

The newsletter for Community Food and Health (Scotland)

While addressing Holyrood's Cross-Party Group on Food, Richard Lochhead, Cabinet Secretary for Rural Affairs, Food and Environment, announced that 'post-referendum Scotland is all about participation and engagement'.

By the time this issue of Fare Choice is out, last year's national discussion on becoming a good food nation should have been analysed and its conclusions shared. The multisectoral commission that will advise government on progressing national policy on food may also have been established (see page 7).

However, some difficult conversations are clearly needed to ensure that everyone benefits from this. Many sectors and disciplines are required to play their part and we have to ensure they are communicating effectively. Those with the greatest understanding of food poverty must be at the heart of any conversation (see the Good Food for All event, page 11).



**Graphic facilitator, Graham Ogilvie, captures the conversation at our annual networking conference (see page 2).**

## Annual networking conference 2014

Community Food and Health (Scotland)'s national networking conference in October 2014 was an opportunity for participants to get together and network with other community food colleagues. The aim of the conference was to provide a valuable day for those involved in tackling health inequalities through community food activity.

The conference allowed people to come together, learn from each other and share experience, evidence, hopes and concerns on all aspects of food, inequality and social justice. National activity as well as local practice was discussed and showcased. The day had an underlying theme of tackling health inequalities and promoting social justice through the medium of food.

Around 180 people attended the one-day conference in Glasgow. Delegates included community workers, community growers, volunteers, NHS staff, local authority staff, planners, policy makers and researchers.

Table discussions, a vibrant marketplace and refreshment breaks allowed participants to converse with one another throughout the day. Discussion was also promoted by various organisations and individuals via Twitter and Facebook. A graphic facilitator and photographer captured images of the conference, which can be viewed on the CFHS website along with the speakers' presentations.

The conference was given a rousing opening by Ian Shankland, Manager of Lanarkshire Community Food and Health Partnership. Highlights from the morning included a thought-provoking presentation about food poverty from Liz Dowler, Professor in Food and Social Policy at the University of Warwick.

**'All should be able to enjoy a healthy, pleasurable diet in a rich country such as the UK, and should be able to obtain it in socially acceptable ways.'**

Liz Dowler

During the morning session the audience were asked what they would like out of being at the conference. Discussion centred on networking, finding out new information, making contacts and sharing best practice.

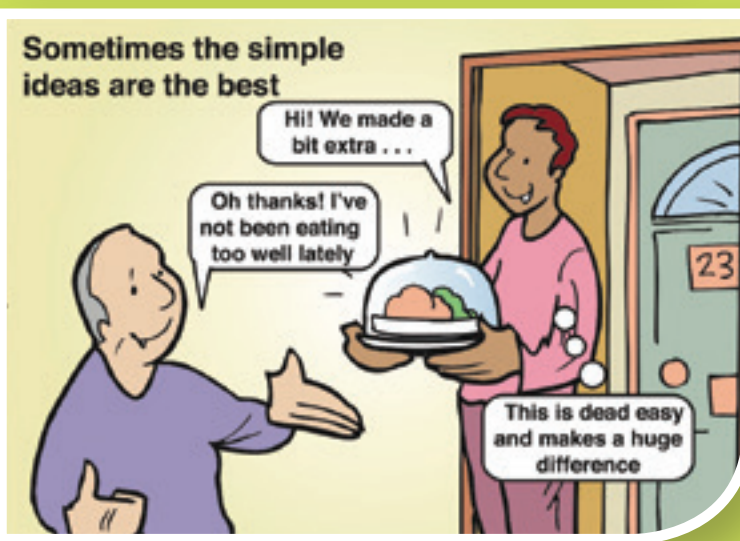
**'I am new in post, so to hear what's going on will be beneficial.'**

A busy and vibrant marketplace ran throughout the conference with dedicated time after lunch, allowing various organisations from across Scotland to showcase their work and delegates to learn about work in different areas.

Overall, the annual networking conference was considered a success by delegates and conference organisers. All presentations and workshops were very well received by participants, as was the opportunity to network. The vast majority of those who attended agreed that the conference was relevant to them and that they had gained useful knowledge as a result of attending.

