



# farechoice

The newsletter for Community Food and Health (Scotland)

## Local and vocal

The benefits of applying local knowledge and experience to the design and delivery of policy and practice have long been recognised. However, this has never been more essential.

This edition of Fare Choice highlights the incredible insight, energy and imagination which community initiatives contribute, whether responding to ever-increasing challenges, highlighting fundamental causes or exploiting new opportunities.

Whatever is being discussed – from what you should have on your plate to global trade agreements, from school meals to what sugar taxes should be spent on – there is a place for local voices and local action.



Staff from Flat Pack Meals in Drumchapel at last year's annual networking conference

# Team talk

## Community-led research

We have been working with three community partners carrying out community-led research into food security: Central and West Integration Network (CWIN) in Glasgow, Linwood Community Development Trust and Burnfoot Healthy Living Team in the Borders. All have worked hard over the past few months to complete their interviews and focus groups with community members, and are in the final stages of the analysis of their evidence and report writing.

**[We] realise we can be ambassadors of reaching people. Many people are really needy, not got someone to show them way. They need someone like us to show them the way to eat healthy – we are really important.**

Community researchers, CWIN

We hope to showcase the work of our partners and their research teams later in the year and post more information on our website.



Community-led research participants as drawn by one of their children.

## CFHS annual networking conference

Planning is well underway for the CFHS annual networking conference 2016, being held at the end of October. Look out for further details in the CFHS e-bulletins and on the website. The day will be an opportunity for you to network with others involved in community food work. CFHS ultimately wants to provide a valuable day for those involved in delivering community food activity.

If you have any thoughts about what you would like from the day, or if you would like to be involved in any way, please contact [janeoliver1@nhs.net](mailto:janeoliver1@nhs.net) The conference report from last year can be accessed online at [www.healthscotland.com/documents/27124.aspx](http://www.healthscotland.com/documents/27124.aspx)

## CFHS 2016 funding opportunities

We have two funding schemes this year: our Annual Development Fund and our Capacity Building Fund. You can apply for either or both of these. Further information is available in the Funding Opportunities supplement with this edition of Fare Choice.

The **Annual Development Fund** opens for applications on Friday 10 June and closes on 5 August. Applicants can apply for between £500 and £2000 to develop and run food and health activities that meet the aims of one or more of the three Scottish food and health policies: Becoming a Good Food Nation, The Maternal and Infant Nutrition Framework and the Preventing Obesity Route Map. All funded activities must support people living on low incomes and be completed by September 2017.

Last year we funded 35 organisations. You can read about a few of these in our supplement.

Information about our Annual Development Fund, including guidance notes and details of how to apply, is on our website, or contact [kim.newstead@nhs.net](mailto:kim.newstead@nhs.net)

CFHS's **Capacity Building Fund** for 2016–17 is also open for applications. The aim of this fund is to support groups and agencies running food and health activities to build the knowledge, skills and expertise they need to help deliver their activities better. Groups can apply for funding for training or learning opportunities for staff, volunteers, management committees or board members. There is no closing date for applications – the Capacity Building Fund will close once all of this year's funding has been awarded.

Examples of what we funded last year include:

- 'Train the trainers', REHIS Elementary Food and Health and Elementary Cooking Skills courses for volunteers involved in setting up or running cookery sessions
- learning visits for volunteers working on fruit and vegetable stalls to find out what other organisations do and why
- customer-care training for members of a community café network.

More details about these activities and others that we funded, along with their impact, will be available on our website soon.

Information about the Capacity Building Fund, including guidance notes and details of how to apply, is available on our website, or contact [anne.gibson5@nhs.net](mailto:anne.gibson5@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 sectors, 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 part of NHS Health Scotland.





Menu from Wellmeadow Café, Blairgowrie

## Community café learning visits

Our third and final community café learning visit for 2015–16 took place in March. Once again, informal feedback from the participants was very positive about the value of being able to visit other cafes, meet the staff and volunteers and hear about what makes them tick. Many thanks to the White House Kitchen, Café Connect, Wellmeadow Café, The Walled Garden Café, CentrePoint Café and Newmains



Community Trust for being such great hosts. A short report about the impact of the three café visits will be available soon.

