience.

Visit www.biglotteryfund.org.uk/supportandconnect

Surviving

'On the whole the perspective of service users towards emergency crisis assistance was one of appreciation, although some did express that they were unhappy about having to ask for help. From the perspective of the food bank staff, unhappiness at asking for help is considered a major barrier to the provision and use of support services, particularly in rural communities. They propose that to address this barrier, it is important to provide services in a context where users can feel they are not being treated as dependents.'

From 'Got no Money, Got no Food' by Stirling CAB.

The key place of food in the hardship faced by many individuals, families and communities at the moment is reflected in a new resource from the Citizen's Advice Bureau in Stirling. 'In crisis – a survival guide' has been produced alongside 'Got no Money, Got no Food; a study of crisis assistance in Stirling District'. www.stirlingcab.org.uk/cab/documents/news/crisis/research_report.pdf
www.stirlingcab.org.uk/cab/documents/news/crisis/survival_guide.pdf



Community café event

CFHS and Edinburgh Community Food organised an event for community cafés operating across Scotland, held on 8 August in City of Edinburgh Methodist Church's newly refurbished premises. Thirty-five community café practitioners (staff and volunteers) from across the country took part. As well as opportunities for participants to meet each other and network, the event included workshops on a range of topics and a discussion session for participants to consider where they saw their cafés in five years, and the support and resources they require to reach this. A delicious lunch was provided by the Well, the community café operating in the church. Feedback from participants about the day has been very positive, with several commenting about how good it was to meet other community café practitioners and hear about their work. A short report about the event will be available soon.



Community Food Initiatives West Lothian (CFIWL)

This branch of Community Food Initiatives North East has recently begun selling fruit and vegetables in two hospitals in Fife (Queen Margaret Hospital in Dunfermline and Victoria Hospital in Kirkcaldy) at the request of NHS Fife. This new development builds on the success of the fruit and vegetable stall that CFIWL has run successfully for four years in St John's Hospital in Livingston. Sales at both stalls are increasing; while most of the customers are staff members, the stalls are attracting patients, visitors and local residents too, with some customers travelling to the hospital to purchase their weekly fruit and vegetables. NHS Fife is supporting the stalls, providing rent-free premises or space in the hospitals and helping with CFIWL's staffing and travel costs.

Following a staff survey in St John's Hospital, carried out by NHS Lothian, CFIWL is intending to run its fruit and veg stall for a second day each week.

Improving food safety

The Stafford Centre, Scottish Association for Mental Health, and Turning Point Scotland all successfully obtained funding from the Food Standards Agency in Scotland for work related to Food Safety Week 2013 (10–16 June). The theme of the week was Kitchen Check – encouraging people to reassess their food behaviours in their home kitchens.

Further details and resources are available at www.food.gov.uk/news-updates/campaigns/kitchen-check/kitchen-check1/kitchen-check-stakeholders/



Working to provide the keys to life for people with learning disabilities



The Lothian Centre for Inclusive Living (LCiL) is a user-led not-for-profit organisation. Since 1991 it has been working with disabled people, people with long-term conditions and older people, parents and carers living in Edinburgh and the Lothians. All its services respond to the needs of disabled people, enabling them to live independently in their communities of their choice. The services include support for independent living, (i.e. one-to-one support to manage self-directed care), payroll service, training (for both personal assistants and their disabled employers) Living and Work choices courses, and Grapevine, which provides free, confidential disability information.

In recent years, LCiL has been developing its work around food and health. This began by providing a basic nutrition course – the Royal Environmental Health Institute of Scotland (REHIS) Elementary Food and Health course - for personal assistants who were employed by learning disabled people via self-directed care. The course was successful in raising awareness about food choices for the people they support. However, people with disabilities were also keen to take part in food and health, and food hygiene, training for themselves. Many do not have access to a personal assistant on a daily basis or live with families or more independently. Providing a course to disabled people directly also had the potential to build disabled employers' confidence around managing personal assistants in relation to choosing and preparing foods for them.

The training officer was challenged with seeking funding to take this idea forward. She was eventually successful after approaching Greggs in Scotland, that already worked with LCiL with employment programmes and staff training.

Rather than providing funding, Greggs agreed to support this project by working in partnership with the LCiL training officer to develop a short, three-hour course suitable for disabled people. Greggs jointly delivered the course at its training centre and paid any associated costs.