**'It was good to hear some examples of practical projects working in areas of high need and also hear from volunteers involved with this work.'**

A full conference report is available from the CFHS website. For any further information about the conference, or the planning, please contact Jane.



## Social media users

One of the workshops at our annual conference explored objectives, audience and messages when using social media for community-led health, based on the guide produced by our friends at CHEX:

**[www.chex.org.uk/media/resources/publications/CHEX%20Guide%20-%20Social%20Media%20for%20CLH.pdf](http://www.chex.org.uk/media/resources/publications/CHEX%20Guide%20-%20Social%20Media%20for%20CLH.pdf)**

From this introduction to social media, we are now looking at developing a social media user group where we can further explore and learn, sharing experiences and good practice.

If you are interested in becoming a member of this group (experts and novices welcome), please get in touch at **[nhs.healthScotland-CFHS@nhs.net](mailto:nhs.healthScotland-CFHS@nhs.net)**

# 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.



# Maternal and infant nutrition

Our event, Maternal and infant nutrition framework: supporting a Healthy Start, took place in May 2014. The day included learning from previous and ongoing work around Healthy Start programmes in the Forth Valley area that were supported by CFHS.

CFHS was keen to facilitate follow-up learning exchange visits as part of this work. The purpose of an in-depth visit was to learn more about another project or organisation in order to inform future and ongoing work. Two organisations offered to host visits.

In late October 2014, Tina Burgess of NHS Western Isles welcomed a group of visitors flying into Stornoway from Edinburgh, Glasgow and Inverness to learn more about local work in a rural area to inform policy and practice.

The group visited Action for Children, the Maternal and Infant Nutrition Group, Pointers Young Mums Group, the Foyer and Macaulay College (farm).

**'These are really strong partnerships. Partners are mutually supportive and really well integrated, reducing the risk that people fall through the cracks. Their energy and appetite to make a difference can be seen in their innovative and inclusive approaches.'**

Visit our Facebook page to view a video montage sharing highlights and learning from the visit.

Another exchange trip took place in the autumn of last year, when four people representing the Scottish Government, NHS Health Scotland and NHS Forth Valley visited Step by Step in Moray. Participants travelled from Edinburgh to Elgin to meet staff and volunteers in the local youth café.

Step by Step is a registered charity organisation offering groups for pregnant women, new parents and families with young children. Activities centre around play, social connections and friendship. Food is an important part of all the activities, whether it is snack time or people cooking or eating together. Visitors were able to hear about the organisation's background, observe various parent and child groups and meet local colleagues.

The organisation is run by a group of dedicated family workers and volunteers and is based in a number of locations around northern Scotland. From the start it was evident that everyone involved in the organisation works extremely hard to deliver the groups and services. The Director and Chair explained the vast amount of work they were involved in at the beginning of the project. Step by Step offers a variety of professional work experience throughout the team and the visitors were able to see how the organisation works to use this effectively.

**'We want to help people feel confident and fulfilled as a parent. We offer a warm welcome, lots of fun and friendship.'**

Step by Step chair



## Learning exchange programme

The Learning Exchange Programme is a joint initiative between CFHS, Community Health Exchange (CHEX) and Voluntary Health Scotland (VHS).

The programme aims to improve health outcomes for people by building bridges between policy making and its implementation in, and effect on, communities. CFHS was involved in organising an event called *Knowing Me, Knowing You: A Learning Exchange between National and Local Organisations*. Last summer 14 representatives from community and voluntary health organisations, 10 Scottish Government civil servants and 10 representatives from national NHS organisations came together to gain an understanding of how policies affect and impact on people's lives and discuss how all agencies across all sectors can work together to eliminate health inequalities.

The event organisers arranged follow-up field visits to a number of community/voluntary organisations in the autumn of 2014. Participants visited Health All Round and Wester Hailes Health Agency. There they were able to learn more about the organisations, have a look around the premises and meet some members of staff and volunteers. A strong sense of partnership working was evident when talking to staff and volunteers.

