

SHARING

Improving Community Outcomes

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EQUALITY NUTRITION

What's Worth Sharing?

- What's the most unusual 'thing' you've shared with someone?
- Would you have considered it worth sharing?
- Was there risk involved?
- How did it make you feel?
- How did it make the other person feel?

Sharing – Improving Community Outcomes

Availability – Improve access to affordable quality fruit & vegetables and healthier food

Skills – Build confidence and skills using healthier food as the driver

Culture – Tackle barriers, habits and attitudes to encourage better life long self care in communities.

Development – Methods of communication and action to ensure:

- People are listened to by decision makers
- The food system is geared towards making healthier choices easier for all of our communities

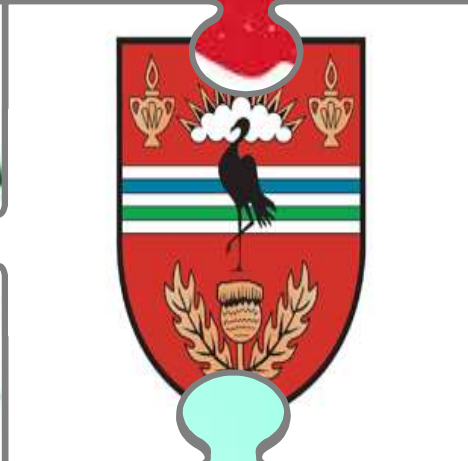
My work aims to improve access to, and take-up of, healthier diet within low-income communities

Communities

- Emmaus
- Edinburgh Community Food
- Nursing Homes
- Football Clubs
- HealthyLiving Award
- NHS Framework Contractor
- REHIS, Universities
- Glasgow Community Food Network
- Commercial - Focus Games



Emmaus



Emmaus

- People affected by homelessness
- Relation between food & health
- Community food strategy - Introduction of Choice (fairer, respect & dignity sharing)
- Menu Planning - HLA, Fareshare, Food Donators
- Individual Care Plans- Obesity, Malnourished
- Smoking Cessation/Chest Heart & Stroke/Glasgow Life
- Cooking Skills/REHIS/College
- Chronic Illness Management - signpost, help groups
- Physical Activity Levels – events
- Homelessness Network - Soup kitchen, B&B & Outreach, Community Addiction Teams, Link Workers





Emmaus



HealthyLiving Award

- Quality Assurance & Recognition
- Encourage, support attainment & maintenance
- Gets People Involved, Gets Things Moving!
- Improves diet, knowledge, choice and pride

As A Professional...

- Informs practice
- Real-life working environments
- Paperwork
- Support and training
- Sharing



Emmaus



Football

- Heart of communities
- Spans all generations
- Foundations
- Business awareness



- Loyal community, history, resources, embrace change, media presence & awareness, training, staff



Make Contact With Your Local Club!



Emmaus



Nursing/Care Homes

- Commercial
- Community:
 - Residents & families
 - Carers & staff and their families
- Nutricia Chef - Texture modified diets
- Chef skills, HLA, menu planning & analysis
- Training Packages, Information exchange, Buying
- Inter-generational cooking skills – sharing recipes/history

