



farechoice

The quarterly newsletter for Community Food and Health (Scotland)

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Beat up or upbeat?

Whilst community and voluntary organisations across the country face financial uncertainty, or are already addressing how to meet increasing demand on reduced budgets, they seem to be doing so in an incredibly positive manner and with the same enthusiasm and commitment that the sector has always shown.

This year's CFHS conference in Kilmarnock (see page 3) reflected a sector keen to learn from each other and determined to continue making a difference in difficult circumstances.

Recent research, such as the independent evaluation of CFHS (see page 3), also highlights organisations and individual practitioners all eager to build on their skills, develop practice and contribute to the delivery of local and national priorities around food and health.

This is backed up by the external evaluation of the CFHS small grants scheme (see page 4) which further evidences the sector's extraordinary ability

to achieve a major impact on people's lives through minor additional investment in their capacity.

This edition of Fare Choice highlights no shortage of examples of work being enthusiastically and imaginatively taken forward, not only by community food initiatives with a long history (see food co-ops, page 5 and community gardens page 13) but also pioneering work in less familiar settings (see Ocean Youth Trust, pictured below and featured on page 8, and Turning Point, page 9). This edition's research article (see page 7) concerns Scotland's food culture.

The challenge is how best to ensure Scotland's long-established community and voluntary sector culture is valued in difficult times. Its capacity and enthusiasm to continue playing as efficient and effective a role as possible will be vital at a time when its contribution to delivering a healthier, fairer and greener Scotland has never been more required.



In this edition:

"The impact of food activities cannot be underestimated. It's not just about healthy eating - it's about skills, learning, independence and social and mental wellbeing."

Loretto Care staff member speaking about its Making the Meal Real programme, see page 8.

About us . . .

Our overriding aim is to improve Scotland's food and health.

We do this by supporting work within low-income communities that improves access to and take-up of a healthy diet. 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 based within Consumer Focus Scotland.

What's cooking?

Spotlight on a hot topic.

Tomorrow and Tomorrow

It is a case of the storm before the lull as far as food policy is concerned in the coming months. November saw 'Tomorrow's Menu', the first annual national food and drink policy conference. Early in the new year both the action framework for Maternal and Infant Nutrition and the Obesity Route Map should be taking a further step forward. The Food and Health Alliance conference will take place in February before the May election brings about a temporary pause in policy development.

Around 250 participants gathered in the Edinburgh International Conference Centre for Tomorrow's Menu, which started with the multi-sectoral audience being encouraged by Cabinet Secretary, Richard Lochhead, to apply "vision and confidence" and "forward thinking and collaboration" to the challenges faced.

Community Food Initiatives were well represented on the day with Dave Simmers from Community Food Initiatives North East, and Michelle McCrindle from the Food Train both speaking, whilst Edinburgh Community Food, Aberdeen Foyer, the Engine Shed and the Commonwealth Orchard all had stalls in a very varied market place, which also included the Federation of City Farms and Community Gardens, Scottish Allotments and Gardens Society, the healthyiving award and CFHS.

As you would expect, the topics discussed on a busy day ranged from individual food choices to global food security, with everything being touched on from the provenance of langoustines to the future responsibilities of the Food Standards Agency in Scotland.

The conference coincided with a series of documents relating to the monitoring of progress going onto the web. These are downloadable from www.scotland.gov.uk/Publications/2010/11/18090544/0 (monitoring summary), www.scotland.gov.uk/Publications/2010/11/18090502/0 (indicators), www.scotland.gov.uk/Publications/2010/11/18094010/0 (scottish food statistics 2010).



"Business as usual is not an option...it's time for government relationships with stakeholders to come of age."

Tom McMillan, Food Ethics Council

"There is an imbalance between the scale of the problem and the solutions suggested."

**Prof Phil Hanlon,
University of Glasgow**

"What we need is more people getting their hands dirty."

Pete Ritchie, Nourish

Des Ryan, Edinburgh Cyrenians and Dr Sue Bird from the Rowett Institute exchanging views at 'Tomorrow's Menu'.

Team Talk



An update on our recent / forthcoming work.

Evaluation of CFHS

In our last edition of Fare Choice we wrote about the evaluation of CFHS and how you could get involved. We would like to thank those of you who provided input to this evaluation, either through the online survey, workshop sessions, or one-to-one interviews with EKOS.

We appreciate the time that you took to contribute towards this research. The evaluation is now complete and we are sharing the findings with all our stakeholders.