**'Great visit today and really looking forward to keeping up the connection.'**

Richard Lyall, Scottish Government



## Community café learning visit

CFHS's first community café learning visit took place in November last year. Six people took part in the visit, which included Theo's Café in Orbiston Neighbourhood Centre, Bellshill and Reidvale Community Café in Reidvale Neighbourhood Centre, Dennistoun, Glasgow.

The visit was a great success, with lots of questions being asked and answered, hints and tips shared, photographs taken, email addresses exchanged and some lovely food eaten.

Thanks again to Irene and Michael from Theo's Café and Iain from Reidvale Community Café for being such great hosts.



## Evaluation support

In autumn 2014 six organisations participated in a four-day Evaluating Impact Learning Account workshop programme on evaluation; all completed the course and are applying their learning back in their work. Four organisations were awarded Evaluating Impact Development Funding of £1,000.

We expect to gather evaluation reports from all these organisations shortly and will keep you posted on our findings.

In November 2014 we ran the first of two one-day basic evaluation workshops, Evaluating Outcomes; all the places have been filled for the second workshop in February 2015.

We will review the learning from the delivery of these different offers of support and hope to be able to continue to support evaluation capacity building in the new financial year.

## Scottish Older People's Food Task Force

This group continues to grow in reach and numbers, with new members from Age Scotland, Queen Margaret University, REHIS, the Befriending Network and the Health and Social Care Alliance welcomed to the latest meeting in November.

Following the well-received presentation on the work of the task force at the CFHS annual networking conference in October, Alex Neil, Cabinet Secretary for Health and Wellbeing, met with some members to find out about the work of the task force. As a result of this meeting, ministers have agreed to hold a Malnutrition Summit, planned for spring 2015.

Other work being taken forward by the task force includes the development of a national learning training programme looking at older people and food, and the promotion of the NHS Health Scotland *Outcomes Framework for Older People*, which was published in October 2014.

The role and remit of the group and its work plan will continue to develop further with the Ministerial Strategic Group on Health and Community Care in the light of the findings of the Malnutrition Summit.

## Cooking skills learning exchange and research

In November, we hosted a learning exchange in Edinburgh for those involved in running community cooking skills activities. Forty-five people attended, many with five years or more experience of delivering cooking activities in low-income communities across Scotland. Everyone had the opportunity to take part in short, participant-led discussion groups. Participants chose to discuss topics such as evaluating cooking skills activities, supporting people accessing food banks or how to reach those most in need.

Participants had the opportunity to contribute to the CFHS commissioned research on cooking skills, either by attending a research focus group or by adding their thoughts to a noticeboard. We also used the opportunity of having so many experienced people in the room to find out what areas of cooking skills, we, they and others should be developing more knowledge on. Opinions varied, but two popular topics included more support with evaluation and more resources or support for affordable recipes. We plan to explore both areas as well as considering the others views.

The commissioned research will be completed by the end of March 2015. For more information, contact Kim.

## Right to food

The group of practitioners, academics and others who have come together to look at Human Rights and Food in Scotland had the opportunity to learn from one of the world's leading authorities on the subject when they met with the visiting Professor Graham Riches, Professor Emeritus, University of British Columbia, before the formal lecture he delivered for CFHS in Glasgow on 15 October (see page 7).

Two weeks later, Professor Liz Dowler met some of the group over lunch, when she was in Glasgow delivering a presentation at the CFHS annual networking event (see page 2). Now the group are reflecting on what they have heard, as well as what is happening in the field of human rights in Scotland, and planning where to take this important issue next.

For up-to-date information on the group, contact Jane or Bill.



## Policy matters

Following summer consultations and an autumn referendum, 2015 should see a lot of policy translating into practice. With the Smith Commission having announced its findings on more powers for the Scottish Parliament, conversations will be turning to what this could mean for addressing food poverty.

