





Work of NGCFI in relation to Health Inequalities

**Community Food & Health Scotland
Conference 28th October 2014**

‘Practical solutions for healthier living’





St Andrew's Church Milton Barra



Springburn Allotment





Royston Gala – served 700





Introduction

HI Background

NGCFI story



HEALTH INEQUALITIES



- NG male lives 68 years, 5 below ave
- NG female 75.4 yrs, 4 yrs below ave
- Mortality rates from cancer, coronary heart disease etc above Scottish ave
- Food crisis facing many families
- 35 Food Banks in Glasgow
- Alcohol – GCC SOA





In NE Glasgow

43 %

Children live in Poverty



1 in 2



HEALTH INEQUALITIES



Many reports in last few years

Common theme: HI needs to be tackled at all levels, internationally, UK, Scotland, local govt and locally.

Work of CF&HS, CHeX & others shows that community led health has a vital role to play









 **food
Initiative**
NGCFI

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Healthier Eating Royston Experience
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011





Previously on NGCFI!

- attempted cover whole area pop. 100,000**
- lots of one off – impacts?**
- perception distant from communities**

.....Reconfigured - drill down, get to know communities - changing structure...



NGCFI Work 2013-2014



- Supported over 93 **Volunteers**, 48 active now
- **Fruit & Veg** service - **10** 'barras' per week
- **260** individuals on **34** **cooking** courses (x2)
- **17** community events reaching over **2,300**
- 1 Com Garden, 2 allotments & **youth gardening** 200+
- All in all we reached over **3,500** residents +++
- Developing **Food Hubs** & how we do things



Food Hub model



- a joined up approach in a specific community, a virtuous and expanding circle of activity and involvement.
- all aspects of healthy food – growing, purchasing fruit and veg, cooking skills, enjoying and choosing a healthy diet
- community empowerment and social/campaigning aspects of food e.g. on food poverty or health inequalities.
- Virtual, base not crucial



Food Hub model



- with partners wherever possible
- community involved in choosing, planning and running activities underpinned by volunteers
- Processes supported by a

Food Hub Activator:

a community development / food related background, community based to create momentum around healthy food activities for different groups.





FOOD HUBS









Forward Look

- **Embed Community **Food Hub** model – launch Springburn Food Hub**
- **Commence Work on a community led **Milton Memorial Garden** £160,000 +**
- **Milton Talks – com led survey**
- **Developing the role of **lead volunteers****
- **Consider **social enterprise** options**
- **Evaluation - LEAP**





NORTH GLASGOW
COMMUNITY **food**
Initiative
N G C F I

WWW

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Recently



‘Food as a Right’ (Lush) and Responded to Scottish Govt Food Policy doc.

- We feel it is very important that we aim to be a good food nation, however the key driver must be the consumer / local residents not so much the food producers and food industry.
- The Policy needs to make clear that as a Nation, Scotland is committed to the “Right to Food”. That we will sign upto the International Covenant on Economic, Social and Cultural Rights.



Scot Govt Food Policy



Q7. In what areas should indicators be set to check we are on track towards our goals?

A: There needs to be an indicator on the vitality of communities to build resilience on food poverty and their aspirations for a good food nation locally applied. This needs to be resourced.

For us to work locally we need proper policies and legislative framework





Thank you!



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