CFHS is arranging more learning visits this year. Anyone involved in setting up, running, managing or supporting a community café is welcome to book a place. Details of the visits, including booking information, will be circulated widely. If your café is interested in hosting a visit, please contact **anne.gibson5@nhs.net**

We are also holding another community café networking event later in the year. Look out for more information.

## Community retailing research

The research we commissioned last year on the sustainability of community retailing in Scotland has now been completed, and a summary of the research findings and recommendations will be on our website soon. We are holding an event for community retailers, to discuss the research, later in the year. Watch out for more details.

## Learning disability food and health meeting

Twenty five people attended a meeting in Edinburgh in March to hear about and discuss research, policy and practice on improving food and health for adults with learning disabilities. The speakers were:

- Dr Craig Melville from the Institute of Health and Wellbeing, who discussed obesity and weight management programmes
- Brian Smith from the Scottish Social Services Council, who spoke about training requirements for learning disability support staff
- Caroline Hamilton from the Joint Health Improvement Team – Public Health Borders, who discussed the legacy of the 'A Healthier Me' programme in the Borders
- Sarah McCashey from PUSH, who talked about promoting the Scottish Consortium for Learning Disability 'Healthy Eating, Healthy Living' training delivered in Perth and Kinross.

The meeting included table discussions, where participants discussed the challenges of supporting individuals with their food choices and supporting learning disability staff with food and health training. They also considered what activities they could do in their own areas to improve practice.

Those attending came along with food and health resources to share with others; you can find a recipe from one participant on the back page. This is available in pictorial format alongside a range of pictorial recipe books in the resources section of our website.

PowerPoint presentations and notes from the meeting are also available on our website. For more information contact [kim.newstead@nhs.net](mailto:kim.newstead@nhs.net)



Members of the team on a site visit to Dundee.

## Cooking skills study group and blog

Our cooking skills study group of eight organisations are progressing well with evaluating their cooking skills courses. Each organisation is evaluating the impact of four of their regular courses run for vulnerable people or for parents managing on a low income. The group have agreed to a joint list of outcomes they will use to measure the impact of the courses, although each organisation is running its course differently.

As the group will not report until 2017, we have a cooking skills blog to report on how they are getting on, and to learn from them about running evaluation courses. Blog posts include information about research on running courses for parents and children together or for children alone. They also address issues such as whether it's better to eat together at the end of a cooking session, and whether it's a good idea to tailor cooking sessions to the needs of individuals.

## Moogety Grub Hub

Moogety Grub Hub, based in Govan in Glasgow, aims to connect people more directly with food and their community through growing, cooking and eating together. Led by Elderpark Housing Association and Glasgow City Health and Social Care Partnership (HSCP) and funded through the People and Communities Fund and HSCP's Food For Thought contract, it is managed by Urban Roots. The Grub Hub was set up in 2015 to tackle food poverty in the area by working with the local community and partners to enable people to take control, build skills, maintain dignity and build sustainability.

Responding to community needs is fundamental to the Grub Hub. It runs a wide range of food and health activities, including cookery classes, community meals and grow-your-own courses at Moogety Garden, its community garden. A recent development has been opening a greengrocer, Dig In, to provide access to affordable, quality fruit and veg. It is the only greengrocer in the area, and the first to be opened for about



20 years. People in the local community have been encouraged to become members of Dig In, and numbers have greatly exceeded expectations. The shop is run solely by volunteers, who are integral to all of the Grub Hub's work.

CFHS is hoping to include a longer article about Moogety Grub Hub and its work in a later edition of Fare Choice. In the meantime, more information can be found on its Facebook page or from Urban Roots [www.urbanroots.org.uk](http://www.urbanroots.org.uk)

## Climate Challenge Fund successes

Two well-known community food initiatives received funding in the latest round of Climate Challenge Fund awards, announced in March.

Tullibody Healthy Living's one-year award for its community garden will allow the garden to recruit more volunteers, grow more produce, and run cookery classes and grow-your-own workshops.

North Glasgow Community Food Initiative's funding is for 'Milton Crunch 3', which will include the development of a new growing site in the area, gardening courses, a composting workshop and workshops in local schools.