The promised commission to advise government on becoming a good food nation should already be building on the incredible interest shown in last year's national discussion. See [www.scotland.gov.uk/Publications/2014/11/4615/downloads](http://www.scotland.gov.uk/Publications/2014/11/4615/downloads) for all the responses from individuals and community groups to national campaigners and international retailers.

In Holyrood, MSPs were focused on the positive aspects of community initiatives on food when a motion commending the new Meal Makers initiative for older people (see page 10) was debated. [www.scottish.parliament.uk/parliamentarybusiness/28862.aspx?r=9667&i=87837](http://www.scottish.parliament.uk/parliamentarybusiness/28862.aspx?r=9667&i=87837)

At a meeting late last year on the national food and drink policy, organised by the Cross-Party Group on Food, Richard Lochhead, Cabinet Secretary for Rural Affairs, Food and Environment, stressed the need to build on successes while addressing some challenges.

Challenges were certainly at the forefront of policy discussions led by internationally respected authorities on food poverty who spoke at CFHS events recently.

Professor Graham Riches used international experience, particularly from Canada, to warn against adopting a stance of 'uncritical solidarity' as food moves from a right to a gift and from the state to charities at a meeting looking at Human Right Approaches to Food Poverty (see page 6). A few weeks later, Professor Liz Dowler gave the keynote speech at this year's CFHS annual networking conference (see page 2) with the theme of 'How can we move to a more just food



Professor Liz Dowler

society?' Liz has also provided the UK chapter to Graham's recent global overview, *First World Hunger revisited: food charity or the right to food*, which is well worth a read. [www.palgraveconnect.com/pc/doi/10.1057/9781137298737](http://www.palgraveconnect.com/pc/doi/10.1057/9781137298737)

**'Economic growth is no guarantor of food security for all – the working poor comprise 60% of food-insecure Canadians.'**

Professor Graham Riches

**'States are required to respect, protect and fulfil food rights ... an obligation not a recommendation.'**

Professor Liz Dowler

While most eyes are on the Smith commission's recommendations, there is still a need to ensure Westminster policy discussions are not overlooked, with December's findings of the All Party Parliamentary Inquiry into Poverty and Hunger particularly worth a look. <http://foodpovertyinquiry.org/>

Similarly, the role of Brussels, including the perennial reform of the Common Agricultural Policy (CAP), among other EU responsibilities for food and health, should not be overlooked at a time when the focus on policy is so close to home.

# Take stock

## On the case

One of the aims of the CFHS website [www.communityfoodandhealth.org.uk](http://www.communityfoodandhealth.org.uk) is to showcase the wide range of community food activity taking place throughout Scotland. With this in mind, we have recently redeveloped the case studies area section within the 'Activity' section of the website. Case studies have been arranged into categories that reflect our current areas of work, headed up by a featured case study on each category.

Some of the case studies are taken from our recent publications and new case studies have also been developed with the aim of continuing to add to and improve this area of the website.

The featured case study in young people looks at the work of Elgin Youth Café, which is scheduled to host a community café learning visit in February 2015 following the successful initial visits to Orbiston Centre and Reidvale Centre in November last year (see page 5).



### Elgin Youth Café

The Youth Café is a fully inclusive safe haven for young people, run from a renovated building in the centre of Elgin. More than just a place to hang out, it offers imaginative food and health activities and courses during term time and holidays, with most ideas coming from the young people themselves.

### Background

The Youth Café is a project run by Elgin Youth Development Group (EYDG), a social enterprise and charitable company.

EYDG was set up by St Giles Church in 1998 after its newly recruited youth worker realised that there was nowhere for young people to go in Elgin. The group's directors raised £500,000 to set up the Youth Café in a

derelict, council-owned building in the centre of Elgin.

The building has two halves with separate entrances. One half houses the Youth Café and the other is the Inkwell, a venue for hire with catering provided by the café. EYDG also run a volunteering project – Delta Force – for young people, outdoor education activities, after-school clubs and a variety of training courses in the building.

Young people have always been at the heart of decisions made about the Youth Café, right back to selecting the original architect and interior designs. They have a peer-elected young person's management committee, Divas and Heroes, supported by the youth team. Divas and Heroes' Chair and Secretary attend EYDG directors' meetings where their plans for the café are discussed and approved.