The findings have highlighted that the work of CFHS is relevant to community and voluntary groups undertaking food and health work, as well as reaching many organisations, including those

who are starting to develop their food and health activities. In particular, the value of networking opportunities has been highlighted, as an effective way for people to come together to share learning, best practice and understanding of issues affecting vulnerable communities. This networking also ensures that practice is informing policy and that this is widely recognised.

The findings from the evaluation are very valuable for planning future activities and ensuring that community and voluntary groups receive the support they need when undertaking food and health activities.

Healthy Goals

CFHS held another successful networking conference at the Park Hotel in Kilmarnock on 21 October 2010. We were delighted to welcome participants from all over the country and beyond, who came together to share learning, practice and skills with others tackling food access and health inequalities across Scotland. We are really grateful for everyone's contributions, which made our event really useful and relevant.

"It was good as I was looking to see what to do next with my project and it was good to share experiences."

The conference provided an opportunity to look at current policy. To make this part of the programme more accessible to our audience this year, we were delighted to welcome two practitioners, from South West Glasgow CHCP, and Edinburgh Cyrenians, to tell us how policy informs their practice and how their practice informs policy.

"I think this is really useful. There isn't enough being done on linking practice on the ground with policy."

A full programme of workshops, from farmers markets to food co-ops, cooking classes, community cafés and gardens, to early years and older people, gave participants plenty to consider and debate.

With over 20 marketplace stalls participants needed little encouragement to network, make

links and share experiences. Visitors to the stalls were able to collect stickers to enter into a prize draw for a range of resources. We are grateful to NHS Ayrshire and Arran (CAN Toolkit) and NHS Forth Valley (Food Miles Plus Resource Pack) for providing some of the draw prizes.

"This was one of the best aspects of the day. I got so much info about working going on."

The speakers presentations and a short report from the conference are available on our website.



Results from training funding for community mental health projects

The organisations that received funding earlier this year to provide training to staff and volunteers working in mental health have reported some impressive results.

Forty-three people have completed the REHIS Elementary Food and Health course and five people have completed the RSPH Certificate in Nutrition and Health course.

Two organisations have secured additional funding for food and health activities since receiving the training funding, and two people have subsequently undertaken the RSPH Diploma in Nutrition and Health and registered as tutors.

The full evaluation report is available on our website.

Small grants evaluation

In Spring 2010, CFHS commissioned Clare Lardner, of Clarity, to undertake independent research to explore the impact of the 2008 small grants. The research involved analysing the application and evaluation forms from the successful grant recipients (out of 248 applications, 58 were successful, receiving grants between £150 and £3000). Sixteen in-depth interviews were carried out with a representative sample of grant recipients and six case studies were also developed to highlight some key learning points. The evaluation explored the impact of small grants for participants, communities and organisations. The findings from the research have been very positive.

The impact of community food and health activities for participants was found to include increased knowledge, skills or confidence in relation to food preparation or cooking; changes towards a healthier lifestyle; enjoyment of a positive social experience; and being able to access other services to meet their needs. It was also found that community food activities enhanced social cohesion within communities.

The grants were also found to have direct impacts for organisations, including improvements in the quality of services; increased use of services; enhanced capacity; and enhanced relationships with partners.

Key learning included that grants led to enhanced relationships with partner bodies such as health services, local council services, other agencies and stakeholders. This maximised impact by ensuring consistent healthy messages and made best use of resources and skills available.

For more information or a copy of the report, contact Katrina.

Community café pilot

Our evaluation of the community café capacity building pilot, run earlier this year in Edinburgh in partnership with Edinburgh Food and Health Training Hub, is now available from our website. Following on from the pilot, we have commissioned the Hub and Edinburgh Community Food to map community cafés across Scotland.

We have also commissioned research that will look in more detail at 12 community cafés, to find out what they do and how they do it, and what support they have and what they require. The mapping will be completed in December and the research in February, with the findings available on our website.

For more information about any of the community café work or if you know of any community cafés operating across Scotland, please contact Anne or Katrina to make sure they are included in the mapping exercise.

Food services for older people in the community

Consumer Focus Scotland has commissioned a major piece of research into food services for older people in the community in Scotland. The research, which will be jointly managed by CFHS, will consist of a survey to all Local Authorities in Scotland to gather information on the range and scale of services they currently provide; case studies in three local areas of voluntary and community sector provision; and interviews with older people to gather their views on the services they use and what they would like to see in the future.

The research will be completed by March 2011 and alongside this CFHS is gathering examples of good practice from community organisations that are working to support older people in their communities to eat well. This includes shopping services, lunch clubs, meal delivery services, and cooking classes.