Joanna Lumley meets staff at Oxgangs Neighbourhood Centre

## Absolutely fabulous visit!

Oxgangs Neighbourhood Centre recently had a surprise visit from Joanna Lumley. The Centre receives surplus food from local Marks and Spencer shops as part of neighbourly, a social platform which connects local projects with people and organisations that want to help. Joanna helped deliver some of the surplus food to the Centre, much to everyone's delight. She was in Edinburgh at the launch of M&S's first Spark Something Good initiative, which aims to inspire and motivate M&S employees and customers to take action for social good by donating time to their local communities.

It was a great day for the Centre, all of our volunteers who work so hard for us and for the community of Oxgangs. There is no need for food waste and our partnership with Marks and Spencer helps them reduce their food waste and we of course gain from being able to use this food in our community café. This means we have more resources to put into other things such as cooking classes and volunteer training.

Robert Scott, Centre Manager

## Evaluation of Free School Meals for primaries 1–3



In January 2015, a system of Universal Free School Meals (UFSM) was introduced for all children in the first three years of primary school. Before this time, free meals were means tested and provided only to those children whose families were living on a low income, or receiving certain benefits or tax credits. Advocates for the policy hope that it will help improve the diets of Scottish children and increase attainment, as well as delivering financial savings to families.

NHS Health Scotland commissioned researchers from the Universities of Stirling, Glasgow and Dundee to conduct a process evaluation of the implementation and impact of the policy. Dr Stephanie Chambers from the University of Glasgow outlines the research and the main findings:

‘The process evaluation was achieved by speaking with three key groups of stakeholders: parents, schools and local authorities. We spoke with 37 parents, visited 10 schools in three local authorities, and surveyed all 32 local authorities, with in-depth interviews carried out in six local authority areas.

‘Overall, schools and local authorities reported that implementation had been largely successful and straightforward. The initial focus had been on meeting the expected increase in demand. A planning time of 12 months provided an opportunity for barriers to be identified and overcome before UFSM was implemented. Positive relationships between education and catering staff helped facilitate successful implementation in many schools.



Also important was working with schools individually to identify the specific challenges that each faced. Existing challenges included staffing levels in kitchens and for dining hall supervisors, and improving children's experience of the dining hall.

'With many initial difficulties overcome, local authorities were looking to increase uptake of UFSM. Factors identified as influencing uptake included communication with parents about their entitlement and attitudes towards school meals. Taster sessions for parents and children had been particularly successful in improving

attitudes in some schools. There was also a call from parents, cooks and senior school staff for families to be more involved in menu planning, as uptake figures were menu dependent.

'Research participants were asked about the impact of UFSM. Schools and local authorities discussed an increase in uptake; however, there was often large variation between schools or on certain weekdays. Uptake was particularly high in small, rural schools.

'A reported impact was a financial benefit for parents. Both parents who were previously





eligible for free school meals, and those now newly eligible, were supportive of the policy, believing that they, and others, were benefitting. Some participants expressed concern for low-income families when children move into P4.

'Nutritional benefits were also identified by participants. School meals were perceived as healthier than home-packed lunches. School and local authority staff felt, however, that nutritional impacts could be limited when children did not eat school meals every day, and when sufficient staff were not available to support children to select and eat a varied meal.

'Negative impacts were that dining rooms could be noisy and crowded, and that children could have limited time for play. Nevertheless, many participants praised the positive benefit of the investment in dining and catering facilities which had improved the

efficiency and experience of lunchtime for the whole school.

'Nine areas of action were identified to further promote and sustain uptake of UFSM. This included: clearer communication around the policy; improving the dining hall environment; engaging parents and children; staffing; targeted support; menu development; partnership working; and monitoring of uptake.'

The full report and useful related papers are available to read at [www.healthscotland.com/scotlands-health/evaluation/planning/universal-free-school-meals/schools-and-local-authorities.aspx](http://www.healthscotland.com/scotlands-health/evaluation/planning/universal-free-school-meals/schools-and-local-authorities.aspx)

Project researchers: Douglas Eadie, Allison Ford, Martine Stead, University of Stirling; Stephanie Chambers, Nicola Boydell, Laurence Moore, University of Glasgow; Annie Anderson, University of Dundee.