EYDG is now independent of the church and governed by members of the local community. They have a core staff of three (project co-ordinator, administrator and social enterprise manager) plus a youth team, café staff and volunteers.

Originally EYDG leased the building from Moray Council at a peppercorn rent, in return for having complete responsibility for the upkeep of the building. However, in 2013 they applied to the council for a community asset



transfer and were successful. As owners, EYDG now have more options of funding sources and they plan to develop the building into a community hub and training facility.

To find out more about the café's activities, see the full case study on our website at [www.communityfoodandhealth.org.uk/community-based-activity/case-studies/](http://www.communityfoodandhealth.org.uk/community-based-activity/case-studies/)

One of the featured case studies in learning disability looks at the work of Enable, which is currently planning to support the work of other learning disability services in the area by providing food and health training to people using other services.



## Enable Scotland

Enable Scotland employs around 2000 staff to support adults and children with learning disabilities living in their own homes or in shared accommodation across Scotland. Since 2007, it has encouraged its staff to complete nutrition training to ensure that people using the service receive consistent food and health messages and support.

A core group of five trained team leaders has delivered a half-day nutrition course to staff in most teams across Scotland. This has helped to improve meal provision and ensure consistent information is provided.

One of the trainers, Mary-Rose Crofts, is a team leader for Enable within the Argyle and Bute area. She has delivered the half-day course to most staff in her area since it became available and is passionate about food and its

link with health. Staff attending the course learn about basic nutrition and work together to discuss practical ways of implementing changes and overcoming any challenges. Mary-Rose informally follows up any staff who might need extra support and advice.

In the last year Mary-Rose has expanded the work beyond staff and run a training course for six adults using the service. She based her training on the Scottish Consortium for Learning Disability's Healthy Eating, Healthy Living training pack. This outlines 22 sessions and covers topics such as fat, salt, sugar and fibre using interactive activities. It aims to be suitable for people with a range of learning disabilities. Mary-Rose incorporated some physical activities into the training and it took about a year to complete. Throughout the training participants were given activities to complete between sessions. By the end of the course, all six participants and two support staff who had regularly attended reported that they had improved their food and health skills. Both of the support staff and two participants had lost significant excess weight and two others had reduced their blood pressure.

Other organisations in the area have heard about the course and are keen to get involved. The Argyll and Bute Wellbeing group/Argyll Voluntary Action recently awarded Enable funding so that Mary-Rose can offer the training course to people being supported by four other organisations in the area over the next few years.

To find out more about Enable Scotland's food and health work, see the full case study on our website at [www.communityfoodandhealth.org.uk/community-based-activity/case-studies/](http://www.communityfoodandhealth.org.uk/community-based-activity/case-studies/)

To access the *Healthy Eating, Healthy Living* training pack visit the Scottish Consortium for Learning Disability website: [www.sclld.org.uk](http://www.sclld.org.uk)

If you would be interested in having your work featured on the website as a case study, please get in touch at [nhs.HealthScotland-CFHS@nhs.net](mailto:nhs.HealthScotland-CFHS@nhs.net)

## New – and less new – faces

The Scottish Government announced before Christmas that Ross Finnie has been appointed as the first Chair of a new public body, Food Standards Scotland, which is being created to replace Food Standards Agency Scotland (FSAS). Geoff Ogle, the current acting Director of FSAS, has been appointed as the first Chief Executive of the new agency, which will provide Scotland with independent advice on food safety and standards, food information and nutrition. <http://news.scotland.gov.uk/News/Food-Standards-Scotland-1274.aspx>

Meanwhile, a cabinet reshuffle late last year by new First Minister Nicola Sturgeon now means that Shona Robison becomes Cabinet Secretary for Health, Wellbeing and Sport, with her new Minister for Public Health, Maureen Watt, having responsibility for the new Food Standards Scotland and diet and nutrition, among other things. Obesity and tackling inequalities will be covered by her counterpart Jamie Hepburn, the new Minister for Sport and Health Improvement.