If you have examples to share and/or plans for future work that you would like to develop, contact Sue.

Scottish Grocers Federation's 'healthy living' programme training

Twenty people recently took part in two of the Scottish Grocers Federation's 'healthy living' programme training sessions, held in Stirling and Rigside and delivered by Ross Kerr, the programme's co-ordinator. The participants are all selling fruit and vegetables in their communities, or planning to very soon. As well as providing ideas about promoting, and caring for, fruit and vegetables, the participants enjoyed meeting other people involved in community retailing. An evaluation of

the training sessions will be available shortly.

Ten community food practitioners also took part recently in a 'training for trainers' session, to provide them with the information and resources required to deliver the 'healthy living' programme's training within their organisations. Once again, the training was delivered by Ross. A number of the participants have arranged to run training sessions with food co-ops in their area.

January promotion - CFHS is funding fruit and vegetable co-ops, stalls and community shops that have taken part in the programme to promote their work during two weeks in January, to complement the 'healthy living' fortnight being run by the Scottish Grocers Federation with convenience stores. The co-ops and stalls are running a wide range of promotional activities, including special offers, taster sessions and leaflet drops, all aiming to attract new customers.

Contact Anne for more information about the healthy living programme.

Learning and development programme

Our programme has been specifically designed to provide the learning and development opportunities that community food initiatives have told us they are looking for. A few places are available for the following courses. There is no cost for attending either course.

Recruiting and retaining volunteers - this course is invaluable for anyone involved in recruiting or supporting volunteers. Participants will leave with an understanding of what motivates someone to volunteer, ideas for developing motivating volunteering opportunities, ideas for different recruitment methods and messages, a support strategy to enable volunteer retention and an action plan for recruiting and retaining volunteers.

The training is being delivered by Volunteer Development Scotland at its offices in Stirling (two minutes walk from the Railway Station and Town Centre) on Wednesday 19 January from 10am – 4pm.

Managing finances, generating income is ideal for both staff and management committees. As well as looking at the financial structures you may need to help you develop and grow, the course will help you to understand the dynamics of finance and have the awareness to spot new opportunities for income streams.

The course is being run by the Social Enterprise Academy on 2 and 9 February in CFHS's office (two minutes from Glasgow Queen Street Station), from 10am – 4pm both days.

We have also rearranged **Developing Your Social Enterprise** to enable more

people to attend. This two-day course, also being delivered on our behalf by the Social Enterprise Academy, is now being held at the end of February/beginning of March in Edinburgh. The course is ideal for any community food initiative that wants to become a social enterprise or set up a social enterprise arm. As well as sound practical advice, participants will have plenty of opportunity to think about, explore and discuss their social enterprise ideas.

Visit our website for more information and how to book.

Annual Public Health Conference at Dunblane Hydro

As well as an exhibition stand at this conference on 11 and 12 November, CFHS were involved in three presentations.

- REACH Community Health Project gave a presentation on its CFHS commissioned work to map food and health activities with minority ethnic communities in Scotland.
- Fairbridge in Edinburgh contributed to a presentation alongside CFHS that highlighted the food and health activities that were completed as part of a CFHS youth funding package last year.
- NHS Health Scotland presented on the use of economic evidence by community-led health organisations, which is work CFHS has contributed to over the last four years.

In addition CFHS had a poster sharing findings from our recent evaluation of the small grants scheme.

Presentations from the public health conference are available to download from www.shsceventsabstracts.co.uk

Beyond Smoothies: youth food and health networking event

Beyond Smoothies is a free CFHS event at the Albany Centre in Glasgow in February. The aim of this one-day event is to meet and talk with other groups and agencies across Scotland that are carrying out food and health work with young people. Some of the activities will be based on what groups have learnt from taking part in a CFHS youth funded project on healthy eating last year. The event will be a useful opportunity for volunteers or staff planning to deliver healthy eating activities with young people in a range of settings.

For more information please contact Kim or visit our website. This event was previously planned for December and has been re-scheduled.



Policy

Scotland

Food for Life

The 'Food for Life' plan is an initiative to build a sustainable food economy across the Cairngorms. The plan has adopted the framework for sustainable food developed by the Soil Association Scotland's 'Food for Life' programme and was written in partnership with the association. It is also the first regional food strategy for Scotland that recognises the importance of food and drink as a medium for economic and social development. It is hoped that the initiative will reduce food miles, boost the tourism and retail sectors, and encourage people to consider a healthier diet.