The course has now been delivered twice and further courses are planned. The first courses have been over-subscribed, so Greggs have agreed to provide four more additional courses and might consider running more. Around six people with learning disabilities are able to attend each course at one time. It focuses on using interactive group work to learn about the Food Standards Agency's eatwell plate, the basics of kitchen safety and food hygiene.

The training officer has already received informal feedback about the course from both personal assistants and their disabled employers. This showed that course participants are remembering, acting upon, or reminding personal assistants of some of the key messages from the course, both around food safety and healthy eating. An unexpected outcome was that the availability of the course has attracted people with learning disabilities from areas of the Lothians that LCiL had been less engaged with.

The training officer is currently considering ways to continue to deliver this course including working towards developing a higher level course or making the course available to other groups of people using the LCiL service.

For more information contact Amanda Beech, training officer 0131 475 2350 or email amanda.beech@lothiancil.org.uk www.lothiancil.org.uk/index.php

Take stock

How to cook a perfect omelette

This is just one of the recipes in a new resource that is being launched by NHS Greater Glasgow and Clyde to support the physical and mental health of people in recovery.

Cooking Made Easy in Bite Sized Chunks is a cookbook inspired by people using a range of addiction services across the area who wanted to develop a cookbook for people like themselves who have experienced alcohol and/or drug dependency, are in recovery and are receiving help and support to move towards independent living.

It was developed by a small working group that worked alongside service users to develop the content. Funding was provided by NHS Greater Glasgow and Clyde Alcohol and Drug Health Improvement Team, which also led on the project. There was input from people at the 218 Service, the ARBD Cooking Group, the Grow it, Cook it, Eat it group and others across the area.

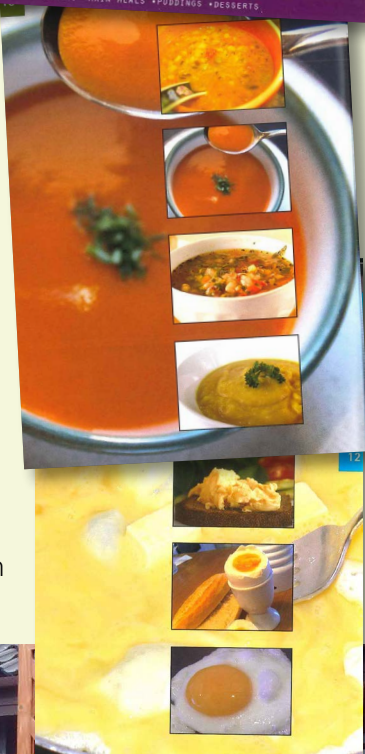
The emphasis is on keeping it simple, as healthier eating does not need to be complicated. There is a selection of tried-and-tested suggestions, with recipes covering breakfast, how to cook with eggs, soups, light meals and snacks, main meals, and puddings and desserts, with a few top tips

along the way. There is also information on basic equipment and utensils, food storage, handling and labelling.

Lots of organisations develop recipe books – what makes this one stand out?

It is based on a thorough understanding of who it is trying to reach and what they might need.

The importance of food and nutrition to recovery has always been recognised within Addiction Services.





A nutrition scoping exercise in 2008 suggested that '... service users may experience high levels of nutritional problems and may therefore be at higher than expected risk of malnutrition', and made a series of recommendations, which included developing resources suited to the particular needs of people supported by addiction services, many of whom will be eating very little at all and often struggle to find resources for food.

Working group members also brought a wide range of experience of the issues people face. This was based on many years of supporting people to build their understanding of the importance of good nutrition to recovery, and developing cooking and growing skills.

The ARBD team works mainly with those who have a history of alcohol use and associated memory problems. A history of heavy drinking often leads to very poor dietary intake and self-neglect and many have no real knowledge of cooking. Support needs to address safety concerns around the use of cookers and the emphasis is on keeping the cooking simple, making it fun and repeating recipes to build confidence. Cooking and eating together is an important element and groups are kept small – four people at a time for 12 weeks.