## Official ministerial launch for Meal Makers

CFHS was delighted to be invited to the official ministerial launch of Meal Makers neighbourhood meal-sharing project at Dundee City Chambers on 17 December. The event was attended by Meal Makers and Food Train staff, cooks, diners and partner organisations.

Speeches were heard from Robert Duncan (Lord Provost of Dundee), Michelle McCrindle (Food Train, CEO), Emma Black (Meal Makers, project leader) and Maureen Watt MSP (Minister for Public Health), who officially launched the project by cutting a Meal Makers Cake.

## Emergency food fund

Four community initiatives are among 26 organisations that have shared £518,000 of funding from the Scottish Government's Emergency Food Fund. The Fund is supporting projects that respond to immediate demands for emergency food aid and help to address the underlying causes of food poverty. It is part of a two-year, £1 million investment in food aid being made by the Scottish Government. The four community food initiatives – Community Food Moray, Central and West Integration Network in Glasgow, Lanarkshire Community Food and Health Partnership and Community Links in South Lanarkshire – are using the funding to develop and run services which aim to support and sustain people out of food poverty. The services include setting up food co-ops, providing information and advice on budgeting and shopping on a low income, offering nutrition advice and running cookery sessions.

The Scottish Government is also supporting the development of FareShare in Scotland, with £500,000 to significantly increase the number of people able to benefit from meals and similar food activities run by community organisations, using surplus food from retailers and producers.

In addition, the Scottish Government is supporting a research project by the Poverty Alliance that will provide a greater understanding of food poverty in Scotland. It will also produce materials to help emergency food providers to link users with other sources of advice and support.

More information about the Emergency Food Fund and support for FareShare can be found on [www.scotland.gov.uk](http://www.scotland.gov.uk). The Poverty Alliance report and resources are available from [http://povertyalliance.org/news\\_pubs/reports](http://povertyalliance.org/news_pubs/reports)

## Pilton focuses on food poverty

**'I feel like I have people sitting on each shoulder. One telling me we have to keep running the food bank because people are starving and one on the other shoulder telling me that the more we do the less the state will do.'**

Volunteer from local food bank

The Good Food for All event was organised by Pilton Community Health Project in December 2014. A community-led initiative that has been tackling inequalities in health and promoting social justice in north Edinburgh for over two decades.

Food poverty was being explored from the perspective of those best placed to comment and, following brief presentations from the Poverty Alliance, Broomhouse Health Strategy Group and CFHS, local people and staff from local projects discussed everything from maximising local involvement to what the Smith Commission's recommendations mean for government responses in Scotland. A local community gardening scheme, homeless project and food bank all ran mini workshops and the future role of the area's Food For Thought Food Forum, which brings many of these community food initiatives in north Edinburgh together, was frequently raised.

## Partnership working in Moray

Community Food Moray, Elgin Youth Café, REAP and Transition Town Forres have been commissioned by NHS Grampian to provide a programme of food and health activities across Moray that will deliver on key areas of Healthy Weight targets. The programme activities include supporting the community food outlets running across the area, a Healthy Shelf pilot focusing on work with local shops and Confidence to Cook cookery classes. The programme of work is running until 2017.



an insight into the world of research provided by the members of the Scottish Colloquium on Food and Feeding ... incorporated within the British Sociological Association's food study group [www.britsoc.co.uk/study-groups/foodscoff-\(scottish-colloquium-on-food-and-feeding\).aspx](http://www.britsoc.co.uk/study-groups/foodscoff-(scottish-colloquium-on-food-and-feeding).aspx)

## (In)hospitable places for parents and carers with children

The idea of children accompanying parents and carers in cafés and restaurants may stir different feelings in us. For customers without children, this may fill them with a sense of dread as they picture crying children or unruly toddlers causing mayhem. Parents and carers may also imagine similar chaotic scenes and be put off the idea of going to these places. Some people simply do not have the time or money to eat or drink away from home. However, visiting cafés, restaurants and family-friendly pubs is part of many parents' and carers' social lives.