In a difficult economic climate and dynamic political environment, it is crucial that community food initiatives keep on top of policy issues, which they have so much to contribute to as well as so much to gain from.

## Strength

Mutual support, whether sharing learning or combining resources, has long been key to the development of Scotland's community food initiatives. Although some networks have been around for decades (see <http://cfine.org>), others are just evolving. The notion of community food hubs supporting local activity is being widely discussed as a policy option (see [www.localpeopleleading.co.uk/articles/2290](http://www.localpeopleleading.co.uk/articles/2290))

## Power

Four years after the initial consultation on a proposed Community Empowerment Act, and a year on from it receiving royal assent, it is important to understand what the Act could mean for you, your community and your community food initiative. As the recent consultations on the Act's guidance and regulations come to an end, the Scottish Community Development Centre ([www.scdc.org.uk](http://www.scdc.org.uk)) and Community Development Alliance Scotland ([www.communitydevelopmentalliancescotland.org](http://www.communitydevelopmentalliancescotland.org)) are both excellent sources of advice and information.

Use of the powers devolved to the Scottish Parliament following the Smith Commission will also come in for increasing scrutiny and have a bearing on both potential mitigation and prevention of food insecurity. ([www.scottish.parliament.uk/WebSPEIRResources/Your\\_Guide\\_Mar\\_2016.pdf](http://www.scottish.parliament.uk/WebSPEIRResources/Your_Guide_Mar_2016.pdf))

## Voice

A variety of issues related to food, health and inequality are referenced in one or more ongoing policy discussions, whether the conversations on health (<http://healthier.scot>) and social justice (<http://fairer.scot>), the interim report from the Scottish Government's Food Commission ([www.gov.scot/Resource/0049/00494779.pdf](http://www.gov.scot/Resource/0049/00494779.pdf)), the recommendations from the Scottish Food Coalition ([www.foodcoalition.scot/plenty--food-farming--health-in-a-new-scotland.html](http://www.foodcoalition.scot/plenty--food-farming--health-in-a-new-scotland.html)) or the imminent report from the Short Life Working Group on Food Poverty.

Nor should we forget the potential implications of wider policy discussions. Negotiators on the planned Transatlantic Trade and Investment Partnership (TTIP) between Europe and the United States (<http://ec.europa.eu/trade/policy/in-focus/ttip/>) are saying they are confident that, despite criticism (<http://ttip2016.eu>), talks could be completed this year.



## Men and food go shoulder to shoulder

The Men's Shed concept started in Australia in the 1990s when it was identified that retired men, ex-servicemen, men out of work, and men with disabilities who have time on their hands can become bored and isolated, often leading to ill health and an early death. Men's Sheds has now spread to New Zealand, Ireland, England, Wales and Scotland, with over 1500 in existence and many more in development. Scotland's first Men's Shed opened in Westhill, Aberdeenshire in 2013. There are now around 15 in operation, with many more planned.

Jason Schroeder, Chairperson of the Scottish Men's Sheds Association, had this to say about the Men's Shed movement:

'Men's Shed essentially is a place where men of all ages can come together to relax and socialise combined with the opportunity of making, restoring or repairing something. It is in this unique environment of the shed where men, while "doing", communicate with each other shoulder to shoulder and can experience a healthy sharing and learning environment with genuine camaraderie, rather than face to face, which many men find competitive and confrontational.

'Men's Sheds are also quite unique as they are primarily run by the men themselves and not by an outside agency, council or the government. This creates the environment of responsibility and ownership of it being their place. It creates the opportunity of having a purpose again in one's life and steering your own ship.

'It has also been identified that many men in Scotland have little or no skills in the ability of food preparation or cooking. This was, and still is in many relationships, traditionally seen as a woman's role. Unfortunately, when a man finds himself in a situation when he is on his own, e.g. divorce or bereavement, many men



take to eating comfort food or ready meals. This can have a negative impact on their physical, mental and emotional health.