The Grow it, Cook it, Eat it group is for individuals who are looking to maintain abstinence from alcohol and/or drugs and focuses particularly on those who are experiencing anxiety and social isolation. The aim is to increase knowledge about the importance of good nutrition alongside basic cooking skills. Group members join for up to two years. In spring and summer the focus is on the garden and growing edible crops; in autumn and winter on harvesting and cooking recipes that use the crops grown in the garden. Growing and cooking food provides a focus for activity that also builds communication, confidence and self-esteem.

218 Service is a Turning Point Scotland and Addiction Services initiative that takes a person-centred approach to dealing with the issues that women offenders face. The service deals primarily with women aged 18 and over with a range of complex needs, such as addiction, poor mental or physical health, trauma issues or other social needs. The wide programme of work at 218 is designed to address these issues and includes both nutrition education sessions and practical cooking classes.

It was developed with the people that will use it

The idea for the cookbook came from people who use the services themselves. Questionnaires were sent out across the services to find out what should be included. This was followed by visits to the different groups to hear first-hand what people thought would be useful. It was the group members' suggestion to have some basic information about food storage and food labelling alongside the recipes.

All the recipes are ones that have been tried and tested numerous times with different groups. The recipe selection was made with those who will be using them, and they are designed to stimulate an interest in food as something to be enjoyed and not something to be feared.

Working group members acknowledge that this all took time. They feel that it was time well spent and the result is a cookbook that everyone is proud of and one that will be used.

It looks good and the photographs are of real people making real meals

Having a budget was important – the cookbook is well designed and the full colour printing looks good. It was an extra effort to get the photographs – a lot of eggs were broken to get the perfect omelette sequence – but it was well worth it – the pictures are real people making real food. The text also includes comments from people in services who have made the food, all of which add a sense of the achievements people have made.

'The taste of your own cooking can be a big motivator. It really tastes so much better than the stuff you get out of a packet.'

'I enjoy experimenting with food now I am more confident with my skills, such as adding different spices or trying new vegetables.'

If you would like more details about this work, or would be interested in a copy of the cookbook, contact Helen Bennewith, helen.bennewith@ggc.scot.nhs.uk or Nikki Boyle, nikki.boyle@ggc.scot.nhs.uk

The working group members are:

Dr. Helen Bennewith	Professional Lead Addiction & Mental Health Dietetics
Lesley Blair	Occupational Therapist
Nikki Boyle	Health Improvement Senior (Alcohol)
Iain Laidlaw	Senior Occupational Therapist
Donna Manson	Specialist Addictions Dietitian

Enterprise Ready Fund launched

The Enterprise Ready Fund is a Scottish Government funded programme that will distribute up to £6 million from 2013 to 2015 to help maintain, develop and grow Scotland's enterprising third sector. The fund will provide grants of up to £250,000 to support the long-term development objectives of new, emerging and established enterprising third sector organisations in Scotland, with an annual income of up to £5 million.

More details can be found on Foundation Scotland's website, www.foundationscotland.org.uk/programmes/the-enterprise-ready-fund.aspx.

Free health and safety advice and support for your organisation

The Scottish Centre for Healthy Working Lives, part of NHS Health Scotland, provides free, confidential advice and support on all aspects of occupational health and safety.

The Healthy Working Lives Occupational Health and Safety Advisers offer the following services absolutely free:

- Advice and telephone consultation on a Freephone number 0800 019 2211.
- A workplace assessment/advisory visit, offering you tailored support, including risk assessment advice for voluntary sector employers, including community food initiatives.
- Access to a range of free Healthy Working Lives training sessions.

For more information, phone 0800 019 2211 or visit www.healthyworkinglives.com



Climate challenge funding

Congratulations, too, to North Glasgow Community Food Initiative, which has received funding from the most recent round of the Climate Challenge Fund for Milton CRUNCH (Community-Recycling-Upcycling-Nutritious food-Composting-Health), based at the community garden in Milton. The project aims to increase health and wellbeing, while reducing carbon emissions and waste.

Communities: a key ingredient in the recipe for success

**'Advice for most of us: stop eating and drinking too much
Advice for Manufacturers and Retailers: stop offering so much cheap, calorie-dense, highly-processed food and drink
Advice for all of us: Make poverty history'**

From the presentation at Holyrood's 'Scotland's Food Strategy' conference made by Dr Andrew Fraser, Director of Public Health Science at NHS Health Scotland.

