



community
food and health

(scotland)

farechoice

The newsletter for Community Food and Health (Scotland)

Issue 65 February 2014

Well meaning



Cooking in the community kitchen, see *Take Stock*, page 8
The Stop Community Food Centre/Zoe Alexopoulos

Having become part of NHS Health Scotland almost a year ago, Community Food and Health (Scotland) constantly asks itself the question, 'What does this mean for the inequalities in health faced by so many in our society?'

We know that this is also a key concern for community food initiatives and the local authorities and NHS Boards they work with, as well as central government.

Seeking long-term change has been at the forefront of both the thoughts and actions of Scotland's community groups and voluntary organisations for many years, and this edition of Fare Choice includes excellent examples of communities at home, down south and across the water, pursuing imaginative and sustainable solutions despite the economic pressures many are under (see pages 3 and 7).

It was also fundamental to our annual networking conference in November (see 'Take Stock', page 8). Scotland's community food initiatives not only mean well, they mean to make a difference.



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 and forthcoming work

Evaluation learning exchanges

CFHS is hosting a series of one-day events in February and March 2014 as an opportunity to network and share learning about evaluation. Places are open to community food organisations that have received development funds and support from CFHS this year.

The events are being held on:

Thursday 13 February 2014, Glasgow (9.45 am–4 pm)

**Wednesday 26 February 2014, Edinburgh (9.45 am–4 pm)
and Wednesday 12 March 2014, Perth (9.45 am–4 pm)**

If places are available for the remaining events for other organisations, these will be advertised via the CFHS e-bulletin.

REHIS Accredited Elementary Cooking Skills course

The Royal Environmental Health Institute of Scotland (REHIS) launched a new accredited practical cooking course at our conference last November. The new course aims to provide participants with basic cooking skills and increase their confidence, skills and knowledge. It takes a minimum of six hours, teaching time and participants are assessed continually throughout the course using specified criteria.

The course will be useful for a wide range of people, from those thinking about going into the catering industry or training, to those setting up their own home.

To help kick start this course and ensure it is available in low-income communities, we awarded funding to 13 groups and agencies to run one or two courses earlier this year. Funding recipients planned to run the course for a range of groups including café and lunch club volunteers, young carers, learning disability support staff and family support group participants. We will let you know how they got on with the new course later in the year.

To find out more about the course, including how to become a tutor, visit the REHIS website www.rehis.com or call 0131 229 2968.



Pictorial recipes and accessible food and health resources

We are currently making plans to develop part of our website to provide information about, and links to, quality accessible food and health resources or pictorial recipes. These will be particularly suitable for those planning to run cooking skills activities with adults with learning disabilities, but might also be useful with other groups.

Information about some of these resources is already available in our publication from 2013, 'Cooking up Connections', and you can also have a look at the publication section on page 11 for information about the new updated CAN toolkit.

If you would like more information about this work, contact Kim.

The contribution of community food initiatives to national food and health programmes

Early last year, we provided around £15,000 to six community initiatives to build on their existing or previous work with one or more of the Scottish food and health programmes – the healthy living award, the Scottish Grocers Federation Healthy Living Programme or the Healthier Scotland Cooking Bus. These groups used the funding to provide training for staff or volunteers, buy equipment or upgrade facilities. These fairly straightforward activities helped attract new customers or increased sales of fruit and vegetables for three of the initiatives. Two other groups found that this helped towards ensuring that staff or volunteers were able to run cooking skills sessions themselves or embed food and health activities within their groups.

Approaches to improving food access and addressing food poverty with older people

'I think we have the basis for some really good ideas and practice that can be shared more widely.'

'There is a wide variety of solutions being used, none completely new but some being applied in a much more innovative or independent way than we might have in some places in Scotland.'

'I think the social aspect shone through.'

(Comments from study tour participants)

The CFHS study tour to London in October was a great success. The group came back to Scotland with some clear plans for future action. At a follow-up meeting in December they agreed that they would set up a Scottish Older People's Food Task Force to co-ordinate taking their plans forward.

Participants on the tour were drawn from community food initiatives working with older people, the Scottish Government, NHS Health Scotland and an academic institution. Over two days in London they met people from 10 different organisations and saw parts of London they had never seen before.

Meetings were held with local government officials in the London Boroughs of Newham and Southwark, the London Assembly, the Malnutrition Task Force and Futuregov who are developing the Casserole Club. Visits were to Greenwich Co-operative Development Agency and their Men in Sheds initiative, New Horizons Day Centre, London Circle and Community Catalysts.