'The Scottish Men's Sheds Association (SMSA) is encouraging Scottish Men's Sheds to include a proper kitchen within their shed plan when looking for premises. This allows men to teach each other to cook, [and] understand the importance of good nutrition in their lives not only for themselves and their fellow Sheddors but also for their partners and families.

'The SMSA are also encouraging Men's Sheds to grow their own food, as in Inverurie, and get involved with food projects like FareShare. Local healthy food is an important part of our wellbeing and can also be a fun and creative experience. In this way the Men's Shed environment is able to tackle a notoriously difficult scenario within our culture where everyone is a winner.'

For more information about Scottish Men's Sheds, visit [www.scottishmsa.org.uk](http://www.scottishmsa.org.uk)

## Carse of Gowrie and District Men's Shed

One of the longest-running Men's Sheds is the Carse of Gowrie, in Invergowrie. The idea of a Men's Shed was introduced by Perth and Kinross Healthy Communities Collaborative (HCC) to some local older men at a lunch group in the village in 2013. The Carse of Gowrie and District Men's Shed is now well established, with over 50 members.

Having discovered that a number of Shed members were interested in learning to cook, Margaret Sloan from HCC offered to lead cooking classes in their new Shed kitchen.

### Fun interactive way of cooking and learned so much.

Margaret, a qualified Community Cookit Coach, met with the Shedders and planned a 5-week group supported by an NHS Health Improvement Practitioner, Rachel MacFarlane. The sessions were evaluated by Stuart McDonald, a student from Abertay University.

Six participants, who were widowed, lived alone and were looking to improve their health, began the programme with a varied range of skills. Some men had never cooked before, although a couple had basic cooking skills.

### I didn't think of adding in frozen fruit.

The Community Cookit Programme focused on cooking and included interactive nutrition education activities, including learning about the Eatwell plate and salt, fat and sugar games. A range of evaluation methods were used and completed:

- In week one, participants were asked what they wanted to cover in the programme, and quizzed on their cooking habits and confidence in cooking.
- The participants were asked again about their cooking habits and confidence to cook in the last week of the programme. They also looked at what they had covered in the five weeks.

### I don't usually like lentil soup but I enjoyed that.

Overall, the participants highlighted that they ate less convenience food and fewer microwave meals, used fewer ready-made sauces and were more likely to prepare meals from scratch. Participants took part in all the nutrition activities and indicated positive changes in their knowledge and confidence in healthy eating and cooking.

Feedback was positive, participants stating that they had learned how to make a good selection of meals, including better ways of preparing food in order to reduce waste. Each participant also agreed that the information given throughout the programme was not overwhelming or boring and was easy to digest.



## The true cost of food

Understanding the true cost of food and 'who profits, who pays and what needs to change' was the aim of this year's Sustainable Food Cities conference held in Liverpool. A Liverpool city councillor opened the event by describing the scale of the challenge nationally and the inspirational local responses as 'the best of times and worst of times'.

Glasgow and Edinburgh were among the numerous cities from around the UK and Ireland that came together to discuss everything from the right to food and holiday hunger to the sugar tax and place-based approaches.

Information on this and previous Sustainable Food Cities events is available on <http://sustainablefoodcities.org>

## Right on

Human rights and the right to health was the connecting thread in the Declaration Film Festival organised by a unique partnership between NHS Health Scotland, the Mental Health Foundation, the Health and Social Care Alliance and the Centre for Health Policy at the University of Strathclyde. CFHS contributed to a panel discussion on freedom of opinion and expression, including the importance of access to evidence and information, following the screening of a Canadian documentary on the power of the sugar lobby. [www.declarationfest.com/events/19-right-to-freedom-of-opinion-and-expression](http://www.declarationfest.com/events/19-right-to-freedom-of-opinion-and-expression)

## Tackling overweight and obesity in Scotland

In late April, Obesity Action Scotland brought together organisations with a shared interest in reducing the effects of overweight and obesity in Scotland to explore the opportunities and potential benefits of an alliance. They discussed how organisations

could get involved and the next steps in setting up such an alliance. For more information see <http://obesityactionsotland.org>

## Community Development and Health

**Fiercely optimistic and ruthlessly realistic.**

In March CFHS took part in a fascinating round-table discussion on community development, health improvement and health inequalities in Scotland. This was organised by colleagues within NHS Health Scotland for representatives of key national and local organisations, including Community Health Exchange ([www.chex.org.uk](http://www.chex.org.uk)) and Edinburgh Community Food ([www.edinburghcommunityfood.org.uk](http://www.edinburghcommunityfood.org.uk)).