The contribution of community initiatives to 'Scotland's Food Strategy' was a key part of the discussion at a recent conference in Edinburgh (<http://foodstrategy.holyrood.com>).

Alongside speakers from major national agencies, Iain Stewart, Chief Executive of Edinburgh Community Food, gave an excellent presentation on how his team builds the capacity, develops practice and maximises the impact of community responses across the city. Ian Shankland, from Lanarkshire Community Food and Health Partnership, also took advantage of the occasion to make a plea from the floor for greater recognition of the role of the third sector in the design and delivery of national and local policy around food. As well as presenting on how community initiatives share learning, CFHS, along with colleagues from the healthyliving award, very appropriately received a lot of attention in the market place from conference delegates keen to learn from and build on local experience.



Community food social enterprise network roundtable

Since 2011, CFHS has been working with Senscot to establish a community food social enterprise network. While it has not met for a while, interest in a network remains strong. In order to help provide strategic direction for the network, Senscot hosted the first community food social enterprise network roundtable in Perth on 6 June. CFHS was invited to attend, alongside community food initiatives and other national organisations with an interest in community food work.

Following this meeting, a joint thematic social enterprise network roundtable meeting was held on 11 September. Members of the community food roundtable joined those from the health, sport and cultural social enterprise network roundtables to discuss opportunities for, as well as challenges faced by, the roundtables and the wider social enterprise sector. A report of this meeting is available on Senscot's website, www.senscot.net

For more information about the community food social enterprise network or the roundtable, contact Anne.

Funding successes

In addition to Lanarkshire Community Food and Health Partnership's successful funding bid, reported earlier (see page 6), several other community food initiatives have recently been awarded funding from other funding schemes.

Three community food initiatives were successful in the first round of applications to the new Community Food Fund. The Food For Thought Forum in north Edinburgh and the Community Cafés Network across the city have both received funding to develop their networks and improve access to locally-grown produce. Alongside this, Scottish Orchards are planning an 'open orchard' initiative. The Community Food Fund is financed by the Scottish Government and has been created to promote local food and drink. It focuses on two main outcomes: supporting development of food trails and networks; and establishing local food and drink events that celebrate and promote food and drink throughout the year. The fund has four application rounds for each year until 2015.

Details of the fund and the next closing date for applications can be found at www.communityfoodfund.co.uk

Nourish Conference

'Feeding the five million', Nourish's third annual conference was held on 3 and 4 September in Musselburgh. The conference format included inputs from 13 expert witnesses, including Lucy Aitchison from Broomhouse Health Strategy Group, followed by group discussion at which visions for the future of Scottish food were discussed.

A report of the conference will be available shortly at www.nourishscotland.org

Eating in season

Scotland's farmers and growers produce a huge variety of quality foods throughout the year and it is important to eat them at the right time to enjoy them at their absolute tastiest and best. That is why people across the country are being encouraged to make the most of the abundant larder on our doorstep by eating in season foods. Bursting with flavour and goodness, local, in season foods have a high nutritional content and are easily accessible, which can even make them a cheaper option.

Cooking and eating in season food is simple to do at home, visit www.greenerscotland.org/eating-greener/recipe-finder for hundreds of quick and easy recipes using in season foods from across Scotland.

E-learning opportunities

NHS Health Scotland has a popular online Virtual Learning Environment.

The Health Behaviour Change eLearning suite contains seven free modules which are aimed at a diverse range of employees and volunteers, not just NHS staff. The modules include two on Health Behaviour Change and five on 'Raising the issue...', on topics including physical activity, alcohol, child healthy weight, maternal and infant nutrition and smoking. They are suitable for everyone who has or thinks they could have role to play in improving the health of the people they come into contact with at work.

Simply register for an account and self-enrol in the modules: **www.healthscotland.com/documents/21538.aspx** will take you to the registration guide.

A personalised certificate is available upon successful completion of the learning.

More information can be found at <http://elearning.healthscotland.com/> or contact nhs.HealthScotland-LWDTeam@nhs.net.

Poverty Alliance annual conference

The Poverty Alliance's annual conference this year focuses on tackling food poverty in Scotland. The event took place on 17 October in Glasgow.

Further information about the work of the Poverty Alliance is available from www.povertyalliance.org

REHIS practical cookery course

The Royal Environmental Health Institute of Scotland (REHIS) is currently developing a short (around six hours) accredited practical cooking course. REHIS plans to launch this later in 2013.