A full report of the tour has been prepared and will be available on our website shortly. For further information, contact Sue.



Study tour participant Neeru lends a helping hand at the Age UK day centre

The impact of community food work on mental health and wellbeing

CFHS has commissioned the Scottish Collaboration for Public Health Research and Policy (SCPHRP) to undertake an analysis of the learning from the work on evaluation that we have supported over the last year. The study will look at the reports on the self-evaluation work undertaken by participants on the Building Evidence of Impact programme, together with the material generated by the evaluation of the CHANGES Eat Well - Stay Active programme.

The brief is to look at the range of outcomes that the evaluations report, what these tell us about the impact of community-based food work on mental health and wellbeing, and the learning we can draw from this for practitioners, policy makers and the wider academic community. The research will be taking place between January and March 2014. SCPHRP will input into the learning exchange in Dundee on 5 March.

For further information, contact Sue.

CFHS learning exchange: community food work and its impact on mental health and wellbeing

CFHS will be hosting a learning exchange on Wednesday 5 March at Discovery Quay in Dundee, for organisations working on food, mental health and wellbeing.

The event will include input from mental health organisations that are using food as a way of engaging with their staff and the people they provide a service to, as well as an update from organisations that have been working on evaluations of the impact of their work.

The session will be participative and is an opportunity to explore ideas, share practice and join in an ongoing conversation about what we are learning about the role that community food work can play in supporting mental health and wellbeing.

For further information and to book a place, contact Sue.

Scottish Grocers Federation Healthy Living Programme makes a difference

CFHS recently commissioned research to identify if and how the training and resources available through the Scottish Grocers Federation Healthy Living Programme has had any impact for

community retailers. Carried out by Traci Leven Research, the study involved feedback from 14 community retailers that have taken part in the Programme's training and are using some of the Programme's resources. The research identifies that both the training and resources are beneficial, and includes recommendations about how the Programme may be able to support community retailers in the future. The report is available on the CFHS website.

Healthy Living Programme training session

CFHS are holding another Scottish Grocers Federation Healthy Living Programme training session on Thursday 27 February from 10 am to 12 pm at Edinburgh Community Food.

For more information, please contact Anne.



Growing Together

On 20 November last year, CFHS, the Federation of City Farms and Community Gardens and the Food and Health Alliance held 'Growing Together', an event for community retailers, community growers and Food and Health Alliance members. The event, held in SRUC's Oatridge Campus in West Lothian, attracted around 40 participants from across the country. As well as lots of space for networking, the event provided an opportunity for community growers and community retailers to talk separately about issues relating to their sectors, and to jointly discuss if and how they can work more closely together. There was also the chance for everyone to find out more about Recipe for Success and discuss how the different themes within the National Food and Drink Policy have progressed since its launch in 2009.

The event generated lots of ideas for everyone that took part, new working relationships – and lots of noise! A report of the event will be available on our website.

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

Heading in the rights direction

'The impact of austerity on human rights is a priority concern among many in Scottish civic society.

Budgetary decisions are generally not taking human rights into account and there is particular concern at the likely impact of welfare reform. Many believe that a combination of welfare reform measures risks exacerbating poverty and indignity.'

'A Scotland where everyone is able to live with human dignity' is the vision of Scotland's National Action Plan for Human Rights launched on 10 December, International Human Rights Day. A Human Rights Action Group on the standard of living engaging 'with people directly affected to ensure actions are informed by lived experiences' is one of a number of actions that should appeal to the countries community food initiatives. **The full action plan and a useful summary can be found at <http://scottishhumanrights.com/actionplan>**

Empowered communities

'At its heart, community empowerment is about communities taking their own decisions about their futures. It's about communities choosing to grow and become stronger, and to improve things for their families, friends and neighbours in ways that make sense to them. It is a means for communities to take their own actions with access to all the resources available to them to develop their local economies, environments and cultures. This Bill will give people in communities, and those supporting them in the public sector, a range of new ways to help deliver a better Scotland.'

From the Ministerial introduction to the consultation document on the draft Community Empowerment Bill

It is likely that a number of community food initiatives took the opportunity to comment recently on the draft Community Empowerment Bill. The consultation on the bill which aims to 'make the most of the talents that exist in our communities; deliver high quality and improving public services; and support strong local

democracy and local decision-making' closed on 24 January, but the ongoing debate will be of interest to many communities during its passage through the Scottish Parliament.