We have embarked on a project with colleagues from the UK and Australia, conducting interviews with parents and carers

about visiting hospitality venues with children. The findings suggest that these offer a mixed set of experiences. They were essential to some mothers, particularly during the early weeks and months of parenthood. Mothers struggling to deal with postnatal depression and the isolation of being at home said that going out to venues was very important in helping them to reconnect with others and to feel more mobile. Importantly, frontline staff, other customers and the design of venues played a significant role in making them feel welcome.

In several cases, the disapproval of other customers of their children's noise, the feeling of surveillance of their breastfeeding



or the inability of venues to provide them with essentials such as hot water for mixing children's formula made them feel excluded. Unwelcoming behaviour from staff and customers could have consequences for parents', carers' and children's wellbeing. Numerous participants noted that seemingly small uncivil gestures – disapproving looks or even tutting – frequently made places seem inhospitable. Several mothers commented that these put them 'on edge' during the visit, often making them reluctant to return. In some cases, they felt they had no option but to leave and subsequently avoided going out to prevent a repetition of such encounters, which reinforced their sense of isolation.

Design was another significant factor in making places feel welcoming. Places to sit, high chairs, changing areas and low tables allowed children to feel comfortable in the environment and to enjoy the experience. Importantly, ensuring children's wellbeing meant their parents and carers also had a positive time, making them more likely to favour some venues over others.

Many of the parents and carers in our study had positive stories to tell. They used visits to reconnect with their children during busy periods, and in some cases leaving home

offered relief from the 'work' of parenting. Going to cafés and restaurants was also seen by many of the respondents as a positive part of their children's development. Visiting venues meant their children could experiment with new foods and learn new skills. These included discussing food and drink with service staff and chefs, ordering food and using cutlery.

One of our principal aims in this study is to make venue operators aware of their roles and responsibilities in meeting the diverse needs of parents and carers with children. However, health workers and midwives may also use our findings to improve their communication with mothers and carers. Identifying welcoming, inclusive places for mothers can support them, particularly during the early, stressful periods of motherhood. Moreover, sharing the experiences of others can help mothers, fathers and other carers appreciate that they are not alone in encountering inhospitable people and places. This may in turn help them to develop resilience to such encounters.

For further details of the study and its findings, contact Dr Peter Lugosi, Oxford School of Hospitality Management, Oxford Brookes University: [plugosi@brookes.ac.uk](mailto:plugosi@brookes.ac.uk)



# Publications

## New publications from CFHS

### Getting the messages too

Since 2007 CFHS has supported 51 community food practitioners to obtain a Royal Society for Public Health (RSPH) Diploma in Nutrition, Certificate in Nutrition or Level 3 Award in Nutrition for Healthier Food and Special Diets.

*Getting the messages too* reports on a survey carried out in 2014 to assess how this investment has benefited the community food practitioners, the organisations they work for and the people they work with.



### Second Helpings

**'It was a great event and I've taken away a lot in relation to evaluation. It was encouraging being with so many enthusiastic people.'**

Following on from the Mind the Menu event in 2012, the Second Helpings national learning exchange on food, mental health and wellbeing offered a further opportunity for organisations working in the field to network and share their practice.



Also available from the CFHS website is a new factsheet that looks at 18 recipients of the 2013 annual development funding that focused on early years work, developing food and health activities for pregnant women and families with children and babies under the age of four.

### Community Growing Resource Pack, Scotland

The Federation of City Farms and Community Gardens has published a new Community Growing Resource Pack specifically for Scotland. The pack is an introduction to setting up, developing and sustaining a community-managed farm, garden or related community growing space.

Also available at  
[www.farmgarden.org.uk/publications](http://www.farmgarden.org.uk/publications)

### Report to mark ten years of the Glasgow Centre for Population Health

Written by Sara Dodds, the report provides an overview of the evidence the Glasgow Centre for Population Health (GCPH) has established and mobilised over the last 10 years, and draws out the implications for policy and practice.