Around 25 people from local and national organisations came together to share learning, experience and their understanding of community development. The question was posed: 'What are the key opportunities that exist now for community development and health in Scotland and what might we need to do more, less or differently to get there?' A report from the event will be available shortly on the CFHS website.

## Multitasking

**Task Force members represented a multi-ethnic, multidisciplinary community and a wide range of government, academic, health service and third sector organisations plus community representatives.**

The report from the South Asian Cardiovascular Diseases and Diabetes Community Mobilisation Task Force, which has been meeting in Glasgow over the past year, will be available shortly on the CFHS website.

# Publications

## Counting the hungry

‘ This presents an opportunity to introduce a robust measurement... which would assist all those whose ambition is to end food insecurity in the UK. ’

**Time to Count the Hungry** is a new report which urges the UK and devolved governments to commit to standardised annual monitoring of food insecurity. The report comes from a workshop on the subject organised by Sustain along with the Food Research Collaboration, the Food Foundation, Oxfam, and the Sociology Department of Oxford University. A key contributor was Professor Valerie Tarasuk, from the University of Toronto, who addressed similar issues when she spoke in Edinburgh at an event organised by NHS Health Scotland and the Rowett Institute.

[www.communityfoodandhealth.org.uk/wp-content/uploads/2016/02/tarasuk-jan-15-16.pdf](http://www.communityfoodandhealth.org.uk/wp-content/uploads/2016/02/tarasuk-jan-15-16.pdf)

<http://foodresearch.org.uk/wp-content/uploads/2016/04/Food-Poverty-workshop-report-1-05-04-16.pdf>

## Free talks

Fascinating talks by leading specialists looking at various aspects of the food system have been made available by the Food Systems Academy at [www.foodsystemsacademy.org.uk](http://www.foodsystemsacademy.org.uk)

## New guides and goals

All you need to know about the new Eatwell Guide, which replaces the popular Eatwell Plate, is available from [www.foodstandards.gov.scot/nutrition-healthy-eating/eating-healthily/eatwell-guide](http://www.foodstandards.gov.scot/nutrition-healthy-eating/eating-healthily/eatwell-guide)

You can also see the revised Scottish Dietary Goals at <http://news.scotland.gov.uk/News/Scottish-Dietary-Goals-2423.aspx>



# Recipe

(see p.5)

## Chicken curry and rice

Serves **2**

Preparation time: **10 minutes**

Cooking time: **40 minutes**

### Ingredients

- 2 chicken breasts
- 1 tbsp cooking oil
- 1 onion
- 1–2 cloves of garlic
- 1 green or red pepper
- 2 tsp mild curry powder
- 1 chicken stock cube
- 1 small tin of tomatoes (220g)
- 125g long grain or basmati rice



### Method

1. Peel and chop the onion and crush or chop the garlic. Deseed and chop the pepper.
2. Heat the oil in a saucepan and add onions and garlic. Cook until soft.
3. Add the peppers and cook gently for a few minutes. Take off the heat.
4. Chop the chicken into bite-size pieces. Return pan to the heat, add the chicken and stir until the chicken is no longer pink.
5. Add curry powder, stir and cook over a gentle heat for 1 minute.
6. Add the tomatoes. Dissolve the chicken stock cube in a little water and add.
7. Add a little more water if the curry seems dry.
8. Bring to the boil, lower the heat and simmer for approximately 30 minutes. Serve with rice

Recipe from Edinburgh Cyrenians and available in picture form at [www.communityfoodandhealth.org.uk/advice-resources/good-practice-ideas/cooking-sessions/](http://www.communityfoodandhealth.org.uk/advice-resources/good-practice-ideas/cooking-sessions/)

## 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)  
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Next issue: October 2016