

Annual Development Fund 2014



community
food and health

(scotland)

opens Friday 13th June!

We are pleased to open this year's Development Fund on Friday 13 June. Groups and agencies working with or within low-income groups in Scotland are welcome to apply for funding between £500 and £3,000 to develop activities that will support access to, and take-up of, a healthy balanced diet.

To find out more about our annual Development Fund, please call us or send us an email to ask for an application pack – or to get further information. You can also download the application form, guidance notes and other materials from our website from 13 June.

The closing date for funding applications is Friday 8 August 2014, 5pm. You can post your application to us, or email your application to **nhs.HealthScotland-CFHS@nhs.net** We will not accept late or faxed applications.



What the development fund is for

All development fund applicants must show how their planned food activities will contribute to outcomes and targets in one or more of the following three main food policies or strategies in Scotland:

The three food and health policies

Preventing Overweight and Obesity in Scotland: A Route Map (2010) Towards Healthy Weight and Route Map Action Plan (2011)

This policy focuses on preventing us gaining weight by changing our environment to make it easier for us to make healthier food choices and to be more physically active. It is led by the Scottish Government and the Convention of Scottish Local Authorities (CoSLA).

Improving Maternal and Infant Nutrition: A Framework for Action (2011)

This policy framework aims to improve nutrition for pregnant women and families with babies or children under the age of four. It also aims to increase awareness and use of the 'Healthy Start' voucher scheme. Pregnant women and families eligible for free vouchers can spend these on milk, infant formula and fresh or frozen fruit and vegetables.

Recipe for Success – Scotland's National Food and Drink Policy (2009)

This policy considers food from a range of viewpoints and includes looking at ways to address access and affordability of healthy foods, particularly for vulnerable or older people or in rural areas. It also emphasises the contribution that social enterprises, community food initiatives and food growing can make to increase the availability of affordable healthy foods. It encourages the support of a stronger community food sector.

We have more information about the food and health policies in the development fund guidance notes or you can access these from the Scottish Government website www.scotland.gov.uk

Three national food and health programmes and other policies

If they are able to do so, we also encourage applicants to show how their planned work will work towards, link with, or work in partnership with one or more of these three national food and health programmes.

The **healthyliving award** is a national award for the catering sector in Scotland, including community cafés and lunch clubs, to encourage changes to catering practices and ingredients.

The **Scottish Grocers Federation Healthy Living Programme** supports convenience stores in low-income areas to promote the sale of healthier foods, such as fruit and vegetables. It provides staff training, marketing materials and resources. It also works with CFHS to support community shops, co-ops or fruit and vegetable barras.

The **Healthier Scotland Cooking Bus** visits schools and communities across Scotland and provides cooking workshops to pupils, teachers and community participants. It aims to address health inequalities as part of its work to develop cooking skills.

All three of the food and health policies fit within the aims of the Scottish Government's National Performance Framework, and its overarching plan to make Scotland healthier, smarter, wealthier and fairer, safer and stronger and greener. Other Scottish policies may also be relevant for some applicants. For example: Re-shaping Care for older People, or the learning disability strategy: The Keys to Life. Both of these policies mention food and health activities. The aims of many community food initiatives work will also be reflected in the recent Ministerial Task Force on Health Inequalities' report about 'Equally Well' work.

Last year, we awarded a total of £100,000 to 48 groups through our development fund. They are currently telling us about how they are getting on with their activities.

The following pages include some examples of their work and the impact this has had on participants and their organisations. We would like to thank all the funding recipients who sent us reports and photos.



About last year's development funding recipients

Last year, we provided development funding to a wide range of organisations across Scotland, including community trusts, social enterprises, local authorities working closely with communities, supported accommodation projects, youth clubs and charities. Between them they set up new, or developed existing, food activities.

These included cookery courses, food growing projects, community cafés, shopping schemes and fruit and vegetable barras. They worked with all age groups and many supported specific groups, such as young mums, people who had experienced homelessness, people with mental health support needs and adults with autistic spectrum conditions.