The interest from communities was evident when an event organised by the Community Development Alliance just before Christmas was greatly oversubscribed.

www.communitydevelopmentalliancescotland.org
www.scotland.gov.uk/Topics/People/engage

Food banks

'The truth is that food banks show the best and the worst in our society.'

'We have a wide range of volunteers in the food sector who are supporting food banks in the short term, but we must start looking for long-term solutions. I wish that the motion had focused more on the long term and the strategic problems that we face, and less on short-term tactical politics.'

'In some respects, food banks provide a perfect example of the third sector at work, doing what it can to plug a gap at a particularly difficult time.'

A heated debate took place in Westminster on 18 December, which saw a range of perspectives on food poverty being voiced. Although primarily focused on food banks, the recording of the debate in Hansard is well worth a look
www.publications.parliament.uk/ (search by date in Publications and Records/Commons Hansards)

Europe

EU Food Sense

3 December saw the launch of the European Parliament's Sustainable Food Steering Group. Under the banner 'EU Food Sense: your right to the right food', the cross-party group of MEPs is committed to a sustainable food policy for the EU, following the UN's own 10-year human rights-focused agenda, The Right to Food.

EU Food Sense will facilitate debate with the other European institutions, national parliaments and a growing number of NGOs active in this field. The Steering Group will focus on a number of key issues, including the EU Commission's Sustainable Food Communication and the Common Agricultural Policy.

www.eufoodsense.com/home/4581172985

Farmers' market or farm shop?

Despite a widely reported squeeze upon household incomes, food quality and provenance continue to be important priorities for consumers. Farmers' markets and farm shops can act as an attractive means for us to engage with our farming neighbours, gaining more information about the products on sale and access to produce that is freshly picked and produced using the minimum of chemical inputs. Farmers' markets and farm shops provide fresh, healthy, locally grown, trusted food that builds consumer confidence. For farmers too, direct retailing through farmers' markets and farm shops, serves an important purpose. Diversification has a long tradition in farm households, but is a growing phenomenon as farmers have to deal with increasingly competitive economic and environmental conditions. Of particular note is the increasing consolidation in the agri-food supply chain. Direct retailing is a particularly attractive form of diversification because it allows farmers to maintain viable agricultural enterprises and deliver additional income from non-farming sources.

Our study worked with five farm businesses to examine their diversification motivations and practices. We were particularly interested in comparing motivations for diversification through farmers' market and farm shops, considering the necessary practices within each and exploring farmers' interpretations of the business outcomes of each approach.

We found that farmers had common motivations for participating in both farmers markets and farm shops. They were primarily considered good sources of incremental income. We were also able to determine additional secondary motivations including increased control, seasonal/cyclical stability and promotional opportunities for farmers.

In practice, farmers' markets were considered to be the most readily recognised form of diversification and to have advantages over other forms by providing ready access to an attractive and established market closely connected to core farming activities. Farmers' markets, however,

were considered to have a number of important limitations and were decreasing in popularity as a form of diversification. Because farmers' markets offer ready access to consumers this can lead farmers to underestimate the true costs of using them as a retail outlet. One farmer said 'One Christmas we seemed to have made money and then it got to March and I thought "where's the money going?" We were just losing money, so we just stopped.' This was also due to their inability to deliver business outcomes in keeping with farmers' key motivations. Income was uncertain and farmers' markets were subject to the same seasonality as farming with quite winter periods. Farmers cited promotional opportunities in support of their on-farm shops as their core motivation for persevering with this diversification channel.

Farm shops are much more expensive undertakings, but they were found to be performing better by matching business outcomes with farmers' motivations of a stable income, enhanced control and seasonal stability. This makes them an attractive form of diversification outweighing their higher entry barriers and ongoing business risk. Indeed, farmers showed ingenuity in adapting their farm shop practices to extend into online environments in support of their view of physical and virtual on-farm controlled shops as the future of rural diversification.

This research has been exploratory so more work is required, yet it raises some important questions: how best might we match the needs of consumers, including disadvantaged consumers, and farmers engaged with direct retailing? How might we reconfigure the farmers' market, which remains popular with consumers, to more closely meet farmer's diversification needs? How might we support farmers through the business risks of establishing their own farm shops?

Researchers: Dr Juliette Wilson and Dr Andrea Tonner, University of Strathclyde Business School: juliette.wilson@strath.ac.uk
a.tonner@strath.ac.uk

A flavour of

community-based food and health activity in Scotland

The Sunday Lunch Club

The Sunday Lunch Club meets once a month in the Royal Highland Hotel in Inverness. It started in 2011 when Highland Community Care Forum launched a report at the hotel into social isolation and older men. The owners were new and wanted to do what they could to help to address the issue of loneliness among older people in Inverness. They offered to prepare a meal once a month on a Sunday for older people from lunch clubs across the town. Sunday can often be the loneliest day of the week for older people when other clubs and social activities are closed.