More information about the course will be available later this year on www.rehis.com

CFHS training

CFHS recently ran a REHIS Elementary Food and Health course in Campbeltown, Argyll and Bute, for staff and volunteers from local organisations that are working with children and families or young people. The Elementary Food and Health course is an ideal course for people wanting to find out the basics of nutrition, and how these can be applied in their work and at home.

Details of organisations that deliver this course can be found on the REHIS website, www.rehis.com

Well received

As you read this, Broomhouse Health Strategy Group will have celebrated their 20th anniversary with a well deserved reception in Edinburgh City Chambers. Over the years the group have developed in to a key community resource as well as contributing to the development of practice and design of policy both locally and nationally.

See <http://healthstrategygroup.org.uk>



Publications

Child Hunger in London. Understanding food poverty in the capital

The Greater London Authority and Ipsos MORI have published a study into the breadth and depth of child poverty in London. The study is based on interviews with over 500 parents and 500 children, together with qualitative material from five case study families.

Key findings are that:

- 42% of parents have cut back on the amount of food they buy in the past year
- 5% of children (equivalent to 74,000 children across London) say that they sometimes or often go to bed hungry
- 21% of parents have skipped meals so that their children could eat.

The report considers the complex factors that give rise to food poverty and examines the way in which some families are 'squeezed' into food poverty, while others can be 'shocked' into it by unforeseen circumstances, such as losing a job or a relationship breakdown. It also considers the wider impact of food poverty for children on relationships, social participation and aspirations.

The final chapters focus on the strategies that parents are using to cope with food poverty and the measures they would like to see to tackle child hunger.

www.london.gov.uk/sites/default/files/GLA_Child%20Hunger%20in%20London_FINAL_1.pdf

Food poverty

'This review investigates what is meant by food poverty, what causes it, what its scale is likely to be in Bristol and what its impact might be on the people in this city.'

The latest report from Bristol's Food Policy Council, 'Food Poverty; What Does The Evidence Tell Us?' (<http://bristolfoodpolicycouncil.org/wp-content/uploads/2013/08/Food-Poverty-Report-July-2013-for-publication.pdf>) is well worth a read and builds on a number of useful publications on the topic to come from the city. <http://bristolfoodpolicycouncil.org/publications>

Food access and older people

'Resolving the issues linked to malnutrition and food access for older people is pivotal in the development of health and social care policy, given the huge impact nutritional status has on health, wellbeing, quality of life and independence.'

The Malnutrition Task Force and the ILC-UK have jointly published a review and summary of the impact of malnutrition in older people and the reported costs and benefits of interventions.

It presents evidence that suggests that 93% of malnutrition and malnutrition risk is in the community and that the focus on prevention and effective intervention should be on older people living in their own homes.

The evaluation of the Food Train, which was carried out in 2010 in conjunction with CFHS, is highlighted as an example of a successful intervention which not only demonstrates cost effectiveness, but also tackles some of the causes of malnutrition such as isolation, depression, lack of access to shops and services and increasing knowledge of health and wellbeing.

www.malnutritiontaskforce.org.uk/downloads/other_resources/Costs_and_Benefits_Report_June_2013.pdf



Diary

October

BBC Good Food Show

18-20 October

SECC, Glasgow

www.bbcgoodfoodshowscotland.com

All on One Plate: CFHS annual networking conference

31 October

CoSLA Conference Centre, Edinburgh

www.communityfoodandhealth.org.uk

November

City Health 2013: Creating Healthy Places for Healthy Futures

4-5 November

Glasgow Science Centre

<http://cityhealthinternational.org/2013-programme>

Making Scotland a Healthier Place: Annual Public Health Conference of the Committee of the Faculty of Public Health in Scotland

7-8 November

Dunblane Hydro Hotel

www.fph.org.uk/events

Senscot Social Enterprise Conference and Ceilidh

14-15 November

Westerwood Hotel, Cumbernauld

www.senscot.net/ceilidhpaymentform2013.php

Cross Party Group on Food

Wednesday 20 November at 6pm

Scottish Parliament, Edinburgh

www.scottish.parliament.uk/msps/Food.aspx



**community
food and health**

(scotland)

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