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community
food and health
(scotland)

farechoice

The newsletter for Community Food and Health (Scotland)

Special offer

With increasing demands on their services alongside pressure on budgets, it is more important than ever for community food initiatives to highlight what they bring to the table. This could be as a trusted source of advice and assistance by those in greatest need, or a channel for lived experience to inform the design and delivery of practice and policy by local and central government. Community food initiatives need to be recognised for their multi-faceted contribution to a fairer, healthier Scotland.

With the consultation on Scotland becoming a Good Food Nation due to end shortly, it's time that a genuine appreciation of what local communities offer, as well as the actions they've identified as required from others, are at the heart of tackling national priorities around food and health.



Taking stock of community cafes. See page 6.

Team talk

New colleagues

Welcome to Frances Birch, Susan Kennedy and Fran Eatwell-Roberts, who have all recently joined the team.



Development Fund

£65k awarded to community initiatives across Scotland

Thanks to all who applied for our development fund last summer. We awarded funding to 29 of the 124 groups that applied. We prioritised applications that planned to build on what has been learned about what works from community food initiatives in recent years. This included a focus on supporting community cafe networks, understanding the needs and experiences of people experiencing food insecurity, evaluating cooking skills courses and research on community retailers.

Some of the successful applications that met our priorities included:

- Glasgow Community Food Network – it plans to use the funding to support community cafes in Glasgow, including running events and workshops.
- Healthy Valleys – it plans to evaluate the impact of the cafes that are used by people experiencing food insecurity.
- Pathfinder Guide Dog programme – it will run cooking skills workshops for people with severe or total sight loss. It will adapt the workshops to meet the needs and wishes of individuals and carry out evaluations to find out what difference the workshops have made.

To find out more about which groups and agencies we funded this year, please visit the funding section of our website.

To find out more about what we have learned about what works in recent years, please visit the 'Our work' section of the CFHS website, which includes sections on cafes, and retailing and community cooking.



Food security, diet and obesity – exploring the experiences of migrant communities

Central and West Integration Network (CWIN) has almost completed its CFHS-funded community-led research which was carried out by its 12 community researcher volunteers. The research aimed to find out people's views and perceptions of diet, healthy eating and obesity while considering issues around food security. The researchers have spoken with a wide range of minority ethnic communities, including many that have recently arrived in the UK. They have also interviewed support organisations to find out their views on the same themes and also how they support people around diet and obesity. So far, the research has gathered a wide range of views about diet, obesity and its impact on health. The research will be completed this spring and information about it will be available on our website.

The current CWIN research builds on its previous work that explored aspirations of food security and experiences of food insecurity. Information about this and ideas on how to develop community-led research is available on the CFHS website.



NHS Health Scotland carried out research in 2016 about people's views and perceptions of obesity and how to address it. This can be found on the NHS Health Scotland website: www.healthscotland.scot/publications/public-attitudes-to-reducing-overweight-and-obesity-in-scotland

For more information, contact kim.newstead@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 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 part of NHS Health Scotland.

Cooking skills training pilot

In 2017 we completed a realist evaluation of cooking skills courses. This was done in collaboration with eight organisations that regularly ran community cooking courses. We have built on this work over the course of the last year by supporting three of the organisations that already run train-the-trainer courses to pass on some of the learning from the realist evaluation and, more importantly, find out how useful this information is to other people running cooking courses. NHS Forth Valley, NHS Grampian, and Fife Health and Social Care Partnership have mentored or delivered training on some of the issues raised. This includes adapting and tailoring courses to groups or individuals, planning more to ensure courses resonate with participants in different ways and developing more robust evaluation approaches.

We plan to complete this work by running a small roundtable discussion in March involving people who deliver cooking skills train-the-trainers courses.

If you would like to know more about the discussion or the work, please contact **kim.newstead@nhs.net**. The realist evaluation report, *Chopping and Changing*, is available on our website.

Criminal justice services and support systems

Food is used not only as a means to provide a meal or snack, but more often used as the mechanism to engage, develop skills and create a positive route to support people.