The two-course meal, with two choices, is freshly cooked in the hotel kitchens and, as in any good business, is tailored to the customers' needs.

'When we first started we filled the plates too full and older people told us that they did not like to waste. We have now reached a portion size that works.'

Sanjay Bas, Food and Beverage Manager.

Staff are specially trained to make the guests welcome and the meal is served in the beautiful Grand Wallace Ballroom.

The lunch regularly attracts 80–90 people and is co-ordinated by Liz Syred, who is funded by the Highland Community Care Forum to ensure the whole event runs smoothly. Liz welcomes everyone when they arrive and works her way around the tables during lunch to make sure that everyone is comfortable and to pass on information about other things that are happening. Christmas is always a full house (the maximum capacity is 117). Decorations are provided by the hotel and musical entertainment from the 'Singing for Pleasure' choir based at Merkinch Community Centre, or 'In Cahoots', a female acappella choir, also from Inverness. The Sunday lunch club is highly recommended by all the guests who use it – a great example of an innovative partnership between private and voluntary sector organisations.

Grow your own at Kirkshaws Community Garden

Parent Action for Safe Play (PASP) in Scarhill St, Coatbridge, through the Climate Challenge Fund, is encouraging the community to reduce its carbon footprint. This is being achieved by raising awareness and invigorating behavioural change through a programme of food growing, reducing energy consumption and reducing waste. A full diary of events covering these topics, including composting and cookery workshops and even film viewings is available.

The Community Garden, which consists of a polytunnel, raised beds and a sitting area was

started in March 2013, has produced 350 Kg of food – fruit, veg and herbs – which has converted over half a ton of CO² emissions.

Those wanting to learn about growing food are invited to come along and take advantage of their expertise, tools, plants, space and even raised beds to be used at no cost.

To join in or learn more about the Community Garden and the other environmental events in its Growing Greener programme, please contact David on 0788 756 1813 or david.growinggreener@yahoo.co.uk or go to the PASP facebook page on the website www.parentactionforsafeplay.co.uk



CFHS national networking conference, 'All on one plate'

Delegates appeared to thoroughly enjoy the CFHS national networking conference held at COSLA conference centre, Edinburgh on 31 October. The event was a chance for community food initiative workers, people from community gardens, volunteers, NHS staff, planners, policy makers and researchers to come together and discuss food, health inequalities and social justice. Around 140 people attended the popular one-day event.

Highlights of the morning included an inspiring video and recorded interview from a community food initiative in Canada called The Stop. An organisation passionate about supporting food access, the local food economy and local growers, The Stop has been running for over 30 years. Programmes include a community kitchen, peer-support advocacy, a food bank and drop-in meals. The Stop also runs an urban agriculture programme.

'Our focus is on food poverty, food security, anti-poverty and anti-hunger programmes. We are a unique organisation in the way we focus on our day-to-day delivery of services and our emergency programmes. We are also unique in the way we have a significant leadership role on anti-poverty issues in Toronto.'

Rachel Gray, The Stop

In the last five years there has been a focus on sharing the model of The Stop with other communities around Canada. A former member of staff from The Stop set up Community Food Centres Canada, an organisation that provides resources for community food initiatives.

'We are looking to address food security, hunger and poverty through an effective model that works well and that brings people together through effective programmes and services. Programmes and services that minimise and break down social isolation that comes with poverty, low income, mental health issues and unemployment.'

Rachel Gray, The Stop



There are some very clear values that underpin the work of The Stop. The Stop strives to increase access to healthy food in a manner that maintains dignity, and builds health and community. The Stop also strives to challenge inequalities.

'At the core of everything we do are dignity and our community focus of our work with community members. We would be comfortable feeding our children and taking home ourselves the food that we serve in our drop in and the food we provide in our hampers.'

Rachel Gray, The Stop

'At no point will we work with people here that doesn't reflect how we would like to be treated and what we believe to be a basic human right. We believe people should have access to food. Dignity is key to how we engage with community members.'

Rachel Gray, The Stop

Like in all organisations The Stop faces increasing demand and fewer resources. One challenge in particular is funding.