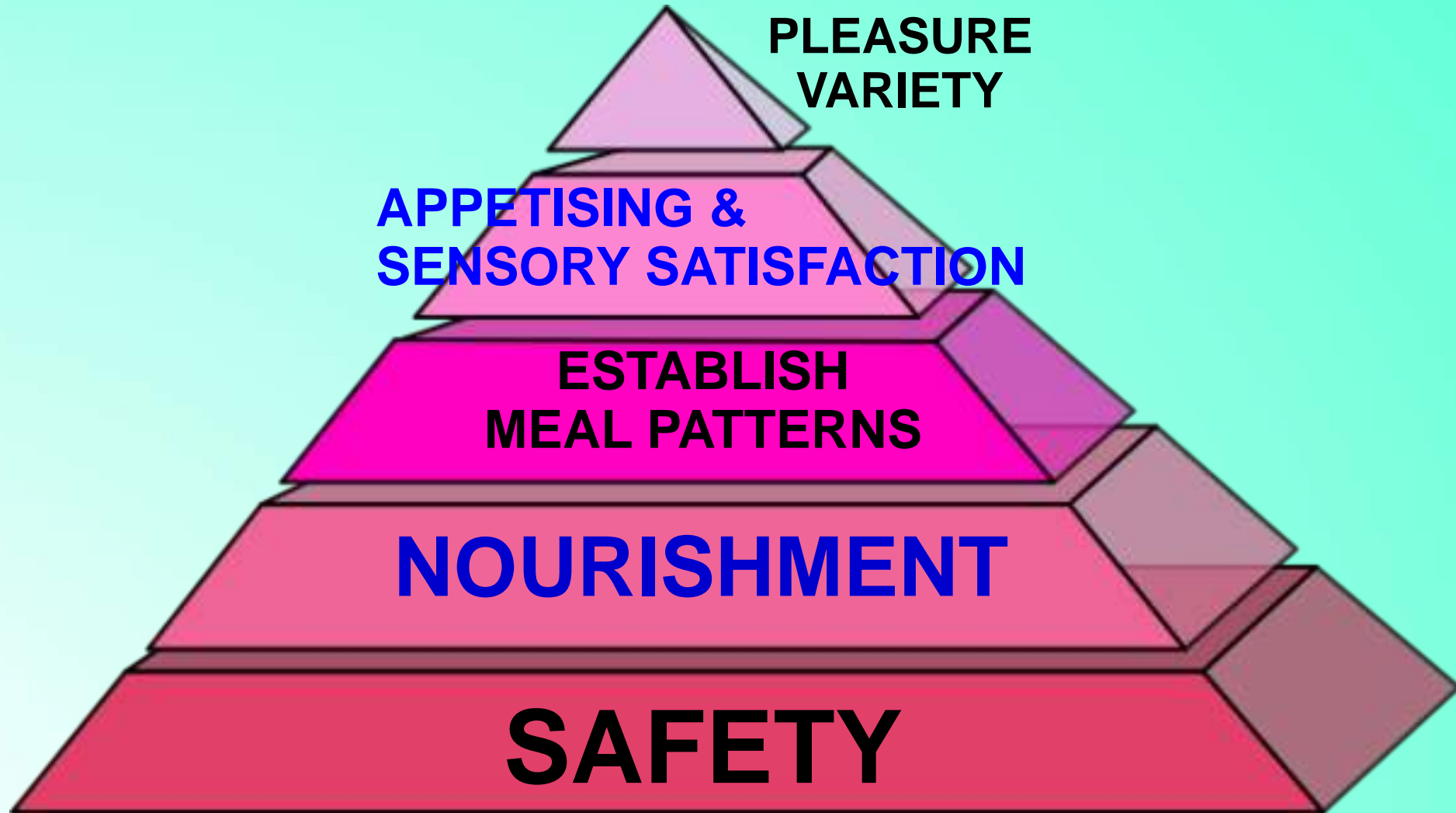




Emmaus



REHIS





Emmaus



Focus Games

- Dysphagia Game – Nursing/Care Homes
- Develop board games that make face-to-face training easy and effective
- Games encourage people to talk & learn from each other
- Build confidence in the learning new skills

Food Hygiene Game

- Introduction
- Elementary Food Hygiene (level 2)
- Refresh





Emmaus



Edinburgh Community Food

Strategic Aim 1:

Support more people in low income communities to eat more healthily

Strategic Aim 2:

Improve our sustainability and impact

- Established, sector leader, model of better practice, Iain Stewart CEO
- Improve knowledge, create a sharing relationship
- Commercial skills, HR, Business, Partnerships



Emmaus



NHS Framework

- Professional - Training, Network, Access to Businesses & Communities
- Approved to deliver and support to communities
- Access to share
- Credibility





Emmaus



Glasgow Community Food Network

- How to reach communities?
- Feasibility Study

Mission

To connect and support the people and organisations of Glasgow who grow, produce and eat food.

Vision

Glasgow's food culture is flourishing sustainable and fair for all

- Form CIC
- Events – Launch, Roots to Market, Big Picnic
- New perspective New support New community
- Homelessness Network - Soup kitchen, B&B & outreach, Community Addiction Teams, Link workers







Emmaus



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- What's the most unusual 'thing' you've shared with someone?
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- How did it make you feel?
- How did it make the other person feel?
- **Can you improve community outcomes by sharing more?**

Sharing Support Network

Professional Practice

BDA, Freelance, HPC, Universities, REHIS, HLA,
CF&HS, NHS Framework, Senscot, CHEX

Support

Mentor Business - 3 colleagues

Mentor Support - 2 colleagues

Mentor Clinical – 1 colleague

Network Support - GCFN

Do I have you?