For more information visit

www.scotland.gov.uk/NewsReleases/2010/09/13083134

Fruitful discussions

Following its recent meeting (and AGM) on the opportunities and challenges within Curriculum for Excellence, the Scottish Parliament's Cross Party Group on Food is busy planning future meetings. The next meeting, hopefully in February, will be on the implementation of the Obesity Route Map and there are also plans to hold one broadly around the theme of social enterprise at some point.

For minutes of the last meeting, information on future meetings and details on how to attend these multi-sectoral meetings, visit www.scottish.parliament.uk/msp/crosspartygroups/groups/cpg-food.htm

UK

Healthy Start

Westminster's Department of Health is currently co-ordinating a consultation, involving both the National Assembly Government in Wales and the Scottish Government, on whether women and families supported by Healthy Start should also be able to spend their vouchers on plain frozen fruit and vegetables, and whether there is a need to do more to ensure that vouchers are only spent on products that are included in the scheme.

Details on how to respond are available at www.dh.gov.uk/en/Consultations/Liveconsultations/DH_120045. Please note that all responses must be received by 31 December.

Food and climate change

In October the Food Standards Agency UK launched a report looking at the possible impact of climate change on food policy in the UK, including food safety and nutrition.

Some of the policy implications included:

- The integration of low carbon diet, safety, and nutrition in policy and information for consumers.
- Increased monitoring of local food sources if production localises, to protect safety and nutrition.

It was also identified that more information is needed, eg. on the likely effects of climate on food choices, food prices and availability in the UK.

To read to report in full visit www.food.gov.uk/science/research/supportingresearch/strategievidenceprogramme/strategievidenceprogramme/x02projlist/x02001/

EU

Blueprint for farming beyond 2013

Following the public consultation launched last spring, the European Commission has announced its plans for the future of agriculture. Core to its plans is that subsidies are still required to protect food supplies and rural diversity but that EU farm spending of around 60 billion euros annually should no longer be based on previous subsidy levels for farmers.

Dacian Cioloș, the Agriculture Commissioner declared that the Common Agricultural Policy (CAP) must be "greener, fairer, more efficient".

For full details of the plans visit http://europa.eu/news/index_en.htm





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.food-study-group.org.uk).

In many countries, including Scotland, large numbers of people do not eat a healthy diet and are unwell or die prematurely as a consequence. A great variety of government initiatives have tried to tackle this problem. One puzzle facing policy makers is how poor diet persists in spite of all these efforts. A tempting explanation is that unhealthy habits have become part of our culture: unhealthy eating is expected and normal; it's 'how we do things round here'.

In that vein, the Scottish Government's recent report on Preventing Overweight and Obesity in Scotland calls for a deep-rooted change in 'culture in social norms', while the Cabinet Secretary for Rural Affairs and Environment, Richard Lochhead, introduces Scotland's National Food and Drink Policy by saying 'our culture must change if we are to prosper as a nation'.

Against this background, we were asked by NHS Health Scotland to review research on 'food culture' and help them explore the implications for policy. Our report takes a broad definition of food culture as 'shared practices and meanings relating to food', and then zooms in on the research that fits this definition that is most directly relevant to health. We started by looking at studies of factors directly affecting food consumption practices (how we eat, cook and shop, for instance) and then also considered the indirect influence on health of food production and policy cultures.

The research showed how the practices and meanings people attach to food can cement their membership of socio-economic groups, as well as directly affecting their diet and health, suggesting that the ways people eat, shop and so on can reduce social mobility and perpetuate inequalities. This makes the case for trying to 'change culture'. Yet it also underlines that trying to change culture is a political act, in the sense that it changes people's sense of themselves. It follows that health interventions intended to change culture need to be accountable to the people affected and respect how much those folk have invested, socially, emotionally, economically and in terms of their identity, in the particular ways they eat, cook or shop.

As well as pulling together relevant research, we examined Scottish and UK food and health policies of the past 20 years for their sensitivity to cultural issues. We found scant reference to these issues. The policy documents generally focused on how the wider environment affected food choices, leaving culture as a black box in between, or using it as shorthand for that which cannot be explained. When policies did call for 'culture change', it was in a loose sense as in examples above, where it becomes a polite way of saying that the people at risk of ill-health need to change their habits.

A previous analysis – the review of the Scottish Diet Action Plan, published in 2006 – highlighted the culture of policy-making as a particular issue. Instead of suggesting that poor diet persisted mainly because of consumers' engrained bad habits, it had argued that shortfalls in policy performance could be explained by government's consensual approach to 'working with' the food industry, which had seen decision-makers 'not deploy the full set of policy tools available'. Our review suggests that this kind of consensual approach is still the norm.

