



# farechoice

The newsletter for Community Food and Health (Scotland)

## Express yourself

Community initiatives have been given a lot of opportunities to have their voices heard recently. And they had no shortage of things to say. This includes everything from evidence to opinions, which were all based on hands-on, day-to-day experience of tackling issues around food, health and inequalities. We were delighted so many took advantage of our annual networking event to express themselves.

Many initiatives have had to be quick on their feet to both deliver locally and contribute to national consultations. Some have even found time to do local research (see 'Hungry for Change' on page 9). However, using the understanding and knowledge of those at the coal face can only enhance the nature, scale and, most importantly for those experiencing food poverty, the pace of change.



Greener Kirkcaldy gets cooking (see page 11).

## Sharing patter

👂 **Sharing stories and resources.**  
**Great opportunities to hear other good work.** 🗣️

Those who attended this year's annual networking event in Glasgow certainly tried to live up to the event's name. A range of workshops covering policy and practice were accompanied by presentations emphasising the benefits of sharing learning and experience, alongside a vibrant marketplace and ample opportunities for participants to get to know each other. The presentations and a 'storify' of the day are on our website.

## Capacity-building fund evaluation

Last year we funded 22 community food initiatives through our capacity-building fund. An evaluation highlighted how it benefited many of those funded. For example, 'Grub's Up', a recovery cafe in Mid-Argyll, used its funding for in-house volunteer training and external fundraising training. Gill (Chair) told us that 'many have realised a potential that they never knew they had'. Contact Gill Hutton ([grubsupargyll@gmail.com](mailto:grubsupargyll@gmail.com)) for more information.

**[www.facebook.com/Grubs-Up-Recovery-Cafe-Page-1890730791194532](https://www.facebook.com/Grubs-Up-Recovery-Cafe-Page-1890730791194532)**

The evaluation report is on our website and an evaluation of the impact of this year's funding will be available soon.

## Community cafes self-evaluation group

We have been working with a group of seven community cafes to look at self-evaluation. The group reflects the diversity of cafes operating across Scotland. It has produced a set of outcome statements reflecting the range of work done by or within their cafes (e.g. 'people have more opportunities to come together within the community in a safe space'). Tested out with delegates at Sharing Patter (see previous section) these resonated with others running cafes, or those aspiring to. Details of the common outcomes are on our website.

## NHS Health Scotland

NHS Health Scotland and the University of Stirling have carried out a rapid evidence review on the impact of promotions on high fat, sugar and salt food and drink on consumer purchasing and consumption behaviour, and the impact of retail-based interventions on promotions. It can be downloaded from **[www.healthscotland.scot/publications/rapid-evidence-review-restriction-of-price-promotions](http://www.healthscotland.scot/publications/rapid-evidence-review-restriction-of-price-promotions)**

Health Scotland has also commissioned a module in the latest Scottish Social Attitudes Survey on 'public attitudes to how to reduce levels of overweight and obesity in Scotland'. A report on the findings is available on the Health Scotland website (**[www.healthscotland.scot/publications/public-attitudes-to-reducing-overweight-and-obesity-in-scotland](http://www.healthscotland.scot/publications/public-attitudes-to-reducing-overweight-and-obesity-in-scotland)**).

# Social media

We are delighted to have recently hit 1000+ Facebook likes, having reached 1000 Twitter followers a few months ago. You can like us on Facebook **@likeCFHS** and follow us on twitter **@NHS\_CFHS**.



## 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 also 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.



## Who is running cooking skills activities in Scotland?

Last summer, we surveyed cooking skills course practitioners and managers to produce a 'snapshot' of activities run or planned for 2017, for people living on low incomes. The main results of the survey show that:

- Most people were running only a few cooking skills courses, but some were running or managing over 50.
- More than half had formal training to help them run the courses.
- One-third were running courses only in their own organisation or for people using it.
- Most were paid by community or voluntary sector groups, or a local authority, to run the courses.
- People identified a range of challenges when running courses, including finding funding, encouraging participants to attend regularly, and a number of practical issues relating to venues and equipment (including transporting it).
- The courses mainly reached adults on a low income: one-fifth often, or sometimes, also reached a range of vulnerable people. Very few reached gypsy/traveller communities.
- Cooking course participants said that the social benefits of taking part were as important as developing cooking skills, learning and food and health, and making positive improvements to their diets. A total of 85 people responded.