The funding was spent on all kinds of resources, from poly tunnels, portable hobs and cookery course ingredients, to staff and volunteer training and research activities.

Activities of last year's funding recipients

All the groups and agencies that received funding ran activities that met one or more of the three main food and health policies highlighted above.

Food growing

Around one in six of the funding recipients planned to run food growing activities. These contribute to aims within Recipe for Success: Scotland's national food and drink policy to support food growing as a way of providing affordable, healthy food.

One of the funding recipients planning food growing activities was **Grow to Work**, a Community Interest Company in the Borders. It provides outdoor work for trainees who are school or college leavers, some of whom have learning difficulties or disabilities. The company planned to use the funding to convert five acres of land over to food production and to erect a commercial poly tunnel. Much of its work throughout the winter involved clearing the land and setting up a drainage system, although it now has its first batch of young plants. It originally planned to deliver fruit and vegetable boxes locally, particularly to older people in this rural area. However, it now has an agreement with the Post Office/village shop in Walkerburn to supply it with produce throughout the growing season. As well as helping to ensure that vegetables are more accessible and affordable, this will also help support local businesses. The trainees have also benefited from being involved with the growing project. They receive a freshly made free lunch every day and are encouraged to discuss food choices and be more adventurous when trying new foods. Some trainees report that the regular outdoor activities are helping them to sleep better at night or smoke less often. This company has been able to offer full-time jobs to two of the trainees as the result of this growing project.

Community retail

Several funding recipients used funding to contribute to Recipe for Success's aim of supporting access to affordable, healthy food by developing community retail outlets, such as community cafés or fruit and vegetable barras. These activities can also help strengthen the community food sector.

Plean Community Trust provides a venue for local people to meet and for community activities. It received support from NHS Forth Valley's Community Food Development team to set up a pilot fruit and vegetable barra that is run by local volunteers. It used development fund money to develop the barra and buy equipment for it. It has now established a regular customer base and group of volunteers to support it, and has extended its opening times to two mornings a week. Based in a rural area, customers appreciate the access to affordable fruit and vegetables and not having to spend money on bus fares in order to buy fruit and veg. The barra accepts Healthy Start vouchers and has attracted customers with young children who are eligible for these. The Trust has worked with the local primary school to provide fruit-tasting sessions with the children and the school now uses the barra to supply its tuck shop. The Trust believes that this new project has provided benefits to the local community beyond a supply of fresh, affordable produce: volunteers and customers have benefited from the social aspect of the project and volunteers have built their skills. The barra has raised the profile of the Trust and it has attracted new members.

Cooking skills sessions were a popular activity with some applicants – around half of the applicants applying and a similar amount that were successful planned cookery sessions. These meet actions within the Preventing Overweight and Obesity Action plan to ensure that adults develop their cooking skills. However, many groups taught cooking skills in a way that went beyond learning to prepare a healthy balanced meal and used cookery to make a difference in other areas of their work or to contribute to a range of policies.

Cooking and beyond

Healthy Valleys is a community-led healthy living initiative in rural south Lanarkshire. It used the funding to develop the 'Community Cook and Chat' project. As well as teaching cooking skills, it aimed to mitigate food poverty and social exclusion by bringing families and individuals together for an affordable shared meal on Sunday evenings. These took place in a village where volunteers from Healthy Valleys had reported that local people had expressed concern about the impact of welfare reform on their household budgets or were experiencing social isolation. The pilot scheme ran for four sessions for anyone in the local area who wished to attend. Participants paid £1 per adult and 50p for each child over the age of 1 for each session. Around 14 people attended each week, with half the group taking a turn to develop their cooking skills by helping to prepare a large shared meal, and the other half taking part in other activities. They came together to enjoy the meal and then cleared up and chose menus for the following week. At the end of the four weeks, many of the participants reported that they felt more involved with their community and were more confident to prepare affordable healthy family meals. Healthy Valleys plans to run similar sessions again in the future.