Apex in Dumfries and Galloway have cooking courses as part of Community Payback Orders (CPOs). This allows people doing CPOs to attend cooking courses and help to operate a soup cafe, which supports access to food to take home or eat on site and creates an opportunity for social connection.

Edinburgh Community Food (ECF) works with well-supported accommodation/hostels to



support CPOs. Working with these groups sparked the realisation that the recipes and type of food in cooking courses had to be tailored to the participants. Money wasn't the only barrier to home cooking for those living in hostels – most people living in hostels only had access to shared microwaves for a limited amount of time (10 minutes or so). With this in mind, ECF worked with participants and, between them, they came up with creative solutions.

Falkirk criminal justice teams are now recognised centres with the Royal Environmental Health Institute of Scotland (REHIS). They offer Elementary Cooking Skills courses and have informal cooking every Friday. They have also set up a referral process within the teams, so individuals can break down barriers and move towards improving their lives.

Offenders in three prisons in Forth Valley have access to a range of food skills to support employment, healthier choices and improve confidence. Families' hubs provide positive opportunities for offenders to spend time with their children, with snacks and a range of activities including support with cooking.

These are just a few examples. CFHS is planning to investigate how food is used within criminal justice systems. Contact **susankennedy2@nhs.net** if you have a story to tell.

Policy

Food poverty matters

The impact of poverty and inequality is recognised within a number of policy areas.

With the publication of the findings from the Scottish Health Survey last September, it seemed appropriate to have the data on food insecurity, which was collected for the first time, at the centre of our latest seminar on food poverty measurement. Organised jointly with A Menu for Change last October, the seminar also benefited from a live link-up with international expert Professor Valerie Tarasuk from Toronto as well as an update on the research being carried out by A Menu for Change.

“There was a relationship between food insecurity and area deprivation.”

From a presentation by Scottish Government

All the presentations and a write-up of the day are available from our website. Search for ‘Understanding food insecurity in Scotland: using evidence for policy and practice change’.

Early December saw the launch of a report by Citizens Advice Scotland (CAS) following its survey on food poverty.

“Everyone in Scotland should be able to access healthy and nutritious food for themselves and their family, without barriers. Regardless of where they live; their age; disability or employment status, everyone should have choice, variety and value when buying food.”

The Food on the Table report and summary are downloadable from the CAS website at www.cas.org.uk/campaigns/food-table-campaign

Food insecurity is a recurring element within Health Scotland’s response to Westminster’s Work and Pensions Welfare Safety Net Inquiry. You can view the response and those of other organisations at www.parliament.uk (and search for welfare safety net enquiry).

It is therefore timely that alongside having a page on the Health Scotland website about food poverty, a health inequalities briefing has also been published which can be downloaded here: www.healthscotland.scot/publications/food-poverty-inequality-briefing

“Food poverty is preventable. It is a consequence of the socioeconomic and environmental context in which people live.”

Responses to the Good Food Nation Consultation must be in by 29 March. Whatever you have contributed before, don’t miss this chance to have your say. Details available at the Scottish Government’s consultation hub <https://consult.gov.scot/>

“While legislation is not the only way to make progress, we recognise that there is a clear place for legislation to underpin the considerable work that is already being done to realise our Good Food Nation ambitions.”

Take stock

... of local community cafes

On the menu: tea, soup, lunch, connections, experiences, skills, reducing isolation, chat ...

However a cafe chooses to identify itself, whether the local church lunch club, a social enterprise or a social firm, running once a week to every day, they all have one thing in common: a place to eat. Some might say a place to meet and greet, a place to learn, and maybe even a place to earn.

Last year Community Cafe Networks were making headlines in Fare Choice, with self-evaluations and cafe networking events. Supporting, encouraging and enabling food initiatives has always been at the core of CFHS, providing opportunities to share and learn experiences. Cafes located in communities, however they are identified, have often been seen as 'just a provider of

food'. But cafes in local communities are so much more.

What's on the menu?

Six cafes worked together to develop commonalities of community cafe outcomes to reflect the range of differences cafes can make for their customers, volunteers and community members. The cafes all did their own self-evaluations and their stories can be found on the CFHS website.