A brief report will be available on our website in March.

## Cooking skills study group evaluation results

We have put together the main results of our realist evaluation on community cooking skills courses. Eight NHS and third sector organisations were involved in our study group. Each evaluated four courses for parents living on low incomes or vulnerable people and gave us their evaluation materials to analyse.

We received information about 92 cooking course participants, including 75 adults. So far our evaluation has focused on if, how and why the adults have made improvements to their diet.

A total of 68% improved their diet by: increasing their fruit and vegetable intake; reducing salt, fat or sugar; or reducing their take away or ready meal consumption.

Those more likely to improve their diet were women or people who were less 'vulnerable' or more motivated to improve their diet. However, some vulnerable or less health-orientated participants also made improvements.

Adults appeared more likely to improve their diet if they were offered and took up food activities after completing a course (e.g. volunteering in a community cafe or lunch club, or attending additional cooking or other food-related courses).

A link to a short report will be available on our website shortly and at our cooking skills event on 15 March (see the next page). We will also continue to write blog posts focusing on different aspects of the realist evaluation.



# Community retailing update

Two new publications about community retailing are now on our website. 'Staying power' reflects on key findings and recommendations included in five pieces of research carried out between 2006 and 2016. 'Strengthening the future for community retailers' is a summary of research which considered issues affecting the sustainability of community retailing in Scotland.

Also on our website is a report of our 'sharing good practice' session for community retailers, held in September 2017.



# Community cafes national networking event

Also in September, 'Take 5', our fifth community cafe national networking event, was held in Edinburgh. Around 30 people took part in the day, which included a 'laughter energiser', workshops, activities and lots of networking time. Notes about the day can be found on our website. Thanks to everyone who helped make the day such a great success.

## Evidence and practice event

Spaces are still available for this event, which will be held in Glasgow on 15 March, and focuses on community cooking skills courses. The event will be an opportunity to hear about the results from our realist review and from academics. There will be plenty of time for networking and discussion with practitioners. For further information contact Kim –([kim.newstead@nhs.net](mailto:kim.newstead@nhs.net)).



## Informing policy

A number of community food initiatives took the opportunity to respond to the consultation on 'A Healthier Future – action and ambitions on diet, activity and healthy weight'. In particular, they have responded to the government's proposal to 'renew [their] commitment to the community food initiatives that make healthy, affordable food more accessible and equip people, particularly in deprived communities, with the knowledge and skills they need to prepare healthy meals'.

Many of these same groups will also be preparing to give the benefit of their knowledge and experience to the consultation over a Good Food Nation Bill expected to start soon. Keep an eye on the Scottish Government and Good Food Nation websites for details ([www.gov.scot/Topics/Business-Industry/Food-Industry/national-strategy/good-food-nation](http://www.gov.scot/Topics/Business-Industry/Food-Industry/national-strategy/good-food-nation)).

The Scottish Government is currently consulting on fuel poverty and another consultation over the development of Healthy Start (the welfare food scheme) is likely. These are both of major importance to many local initiatives. See [consult.gov.scot](http://consult.gov.scot)

Outwith government, but still focused on policy, the Royal Society of Arts (RSA) has launched a Food, Farming and Countryside Commission. This group has been tasked with 'growing a mandate for change'. Watch out for details of the Scottish inquiry, which will form part of the 2-year project, on the RSA website ([www.thersa.org](http://www.thersa.org)). You can also download the commission's prospectus from [www.thersa.org/globalassets/pdfs/reports/rsa-ffc-commission-prospectus.pdf](http://www.thersa.org/globalassets/pdfs/reports/rsa-ffc-commission-prospectus.pdf)

This may seem to be asking a lot of already busy projects but these policies address issues that have been identified by community initiatives for years and will underpin how these issues are to be addressed for years to come.

## Delivering policy

As well as informing policy it is important that communities engage with initiatives delivering national policy priorities.