You can download the report here:  
[www.gcph.co.uk/publications/534\\_ten\\_years\\_of\\_the\\_gcph\\_the\\_evidence\\_and\\_implications](http://www.gcph.co.uk/publications/534_ten_years_of_the_gcph_the_evidence_and_implications)



## Understanding and reducing food bank use

**‘Provision of informal food aid in the UK has gone on for many years, without being widely publicised, documented or understood. However, the recent growth of the network of food banks and the public attention which surrounds it has made food aid an increasingly visible phenomenon.’**

*Emergency Use Only – understanding and reducing the use of food banks in the UK* is a substantial study recently completed by The Child Poverty Action Group, Church of England, Oxfam GB and the Trussell Trust.

The full report and summary are available to download from **[www.oxfam.org.uk](http://www.oxfam.org.uk)** (search in publications/poverty in the UK).

## Poverty premium

**‘The principle and practice of “nothing about us, without us, is for us” should be used as a basis for implementing all of these recommendations. People in poverty should have a voice in all decisions that are made about how to tackle the Poverty Premium.’**

*Food, Fuel, Finance* is the new report from the Iona Community, launched in December, based on its Closing the Gap in Scotland project, undertaken with other faith groups, which looked at the premiums paid for food, fuel and finance by those who survive on low incomes. **[www.church-poverty.org.uk/foodfuelfinance](http://www.church-poverty.org.uk/foodfuelfinance)**

## Mapping the future

**‘For more than fifteen years, Sandwell has pursued a vision of a better future through its food work. The Council has tackled food poverty and food access by engaging communities, food businesses and local government to deliver economic regeneration and transform the food environment. Sandwell has focused on economic regeneration and healthy urban planning to create job opportunities and reduce disparities in access to healthy choices.’**

*Sandwell food systems planning: A map for the future* is a fascinating report which looks at the health and sustainability of the food system in a West Midlands metropolitan borough through engaging local government, businesses and community partners. It can be downloaded from **[www.sandwelltrends.info/themedpages/Anti-Poverty/FoodPoverty](http://www.sandwelltrends.info/themedpages/Anti-Poverty/FoodPoverty)**

Continuing with our community café focus, the recipe below comes from the chef at the Annexe Café.

This healthy eating café has held the healthyliving award since 2008 and recently achieved the healthylivingaward plus.

The recipe is from **www.healthylivingaward.co.uk**, where you can find more information about the award and where to find award-holding outlets near you, plus more healthy and delicious recipes.

## Tony's farmer's vegetable soup

### Ingredients (serves 6)

- 1 tsp vegetable oil
- 1 large leek (chopped into small discs)
- 1/2 small turnip (cubed or grated)
- 2 carrots (cubed or grated)
- 100g red lentils
- 1 litre vegetable stock
- Handful of chopped parsley
- Freshly ground black pepper to taste

### Method

1. Heat the oil in a large pot.
2. Add the leeks and cook gently for a few minutes.
3. Add the carrots, turnip and washed lentils and cook for a further 3 minutes.
4. Add the stock and half the parsley, cover and simmer gently for 30 minutes.
5. Use the hand blender if you like a smooth soup – short pulses if you just want to thicken it
6. Add the remaining parsley and freshly ground pepper to taste.
7. Serve with wholemeal crusty bread and enjoy!

## Contact us

Alice Baird  
Information Officer  
0141 414 2890

Karen Laidlaw  
Project Administrator  
0141 414 2834

Bill Gray  
National Officer  
0141 414 2836

Jane Oliver  
Development Officer  
0141 414 2792

Anne Gibson  
Development Officer  
0131 314 5428

Kim Newstead  
Development Officer  
0131 314 5427

Jacqui McDowell  
Development Officer  
0131 314 5466

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

0141 414 2890  
[nhs.HealthScotland-CFHS@nhs.net](mailto:nhs.HealthScotland-CFHS@nhs.net)

Find us on Facebook at  
**[www.facebook.com/likeCFHS](https://www.facebook.com/likeCFHS)**  
Follow us on Twitter **@NHS\_CFHS**