A recipe for success?

Newcastle University recently carried out a small research project with a newly opened



community cafe in Newcastle – 'Identifying social and community impacts in the work of community cafes: the case of REFUSE pay as you feel cafe'. The study identified the themes that capture the impact that the cafe had, as:

- 1 What makes us unique?
- 2 We're more than a cafe.
- 3 Social life.
- 4 Changing habits.

❝ If I do eat at home, it would be like a ready meal from Tesco or something like that. So I find that this now, not just meal wise, social wise is good because I'm meeting different friends'. ❞

REFUSE, Newcastle University and CFHS have been sharing the findings with ECF and other cafe networks. This event was a chance for other cafes to share what they do, evaluate what they have been involved in and look at findings from our recent cafe survey.

Thanks to the Royal National Institute of Blind People's Cafe Tiki for hosting the event.

SENSCOT provides support and networking opportunities for social enterprises in Scotland. It has been investigating the impact and contribution of social enterprises on health and wellbeing, diet and healthy weight policies, and loneliness strategies to name a few. The briefings are all available on its website, as are details of how to become a member of the network.

The Hub Grub Cafe at The Ripple ran a six-week project in January with parents from St Ninian's Primary School in Leith. This healthy living course taught parents how to cook nutritious, affordable meals from scratch. The children joined the parents after school for some activities to work up an appetite and then all sat down together to talk and eat.



Forth Valley Sensory Centre

❝ It was great learning about food while cooking, and the best part was seeing my children eat what I made ❞

(Hub Grub Cafe course participant)

Forth Valley Sensory Centre runs a cafe that is open to anyone in the community to use and is now a centre that delivers its own REHIS-accredited Elementary Cooking Skills courses, with six participants having already achieved the qualification. The courses are run by David who volunteers in the centre. David, who is registered blind, learned to cook from his mum, and would advocate being independent is an important life skill for everyone. The sensory centre is developing an area outside to be a food 'yard' reducing the food 'miles' with herbs for the cafe to use.

Glasgow Community Food Network was set up to connect and support the people and organisations of Glasgow who grow, produce and eat food. It was awarded funding from CFHS to develop and support the cafe networks in the Glasgow area. The network is planning a conference and to build capacity and social capital, mapping community assets to work more closely with local groups.

Borders Health Improvement team is in the process of setting up a community

cafe network, with the aim of finding out what support would help the cafes with sustainability and evaluation, and highlighting the contribution to accessibility and affordability of food for local, rural communities.

Sunlite community cafe in Stirling supports people experiencing poor mental health. The cafe provides not only a place to eat, but a place to learn new skills. It is planning to become dementia-friendly and give a safe place for older adults, while helping to identify and address malnutrition.

The MAKERS cafe in Alloa, run by Scottish Autism, opened 18 months ago, and offers autistic adults the opportunity to learn new workplace skills. The cafe won 'Best Not-for-Profit' organisation at the Clackmannanshire business awards. Last year the cafe undertook REHIS Elementary Food and Health Training with staff from the cafe and support team. This got the chef thinking about applying for the healthy living award, and how he could support trainees and identify training needs and progress. He now uses a simple questionnaire to identify trainees' skills and knowledge level.

See <https://makersalloa.org> for more information.

North Edinburgh Arts (NEA) undertook a self-evaluation last year. It documented the journey of each cafe volunteer (in terms of both skills development and personal development), which has helped to develop a stronger cafe team. It has secured employment for two members of staff through Community Jobs Scotland. The cafe staff are looking forward to a totally revamped cafe space. The cafe offers a range of activities, including cooking skills; it has a community garden; it has a focus on providing free food to help address local hunger, particularly working with children and young people; and is taking action to reducing its environmental impact.

See <https://northedinburgharts.co.uk> for more information.

Dr Bell's Cafe in Edinburgh is supporting a range of activities for parents, from breastfeeding 'mum2mums' support and 'play



The Open Door cafe in Edinburgh, a member of the Edinburgh Community Cafe network

together, eat together', to Families Hate Waste project. The cafe provides a range of activities and works with Edinburgh Community Food, One Parent Families Scotland and La Leche League, providing a great example of partners coming together to support families.