A number of community initiatives were among those who gathered to hear presentations, including from our own Anne Gibson, at the Peas Please Scottish summit held in October at the Edinburgh Royal Botanic Garden. The campaign, run by the Food Foundation (with assistance from Nourish), is about getting 'people in the UK to eat more veg by changing the system'. More information is available at [foodfoundation.org.uk/peasplease](http://foodfoundation.org.uk/peasplease)

Menu for Change, the lottery funded partnership 'which aims to evolve the emergency response to food insecurity in Scotland whilst helping to tackle the underlying drivers' is now up and running both in its pilot areas (Dundee, East Ayrshire and Fife) and across the country. More information is available at [menuforchange.org.uk](http://menuforchange.org.uk)

A number of community food initiatives will have been involved with Nourish and the Poverty Truth Commission exploring 'what dignity means in practice' to people experiencing food insecurity. A resource based on the project should be available soon. Keep an eye on [www.nourishscotland.org](http://www.nourishscotland.org) for details.

Community food initiatives are also keen to see what they can expect from the new National Chef, after the appointment of former Masterchef champion, Gary Maclean, was announced at the Grassmarket Community Cafe before Christmas. See [news.gov.scot/news/national-chef-appointed](http://news.gov.scot/news/national-chef-appointed)

Scotland's social enterprises are already highlighting how they deliver policy with the prompt production of their briefing 'Diet, activity & healthy weight – The role of social enterprise'. You can download this from [senscot.net/wp-content/uploads/2017/11/Senscot-Briefing-Diet-Activity-and-Healthy-Weight.pdf](http://senscot.net/wp-content/uploads/2017/11/Senscot-Briefing-Diet-Activity-and-Healthy-Weight.pdf)

# Take stock

## Community cafes networking: sharing with and learning from each other

Encouraging and enabling community food initiatives to share their experiences and learn from each other have always been fundamental to CFHS's work. Over the last few years we have focused more on working with community cafes, recognising their importance within many communities. We wanted to make it easier for cafes to network – to meet each other, share their knowledge and skills, and help them do what they do better.

### How have we done this?

We have run a range of activities to encourage and enable community cafe practitioners (staff, volunteers, and board and management committee members) to network. This has included cafe learning visits, national networking events, and – more recently – meetings to discuss (and encourage) setting up local networks.

### Why have we done this?

Community cafe staff and volunteers are experts in running community cafes, and have a wealth of knowledge and experience about what works and what doesn't work for them. We wanted to provide ways that this could be shared with other cafes.

We wanted to support community cafes to maximise their resources and reduce their costs, including by working together – especially at a time when external funding may be more difficult to find.

We also wanted to raise awareness about the number, range and geographic spread of community cafes across the country (including within other cafes) and begin to raise awareness within and outwith the community cafe 'family' about their importance to the communities they work within. We knew from

our work that the scale of community cafes up and running, and their diversity, was likely to be underestimated.

## Benefits of local networks

Feedback from people who took part in our learning visits and national networking events highlighted that the events both encouraged and enabled the sharing of good practice. But we knew that many cafes weren't able to take part in either of the events, often because of their location. We also knew that the community cafe networks that had been set up, particularly the Edinburgh Community Cafe Network, were providing more local, accessible ways for community cafes based within a geographical area to share good practice and learn from each other.

Between September and November, CFHS held meetings in Aberdeen, Scottish Borders (Galashiels) and Glasgow to see what interest there was in setting up a community cafe network in each of the three areas. Those taking part identified a range of ways that a community cafe network could support cafes, individually and collectively.

These included:

- gathering information about other community cafes running in their areas (including cafes that may not consider themselves a community cafe)
- sharing information and advice, and providing support, for example, around individual or common issues and concerns, and funding opportunities
- reducing costs and maximising resources, for example, through sharing equipment, running joint training, or helping out when a cafe is short-staffed
- promoting themselves as a group and running joint promotional activities to increase the impact of these
- sharing practical knowledge, for example, about what equipment to buy (or not to buy), suppliers to use or recipe ideas

- sharing information about policies that may affect their work, and contributing to policy development.

There was lots of support for setting up local community cafe networks at all three of the meetings. At the time of writing, cafes in Aberdeen were exploring how they would like their network to run, and cafes in Glasgow and the Scottish Borders had arranged to meet again early in 2018 to discuss what steps were needed to progress setting up a network.

What the three meetings identified is the importance of admin support for a successful network: support for all three has been pledged by local organisations, from both the third and public sectors (including CFINE in Aberdeen, Borders Healthy Living Network and Glasgow Community Food Network).

Feedback about how each of the networks develop will be shared widely. Watch this space.