'The Stop only receives 10% of their budget from Government support. This means we do an awful lot of work doing fundraising events and engaging with our donors and sponsors. It is at these times we can talk about and raise awareness of the issues faced by the organisation. We spend a lot of time securing funding.'

Rachel Gray, The Stop



The Stop Community Food Centre/Zoe Alexopoulos

Another challenge faced by the community in Canada is access and affordability of food. There is an increase in food banks in a community that is becoming more reliant on emergency food.

'There is an entrenchment, a great divide between people, which is only deepening. It has been 30 years since our government stopped investing in affordable housing. That was the real turning point in the increase of homelessness, increase of a level of poverty as more and more people spent more on their housing. Not coincidentally this happened at a period of time when more and more food banks came as temporary measures and now they are still part of the scene.'

Rachel Gray, The Stop

The CFHS conference also benefited from an interesting and informative presentation about the health initiative, Healthy Valleys, in South Lanarkshire. Julia Millar from Healthy Valleys was able to talk about their work and respond to the interview and video from The Stop.

'Addressing inequalities is vital to empowering communities and involving local people in the process. It is important to engage with people living in the area to know the issues and behaviour and work alongside them and provide them with ownership of the process rather than just the final outcome.'

Julia Millar, Healthy Valleys

The conference ran workshop sessions in the morning where delegates could discuss innovative approaches and good practice. Workshop themes included emergency food aid, older people and cooking classes. Workshops reflected practical challenges and key policies. They focused on social enterprise, and people identified barriers and potential solutions to accessing a healthy and acceptable diet for themselves, their families and their communities. As a result of working through the process it was recognised that there are a number of opportunities for community food initiatives to be enterprising while retaining a focus on enabling communities.

In the afternoon the conference ran a 'braw blether' session which gave delegates a chance to join or create a number of interesting discussions. Discussion themes included the tools for play and learning with food for the under 5s and the role of credit unions in addressing food poverty. 'Braw Blether' along with other sessions in the

day generated a lot of thought and discussion for participants. In addition to all the workshops and sessions a vibrant marketplace run throughout the conference showcasing work from across Scotland where delegates were able to learn about other people's excellent work.

'CFHS events are always enjoyable and productive. It is a great opportunity to catch up with developments at a national level as well as meet with colleagues from across the country.'

Conference delegate

'Toronto's The Stop was inspiring and an indication of how a long-term goal can develop.'

Conference delegate

'The morning presentation and interview about The Stop was inspirational for people considering how they can develop their community food initiatives.'

Conference delegate

CFHS has a limited number of copies of the book, The Stop, about how the fight for good food transformed a community and inspired a movement.

If you would like a copy of the book or any more information about the conference contact janeoliver1@nhs.net

Please be aware that there are only a few copies of the book and these will be distributed on a first-come-first-served basis.

**www.communityfoodandhealth.org.uk/
www.thestop.org/home
http://cfccanada.ca/mission_vision**



Local food social support hubs

Woodlands Community Garden in Glasgow recently launched its local food social support hubs project. The hubs, taking place in and around the Woodlands area of Glasgow, will offer a friendly space where people experiencing hardship can share a meal and access information and support.

The Community Garden will also be working with local schools and community organisations to grow food that will be used in the meals and to provide training on how projects can set up their own growing space.

The food hubs will be delivered in partnership with a range of organisations, including Glasgow Council for Voluntary Services' (GCVS) Albany Centre, West End Action for Churches Together in Scotland, and Flourish House. The project is supported by the Big Lottery Support and Connect Fund.

More information is available at www.woodlandscommunitygarden.org.uk/

A Fairer, Healthier Scotland: A way forward together

As this edition of Fare Choice goes out, a special session on health inequalities has been taking place, at the 10th anniversary of the Gathering (www.gatherscotland.org.uk) organised by the Scottish Council for Voluntary Organisations (SCVO).

The session itself was a collaboration involving Voluntary Health Scotland (VHS), the Community Health Exchange (CHEX) and NHS Health Scotland, including CFHS. The session was an opportunity to examine collaborative approaches for preventing and tackling health inequalities across Scotland.

Watch out for details of how the session went on the CFHS website and e-bulletin.

Emergency food aid

Increasingly community food initiatives across Scotland are responding to demands for emergency food aid for those experiencing the most severe effects of food poverty. On 25 February CFHS is hosting a roundtable discussion with policy makers, practitioners and funders to explore how community food initiatives can address health inequalities and promote social justice through their responses within communities.