What does all this mean in practice? Perhaps that 'culture change' begins at home, with policy makers reflecting on how their own institutional culture affects the nation's health. More research into the meanings and values people attach to food could also be useful, particularly in validating and feeding into policy design the hard-learned know-how of community health practitioners. But we don't suggest diverting more health research into new work under the banner of 'food culture'. The fact is that existing work on health inequalities does a pretty good job of explaining poor diet, and much of that research already touches on cultural issues. The priority should be to make the most of that existing evidence and research.

To read the report, co-written by Ian Fitzpatrick, Tom MacMillan, Corinna Hawkes (all Food Ethics Council), Annie Anderson (University of Dundee) and Liz Dowler (University of Warwick), visit www.healthscotland.com/uploads/documents/14085-RE044FinalReport0910.pdf].

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A Flavour of

Community-based food and health activity in Scotland

Loretto Care – Making the Meal Real

Loretto Care, Garry Place, which provides personalised support and accommodation for young people aged 16-25, received funding through the CFHS youth funding package last year. This was used to give the young people in the service the chance to develop and gain skills in nutrition through training, weekly cooking sessions and themed events.

Six service users and five staff members completed the accredited REHIS Elementary Food and Health course, facilitated by Susan Kennedy, Health Promotion Officer, NHS Forth Valley. For some of the young people this was the first time they had sat a formal exam. Susan delivered practical cooking sessions alongside the course to help link theory to practice.

Themed events that took place were 'Come Dine with Me' (just like the TV show) and 'World Cup Cooking' where meals from around the world were cooked and enjoyed by the young people.

Staff said the funding and REHIS Elementary Food and Health course have led to positive service user-led changes to their service. The young people were keen to access the training and funding and enjoy shopping, cooking and eating and working together. Several young people have also completed food hygiene training with support from staff within the service. Assessments of service-user readiness to live independently have also changed as a result of influence from young people. Previously, the young people were considered able to live independently if they were able to heat a ready-prepared meal and use equipment safely. They now have to show that they have practical cooking skills.

Loretto Care is one of the groups featured in our new publication - 'Beyond Smoothies' (see page 14 for more information).

For more information contact Morven McIntyre 01324 666734 or morvenm@lorettoha.co.uk



“The impact of food activities cannot be underestimated, it’s not just about healthy eating, it’s about skills, learning, independence and social and mental wellbeing.”

Loretto Care staff



1,000 young people cook 40,000 meals on the high seas

Ocean Youth Trust (OYT) Scotland is the national sail training organisation. It aims to inspire positive change in young people through the challenge and adventure of being at sea. Around half of the young people who take part in sailings are from low-income or disadvantaged backgrounds, as grants are available for groups or individuals to assist with costs.

Around 1,000 young people aged 12-24 years take part in the charity’s voyages each year, learning to sail and navigate. But, to run a happy ship the young crew must take their turn at the domestic tasks too. Throughout the sailing season, this includes preparing and serving a whopping 40,000 meals.

Voyages last seven days and involve 12 young crew



members and up to six sea-staff, who are mainly volunteers. Food is an important aspect to keep everyone well, active and to keep up morale and energy levels. Sailing one of OYT Scotland's big yachts is hard work; there are no labour saving devices, so calories are quickly burned up. This factor helps the young people quickly learn about the link between what they eat and their levels of physical activity.

Nick Fleming, CEO, said,

“If you don't eat, you're more prone to sea-sickness. We work in 'watches' taking turns to do all the work onboard. So for a watch not actively sailing the yacht, cooking the meals or perhaps baking bread, is a good way of keeping the crew busy.”

The ship's menus are based on the Food Standard Agency's eatwell plate, and OYT Scotland also gets advice from an NHS nutritionist to help with menus. The meals also need to be easy to cook at sea in the small kitchen and by young people who have never cooked at home before.

Nick Fleming added,

“A lot of our young crew are first-time cooks but with support from professional and volunteer sea-staff, we guide them through the planning, preparation and cooking so that each day all 18 onboard can sit down together for three good meals.”

Katie, aged 14 said,

“I made chorizo and sweet potato stew. It was awesome. I'm cooking it at home too. Mum had never tried it before but now she likes it too.”