Edinburgh Community Food (ECF) facilitates and supports the Community Cafe Network throughout Edinburgh and has a map of the locations on its website. ECF also sources funding to help with training for the cafes, ensuring that community cafes have access to the right skills.

www.edinburghcommunitycafes.org.uk

This is just a small flavour of the work that cafes, often run by volunteers, contribute to people and communities social, physical and emotional health.

So don't expect 'just food' on the menu at a cafe. You might find yourself going for lunch that doesn't cost a lot, and if you look behind the scenes you'll be sure to find that local cafes have much more to offer than just the food they serve.

Contact susankennedy2@nhs.net to find out more information on any of these topics or to join in any of the networks.

A flavour of...

community-based food and health activity in Scotland

Finland study tour

Six colleagues from Finland arrived on 3 December 2018 to share their experiences on work around older people and food.

Their project in Finland 'Eating Together – Lunches for Seniors' involved organising lunches for older people with local businesses in a sparsely populated region of Finland. The seniors were also involved with designing the lunch services. The project came about as a result of the ageing population and the fact that services are being centralised into city centres – a solution was needed for the region.

The Finnish colleagues came from the public, third and private sectors and were all involved in the project. The project was run by South-Eastern Finland University of Applied Sciences (Xamk) and South Savo Social and Health Services (Esote), and was funded by The Regional Council of South Savo [Regional Innovations and Experimentations (AIKO) fund].

The project was a good example of cross-sector working, with three of the participants involved in running their own cafes and one charity organisation supporting the lunches for seniors in their restaurants. The project was coordinated by the University of

Applied Sciences, and the Health and Social Care Services were also involved in the project.

After the current pilot is completed, it's hoped that the learning can be shared across the region and that activities will continue.

The colleagues visited Scotland for three days and had a fairly packed tour of places to learn and see what different examples there are in Scotland. On day one they met colleagues from the Eric Liddell Centre in Edinburgh and were treated to Christmas carols.

On day two, they travelled to Falkirk and met colleagues from Outside the Box. They learned about Falkirk Foodies (lunch clubs for older people held in communities) and were invited to see a cooking class in Camelon Education Centre run by Community Learning and Development. Later that day they travelled back to Edinburgh and met with colleagues from Scottish Government and REHIS where they were given further information on policy and the Eating Well for Older People course that REHIS offers across Scotland.

On day three, they travelled down to Leith to ECF and they got a good understanding of



the services that ECF offers across the city. The final meeting was in Oxfams in Edinburgh with Eat Well Age Well, and Meal Makers and the Food Train to understand the services that are offered for older people across Scotland.

All colleagues who hosted the Finnish visitors were extremely hospitable and offered them meetings at short notice, which was most appreciated. A big thank you to everyone involved.

The visitors from Finland were really interested in the different examples they were shown and were keen to take the learning back to Finland. It'll be worth keeping an eye out for the different examples of work on older people appearing in Finland in due course.

New Broom

New staff, new premises and even a new name are in motion at one of the country's best established community food and health initiatives. After 10 years with Broomhouse Health Strategy Group, Lucy Aitchison has moved on and there is now a new Chief Executive and Community Development Worker in post. The new staff are heavily involved in plans to move to the new Broomhouse Community Hub and are working with the local community on what they need to be doing. Look out for news about B Healthy Together.

Pockets and Prospects – loneliness and social isolation

This project is a collaborative approach with Scottish Community Alliance, SENSCOT, Glasgow Social Enterprise Network (GSEN), community groups and social enterprises across Glasgow. It is funded through the Scottish Government's community capacity and resilience fund and connects to Glasgow's campaign to end loneliness.

The Pockets and Prospects event celebrated and highlighted the activities and partnerships with community groups and social enterprises across Glasgow to help address social isolation.

A menu of activities that nine social enterprises

can deliver was made available to six anchor community organisations that had access to money to pay for the chosen activities. The activities included kayaking, drama, disco dancing, and arts and crafts.