## About the community cafe networks

The first community cafe network in Scotland was set up in 2011 as an 'unexpected bonus' of one of CFHS's pieces of work. Edinburgh Community Cafe Network (ECCN) began after some of the cafe staff and volunteers who took part in a community cafe capacity-building programme wanted to carry on meeting when the programme ended. Some said being able to meet and learn from other cafe staff and volunteers was as useful for them as the training was. ECCN now has over 50 cafe members. Member-led, it is supported by Edinburgh Community Food (ECF), key to ensuring that the network runs effectively. The network meets regularly, has delivered joint training for cafe staff and volunteers on a range of topics, has its own website and cafe map (both hard copy and web based), has arranged 'volunteer swaps' so that volunteers can learn how other

cafes operate, and has developed a network branding which all members are encouraged to use. However, the biggest benefit for many of the members is having access to the knowledge, skills and expertise held collectively within the network.

More recently (reported in a previous Fare Choice) ECCN members are working with ECF to provide volunteer placements for Syrian refugees living in Edinburgh and wanting to work in the catering industry.

Two other community cafe networks were set up soon after, in Forth Valley and Dumfries and Galloway. Both meet less often than ECCN, but still play an important role, providing one way for information to be shared among and with cafes in the areas. Both are supported by NHS staff.



## Food Buddies

Food Buddies, a project run by Outside the Box, has produced two resources that may be useful for community cafes and retailers. The first is a checklist for cafes to assess how well their establishments work for people who have dementia. It also includes links to other sources of information ([otbds.org/wp-content/uploads/2016/07/Food-Buddies-cafe-checklist.pdf](https://otbds.org/wp-content/uploads/2016/07/Food-Buddies-cafe-checklist.pdf)). The second is a leaflet for cafe and shop staff about supporting customers living with dementia ([otbds.org/wp-content/uploads/2017/04/Handy-Tips-for-Staff.pdf](https://otbds.org/wp-content/uploads/2017/04/Handy-Tips-for-Staff.pdf))

More information about Outside the Box work can be found at [otbds.org](https://otbds.org)

## Hungry for Change

'Hungry for Change: community responses to food insecurity in north Edinburgh' is the report from a very timely study undertaken by Pilton Community Health Project (PCHP).

The study focused on four key areas: residents' experiences of food insecurity; dignified approaches to addressing food insecurity; what PCHP should be doing; and what messages should be sent to decision-makers.

**'The community we work with have reacted to the rise in food insecurity with anger and action. They clearly tell us they think government should be doing more to alleviate poverty, but have got together, rolled up their sleeves and started activities where they and their neighbours get together to cook, grow or eat.'**

Hungry for Change

Speaking at the report's launch, Martin Johnstone, Chair of the Scottish Government's Food Insecurity Delivery Group, said: 'To tackle the scandal of food poverty we need to be challenging both the scandal that

people do not have enough money to feed themselves and their families and, at the same time, discover creative ways where sharing of food brings communities together. Pilton Community Health Project and the people that it is working alongside are showing that this is possible.' You can download the report at [www.pchp.org.uk/news/2017/hungry-change-new-report-available-now](http://www.pchp.org.uk/news/2017/hungry-change-new-report-available-now)

## Food and health qualifications

The Royal Environmental Health Institute of Scotland (REHIS) has developed three new food and health qualifications: 'Introduction to food and health', 'Eating well for older people' and 'How to run a cooking group'.

'Introduction to food and health' is a 3-hour non-examined course which aims to provide participants with a basic knowledge and understanding of healthy eating, nutrition and health.

'Eating well for older people' was developed with Edinburgh Community Food and NHS Tayside. It is a 3-hour non-examined course which aims to provide participants with knowledge and appreciation of the importance of good nutrition and hydration for the health and wellbeing of older people and how to support them to eat well.

'How to run a cooking group' is a 6-hour course, developed in partnership with NHS Forth Valley and Fife Health and Social Care Partnership. It provides participants with the knowledge, skills and confidence to run their own practical food activities.