Just Play is a pilot partnership between Angus Council and Police Scotland that aims to address generational patterns of offending by supporting families with children aged 0–3 through play. This meets aims within the National Performance Framework and Getting it Right For Every Child (GIRFEC) to ensure that children have the best possible start in life. The partnership had found that the families they were working with lacked confidence around cookery, had experienced financial crisis or food poverty, or were unsure about weaning. It applied for funding to provide a cookery group for up to six families at a time, for one and a half hours per week for eight weeks. The children took part in food-related activities in an adjoining room while their parents or carers took part in the cookery.

Just Play had not delivered cookery sessions before, so it took advice from, and worked with, a range of partners to ensure that these were a success. These included the NHS Tayside Health Improvement Team, who suggested it used the 'Cookwell' cookery course manual. The team also provided information for the families about how to apply for 'Healthy Start' vouchers and vitamins. Just Play's other partners included a local Citizens Advice Bureau project, ADAPT, which ran taste test sessions on budget and branded foods, and the local Trussell Trust food bank. The recipes used were checked for compatibility with the ingredients supplied in a standard food bank parcel, should any of the families involved experience food poverty now or in the future.

Just Play staff believe that the cookery sessions have had a positive impact on both participants and the partnership. As a result Just Play hopes to integrate cookery sessions into its core work and is planning to apply for a visit from the Cooking Bus to enhance this. It intends to take a step back in the last few cookery sessions with the current cookery group it supports and hopes to encourage it to run on a self-help basis in the future. This supports its asset-based approach of helping families to build their confidence and make the most of the skills and abilities within the group.

Falkirk and District Association for Mental Health used the funding to develop cooking or meal activities for its drop-in support groups. The Association already had kitchen facilities at its premises to run cooking workshops and prepare meals, but did not have enough staff to run these on a regular basis. It was also aware that those using the drop-in experienced poverty as well as poor mental health and that this made it difficult for individuals to eat well. It had identified eight people attending the drop-in who were interested in taking on the role of 'Food ambassadors'. So far, they have taken part in food hygiene and cookery training and have been supported by staff and volunteers to prepare a shared meal for 40 people. However, this has been much more than a shared meal: the ambassadors have developed their skills and self-esteem by being part of a team to plan, prepare and efficiently serve the meal. One woman that had previously worked in the catering industry was able to show the others how to improve food presentation, others also had a range of skills from their previous work experience that they could share and build on. It created a lot of discussion around food and memories of food. The first shared meal was enthusiastically received by the rest of the drop-in, more meals are planned and the association is planning to encourage peer learning, with ambassadors teaching other members of the drop-in basic cooking skills.

Sustaining food activities

We prefer to award funding to applicants that can show how they plan to ensure that their food activities will have a longer term impact beyond the one-year of funding. Here's how a handful of funding recipients delivering cookery courses aimed to do this.

Cherry Tree Nursery in South Ayrshire provides a child care and education service for vulnerable families with children under 5 years of age across the local authority area. The nursery had run cookery sessions for parents and carers in the past, these had been very popular and they wanted to provide these again. Two members of nursery staff completed a two-day training course on running cookery sessions for parents with young children. This training was provided by NHS Ayrshire and Arran community food workers team. The training gave staff the confidence to run interactive activities for parents, including discussing the eatwell plate, salt, sugar and fat games, how to encourage children to eat vegetables, tips on freezing meals and practical hands-on cookery. They have also delivered sessions for parents about weaning and fun first foods. Now that the staff are confident, they plan to continue to offer cookery sessions to parents and carers and are considering extending these to other people in the local community.

St Bernadette's Primary School in Motherwell used the funding to buy equipment to run cookery sessions. These were provided to parents, children, and parents and children together. Over 100 people have taken part so far. A community food initiative – Lanarkshire Community Food and Health Partnership – provided a cookery course trainer to run the cookery sessions. However, school staff feel that after working beside the trainer, they are confident to run cookery skills sessions in the future without support.

Promoting better maternal and infant nutrition

Almost half the funding recipients planned activities included supporting the aims of the Maternal and Infant Nutrition Framework.