‘(These activities) allowed people to experience real laughter and joy for a couple of hours when they never would have done something like this otherwise.’

At the event the participants in these activities spoke about how they felt. They wanted to share their experiences, and learn about how they could set up their own group to keep the social connections.

Social enterprises like 'Rags to Riches' and 'MsMissMrs' spoke about the benefits of working collaboratively.

This was a fun, informative and 'dramatic' event.

You can find out more about Pockets and Prospects on their website or by contacting Mary Sinclair from SENSCOT on mary@senscot.net.

<https://senscot.net/pockets-and-prospects>

Cooking with confidence and developing language skills

We have a new cooking skills case study on our website about the Youth Community Support Agency (YCSA). Here's a flavour of what the case study covers.

YCSA received development funding from CFHS in 2017 to develop a cooking skills course for black and minority ethnic young people, including asylum seekers. The agency also used the cooking course to make a difference for the young people and their own organisation beyond basic cooking skills.

The YCSA has supported young people from black and ethnic communities in Glasgow for 25 years. Its focus is on helping young people to reach positive destinations, including access to employment and training, and to become



active members of society. More recently it has supported young asylum seekers with their English-language skills and literacy.

The agency had identified that cooking and shopping could be challenging for the young people, particularly as some were less familiar with some typical UK fruit and vegetables and were on limited incomes. The eight-session cooking course incorporated weighing and measuring, team building, language skills and visiting the local shops to discuss costs and ingredients.

After the young people had developed their cooking skills, part of the course involved visiting a local community canteen and supporting canteen volunteers to prepare a community meal. The young people also visited a community garden and some of the

training took part within a social enterprise kitchen. The aim was to raise the young people's awareness of other facilities and opportunities in the area – and one young person now volunteers at the garden. Since developing the cooking course, YCSA incorporates social meals into more of its activities where possible, with the aim of replicating the benefits. These benefits include the social benefits of shared eating between young people from different backgrounds, enhancing the pride of young people when others enjoy food they have made and providing the opportunity for young people to develop skills and contribute to activities by helping to preparing meals.

The full version of the case study is on the CFHS website. For more information about YCSA visit their website www.ycsa.org.uk

Recipe

Creamy tomato soup

Ingredients

25 g butter
30 ml olive oil
125 g chopped onions
2 tins chopped tomatoes
500 ml chicken stock
150 ml double cream
handful chopped fresh basil leaves (or 2 teaspoons dried basil)
salt and pepper to taste.



Method

- Heat the butter and olive oil in a large pot over a medium heat. Stir in onions and cook until tender.
- Mix in tomatoes and chopped basil. Season with salt and pepper. Pour in the chicken stock, reduce the heat to low, and continue cooking for 15 minutes.
- Blend until smooth using a hand blender. Reduce the heat to low, and gradually mix in the cream.
- Serve with bread and enjoy.

'For an older person who is at risk or suffering from malnutrition, it is important to make every bite count and to try to increase the amount of protein and calories in meals. This is also known as food fortification which helps to prevent weight loss.'

Examples include switching to full-fat options, e.g. milk, and adding this or cream to teas, coffees, soups or puddings. Adding grated cheese on top of dishes such as baked potatoes or spaghetti bolognese is a simple way to increase calories and protein. Foods such as meat, fish, beans, lentils and other pulses can be added to sauces to increase the protein content of the meal.'

Recipe and advice from Eat Well Age Well
www.eatwellagewell.org.uk

Contact us

Alice Baird
Health Improvement Officer
0141 414 2890

Frances Birch
Health Improvement Manager
0131 314 5391

Fran Eatwell-Roberts
Senior Health Improvement Officer
0141 414 2890

Bill Gray
Organisational Lead, Community Food
0141 414 2836

Susan Kennedy
Senior Health Improvement Officer
0141 414 2852

Kim Newstead
Senior Health Improvement Officer
0131 314 5427

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

0141 414 2890
nhs.HealthScotland-CFHS@nhs.net

Find us on Facebook at
www.facebook.com/likeCFHS
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