The provision of emergency food parcels through food banks is rapidly growing; however, balancing the need for short-term emergency food aid with creating sustainable change for people experiencing food poverty is an emergent challenge across Scotland. The roundtable discussion is helping to shape messages for policy makers, practitioners and funders to inform and influence emerging work focusing on food poverty.

Community Food and Health (Scotland) or CFHS is still looking to hear about your experiences of responding to the need for emergency food aid with your communities. We have been asking for people to share with us 'key messages' which you believe are important for policy makers; practitioners; and funders. **If you have not already responded, please visit the website and fill in our template. Alternatively, contact Katrina for more information.**

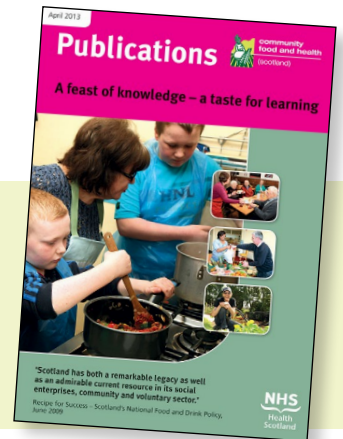
This continued learning will help to inform future work of CFHS and to influence the work of other policy makers, practitioners and funders. It will enable us to highlight the contribution of community food initiatives while also recognising where policy and practice developments can be explored.

Publications

A feast of knowledge: a taste for learning

This publications catalogue lists our most recent publications, from fact sheets to evaluation reports, which can all be downloaded from www.communityfoodandhealth.org.uk

Contact us for a copy or visit the website.



CAN toolkit

NHS Ayrshire and Arran Dietetic Team have recently reviewed and updated this toolkit of resources. CAN is for CAN cook, CANned food, and Cheap And Nutritious – or all three. They have produced a CD version and this is now available to buy for £50. This means that organisations can make up CAN toolkits as required. However, the CD cannot be copied as the copyright will remain with NHS Ayrshire and Arran. The toolkit includes a wide selection of games, (e.g. hidden salt, hidden sugars, guess who?), recipes in two different formats, including some step-by-step pictorial recipes, and an A3-sized eatwell plate mat. The pdf for printing the toolkit box is included too – see photo below.

The range of pictorial and interactive resources ensures that the toolkit can be used with a range of groups, including those with literacy skills issues, learning disabilities, children and young people.

To buy a copy, contact Fiona Smith, Team Leader - Health Promotion/Community Food Work Team, 01563 575413, 07786 335288, fionasmith@aapct.scot.nhs.uk



Food bank figures

'Providers who participated in the study were in agreement that welfare reform, benefit delays, benefit sanctions and falling incomes have been the main factors driving the recent trend observed of increased demand for food aid.'

The Scottish Government commissioned a study on an 'Overview of Food Aid Provision in Scotland' which was carried out over the autumn by a team from Heriot Watt University.

The report can be downloaded from www.scotland.gov.uk/Resource/0044/00440458.pdf

Behaviour change

Worth a look is the latest guidance from the National Institute for Health and Care Excellence (NICE) on 'Behaviour change: individual approaches' which makes recommendations on individual-level interventions aimed at changing health-damaging behaviours among people aged 16 or over.

Available at <http://guidance.nice.org.uk/PH49>

CFHS now has a Twitter account. You can follow us at https://twitter.com/NHS_CFHS And remember to like us on facebook at www.facebook.com/likeCFHS

Find us on:
facebook

Follow us on:
twitter

Diary

February

The Gathering 2014

19-20 February

SECC, Glasgow

www.gatherscotland.org.uk

Creative in an emergency: exploring how community food initiatives can have a long-term impact through emergency food aid

25 February

The Melting Pot, Edinburgh

www.communityfoodandhealth.org.uk

March

Second helpings

5 March

CFHS learning exchange – community food work and its impact on mental health and wellbeing

Discovery Point, Dundee

www.communityfoodandhealth.org.uk

National Salt Awareness Week

10-16 March

www.actiononsalt.org.uk/index.html

Trellis annual conference

18 March

Perth Concert Hall

www.trellisscotland.org.uk

May

REHIS annual conference 2014

7-8 May

Royal College of Surgeons, Edinburgh

www.rehis.com/story/2013/09/rehis-conference-2014

June

BSA Food Study Group Conference 2014 – Food and society

30 June

British Library Conference Centre, London

www.britsoc.co.uk/media/61543/Food2014_CFP.pdf



**community
food and health**

(scotland)

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For updates on community food and health between issues of Fare Choice, please visit our website to sign up for our monthly e-bulletin

www.communityfoodandhealth.org.uk

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