For more information see the REHIS website ([rehis.com/community-training](http://rehis.com/community-training)) or contact Jackie McCabe, Director of Training, on **0131 229 2968** or [jm@rehis.com](mailto:jm@rehis.com)

Windmills Cafe in Motherwell has also developed an online REHIS-accredited food hygiene course for people with low English literacy levels. Course candidates can work at

their own pace, from any location. Awards are made on finishing the training and passing the multiple choice tests. You can sign up for the course (costing £60 per candidate) at [www.windmillsgateway.net](http://www.windmillsgateway.net). More information about Windmills Cafe can be found at [www.windmillscafe.co.uk](http://www.windmillscafe.co.uk) or email [info@windmillscafe.co.uk](mailto:info@windmillscafe.co.uk).

## Beyond the parmo\*: Middlesbrough Food Summit

Representatives from CFHS and Glasgow Community Food Network took part in Middlesbrough Food Partnership's recent Food Summit. As well as officially launching the Middlesbrough Food Action Plan, the summit gave participants a chance to find out more about the partnership's work and how it complements current policy and thinking about food. The partnership was awarded the Sustainable Food Cities Network Bronze award in 2017. The action plan can be found at [www.menvcity.org.uk/wp-content/uploads/2015/02/MEC-Food-Action-Plan-for-PDF.pdf](http://www.menvcity.org.uk/wp-content/uploads/2015/02/MEC-Food-Action-Plan-for-PDF.pdf). More details, including a short video of the day, can be found at [www.menvcity.org.uk/gm/beyond-the-parmo](http://www.menvcity.org.uk/gm/beyond-the-parmo)

\* a parmo is traditional dish from Middlesbrough, consisting of chicken wrapped in cheese, and deep-fried.

## New community food information resource for North Glasgow

Maryhill and Possilpark Citizens Advice Bureau and Woodlands Community Cafe launched 'An appetite for sharing' in December. This information resource, funded by Development Trusts Association Scotland, aims to establish and develop links between community groups and emergency food aid providers to help combat the impacts of welfare reform. It includes a map and details of emergency food aid providers and other food initiatives in North Glasgow.

[www.mapcab.org.uk/projects/community-food-development-project](http://www.mapcab.org.uk/projects/community-food-development-project)



# Going from strength to strength



Greener Kirkcaldy is about to begin the refurbishment of a community building in Kirkcaldy which will house all of their projects including a new community training kitchen. Supported by the Community Land Fund and Big Lottery Fund, they are converting the building into a vibrant community space for everyone. It will include a meeting space and commercial kitchen (which can be hired), and a kitchen garden. Greener Kirkcaldy hopes to share the space with other organisations working with or through the medium of food, either on a permanent or pop-up basis. Located beside Citizens Advice and Rights Fife (CARF) and the Volunteer Centre, this will enable them to build on their successful joined up and holistic approach, providing more services, support and volunteering opportunities for community members.

Alongside this development, they have improved the facilities available for the

volunteer gardeners at Ravensraig Walled Garden, which now includes a training area, polytunnel and new growing spaces.

Another successful project 'Living well on a budget' is delivered in partnership with Fife Community Food Project and CARF. An energy advice project and a programme of 6 weeks' practical cooking classes, it combines help and advice on household budgeting and energy efficiency. Participants lead the group, choosing their own learning, and improving skills in food preparation. Everyone cooks enough food to take home for four people, or a few days' meals. At the end, everyone is offered the choice of cooking kit, utensils or spices and herbs. Some stay on as food volunteers.

Food work is clearly going from strength to strength in Greener Kirkcaldy. Flourishing times seem destined ahead.

# Recipe

## Leek and potato Spanish omelette

Serves: 1

### Ingredients

- 1 teaspoon of olive oil
- 1 small leek  
(washed and chopped)
- 2 eggs
- A pinch of black pepper
- 2 tablespoon of semi-skimmed milk
- 1 medium potato (peeled, cubed and boiled)



### Method

- 1 Pre-heat the grill.
- 2 Heat half of the oil in a small frying pan, cook the leek until soft and then remove from the pan.
3. In a bowl beat the eggs, black pepper and milk together.
4. Heat the remaining oil in a small frying pan, add the potatoes and leek. Pour over the egg mixture and cook over a medium heat until the egg starts to set.
5. Place the pan under the grill until the egg is cooked.
6. Transfer to a warm plate and serve with a mixed salad or seasonal vegetables.

This recipe was provided by NHS Grampian's Confidence 2 Cook, which was part of the CFHS cooking skills study group (see Team Talk).

For more information about Confidence 2 Cook and recipes visit: [www.confidence2cook.co.uk](http://www.confidence2cook.co.uk)

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