SCOREscotland looks at the causes and effects of racism and promotes race equality. Part of what the organisation does is to work with partners to deliver health awareness work for black and ethnic minority women in the West of Edinburgh, many of whom speak English as a second language. SCOREscotland planned a research project that is running together with practical food and activities for pregnant women and women with babies or young children. The aim of the research is to find out about the barriers that minority ethnic women face when learning about, or trying to take up, a healthy balanced diet for themselves and their young families. The organisation set up informal focus group sessions so that the women could discuss issues around food and wellbeing, including the barriers they felt they faced when trying to improve their diet or health. Questionnaires and observations were also used.

These sessions were used to raise awareness of other services in the area and participants were made aware of the Healthy Start voucher scheme. Having recently completed a workshop on baby feeding, SCOREscotland plans to run weekly 'mother and infant specific' cookery sessions between April and June 2014, and to produce a recipe book. All of these will be shaped by the research findings.

Finding out about the impact

Most funding recipients plan to find out if their activities have had an impact on participants. They might do this by gathering evidence from informal discussion, asking participants to complete evaluation forms or activities, or through observation.

Aberlour Family Service – South Ayrshire recently set up a new service to support parents with learning disabilities. It identified that the parents it works with find it difficult to access existing food and health courses or information. It used funding to set up 'Ab fab Foods' which involved training staff, buying equipment and ingredients to run cookery workshops for the parents. The kitchen space was quite small, so three participants have been able to attend the first six-week course. Staff purchased portable cookers to make sure everyone would have the opportunity to use the equipment. Participants reported at the end of the course that they had developed skills and built confidence around food hygiene, budgeting and practical cooking. Support staff and social workers working with participants in their own homes have also been positive about the impact of the service. They noticed that participants had made positive changes to their own and their child's eating and dining habits at home. The service is currently exploring ways of continuing cookery support after the funding has ended. It is considering ways to provide this on one-to-one basis within the home and running more focused sessions, such as running parent and child cookery sessions or weaning workshops.

Further information

Local food and health work and policy

To find out more about food and health work in your area, visit your local authority and local NHS Board websites. You can also find out about your local Community Planning Partnership and Community Health Partnership (or Community Health and Care Partnership) on these websites. You may also get information about these at your local library.

To find out more about the national food and health policies, visit the Scottish government's website www.scotland.gov.uk

For information about the UK 'Healthy Start' scheme www.healthystart.nhs.uk

For more information about the national programmes

healthyliving award
www.healthylivingaward.co.uk

The Scottish Grocers Federation Healthy Living Programme (SGFHLP)
www.scottishshop.org.uk/sgfhlp

CFHS joint work with SGFHLP
www.communityfoodandhealth.org.uk/2012/work-with-retailers

The Healthier Scotland Cooking Bus
www.focusonfood.org/scotland

Information about nutrition

It is important to provide consistent food and health messages to those you work with. Your local NHS Board will be able to tell you about the availability of healthy eating resources, leaflets or other help. NHS Boards will employ health improvement or health promotion staff and dietitians who will be able to tell you how they can help.

Accurate nutrition information is also available online from:

- The Food Standards Agency's nutrition education site www.eatwellscotland.org
- The Government's 'take life on' website www.takelifeon.co.uk
- The British Dietetic Association www.bda.uk.com
- The Royal Environmental Health Institute of Scotland (REHIS) accredits a six-hour basic nutrition course – the Elementary Food and Health course. This is available across Scotland www.rehis.org

Community Food and Health (Scotland) has a wealth of publications, information and resources about community food initiatives and their activities on its website www.communityfoodandhealth.org.uk

About us

Community Food and Health (Scotland) was set up as a result of recommendations in the Scottish Diet Action Plan. Our overall aim is to improve Scotland's food and health by supporting work with and within low-income communities that improves access to, and take-up of, a healthy diet. We are funded by the Scottish Government and are part of NHS Health Scotland, a Special Health Board with a national remit to reduce health inequalities.

Contact us

Community Food and Health (Scotland)
NHS Health Scotland
Meridian Court
5 Cadogan Street
Glasgow G2 6QE

Phone: **0141 414 2890**

Email: nhs.HealthScotland-CFHS@nhs.net