To find out more, or submit a menu you think can be cooked at sea, visit www.oytscotland.org.uk or contact Helen McMeekin: helen@oytscotland.org.uk or 01475 722722

Stir it up

CFHS has acquired a number of wooden spoons from the Scottish Government's Take Life On campaign. The spoons are available, while stocks last, free to community groups or organisations, in batches of 12 (up to a maximum of 60).

To apply, email us with your full contact details, briefly outlining the specific activity you intend using the spoons for and the quantity required.

Take Stock



In this edition of Fare Choice, Turning Point Scotland has provided with us with an overview of how it has embedded food and health activities onto all its services.

Turning Point Scotland (TPS) is a charity that provides person-centred support to adults with a range of complex needs, including learning disability, substance use, homelessness, mental health and criminal justice. Following the introduction of a Nutrition Policy and Guidance in July 2009, a Nutrition Project was established to look at how nutrition can be included in the support it provides in all services.

It was a challenge to find different ways of embedding nutrition and healthy eating into the services that it provides. However, the staff took up this challenge and the success and progress of the project so far is as a result of their interest and enthusiasm.

TPS has taken a number of measures such as:

- issuing a series of seasonal recipe books to service users and staff;
- developing a 'Healthy Eating Resource Pack', which signposts service users to what support and resources are available in their area;
- adding a 'Health and Nutrition' training course to its training calendar for support staff;
- inclusion of health and nutrition in its support staff induction pack; and
- making information regarding nutrition and healthy eating available in all its services.



The following are examples of the Nutrition Project's activities:

Learning disability

In one of the learning disability services, The Courtyard in South Ayrshire, funding was received to run a nutrition pilot programme for service users. The programme includes basic cooking skills, nutrition awareness, grow your own vegetables, and food and kitchen hygiene. To date the pilot has been a great success with service users and staff.

Viewpoint service users in Ayr are currently working on an allotment once a week and will enjoy the fruits of their labour in the spring and summer of next year.

Following the closure of a local community gardening project which service users attended several times a week, its service in Perth & Kinross has started a gardening project.

TPS is currently looking at developing cooking classes for staff who work in the learning disability services, where basic cooking skills may be required. It has also established a focus group of support staff to look at any barriers to healthy eating in these services and how these can be overcome.

Homelessness

Several service users have developed their own vegetable and fruit gardens and are cooking using their home-grown produce. Moving On in Glasgow holds regular 'Come Dine with Me' nights, with the service users taking it in turns to cook.

Members of the homelessness forum visited the Cyrenians Good Food Programme in March, which they found extremely interesting and which gave them lots of good ideas to take forward. Following this visit, TPS is hoping to introduce cooking classes in some of its services and include cooking on a budget and nutrition advice as part of these classes.

“Staff have worked extremely hard over the past 18 months to develop this project. The next year will look at how we can develop some areas further including cooking classes for service users, developing the menus in our residential services and ensuring that the majority of staff in our learning disability services have basic cooking skills and nutrition knowledge. It is such a huge area and we have so many different services and service models, it sometimes feels like too big a task. However, we believe that nutrition and healthy eating is important for all service users and should be included in our support where possible and it is this belief combined with the drive of staff that is making the progress in this project.”

Jennifer Cairns, Corporate Services Manager

For more information contact Jennifer Cairns on 0141 427 9403.

Substance misuse

TPS has been carrying out research in relation to nutrition and substance misuse to provide advice and guidance to people who use its substance misuse services. TPS's service in Dumfries and Galloway has been working closely with the NHS to facilitate group work sessions on nutrition and healthy eating and cooking classes for service users. This is something that it would like to develop, with services in Edinburgh being the next to develop this. Staff in some of the substance misuse services attended REHIS Elementary Food and Health training funded by CFHS in June this year. They fed back that it has given them more confidence to advise service users in this area.

Residential services

TPS currently has five services in Scotland with cooks in post providing meals to people who use these services. These services provide support to people with a range of needs including homelessness, substance misuse and criminal justice. TPS started a Cooks Forum in June this year to develop good practice in relation to nutrition and healthy eating. TPS's 218 service has been working closely with a dietitian to develop and improve its menus, including getting regular feedback from service users, which has worked well. It is looking to do something similar in its residential services, as well as looking at the possibility of cooking classes for people who use these services.

Mental health

Support staff work closely with individuals on diet and nutrition in relation to their mental health issues. TPS's Aberdeen Social Enterprise, held a Sugar Cube Day for staff and people who use and work in their services to highlight how much sugar is contained in some food that we eat. Rosie's Café in Aberdeen also provides nutritionally balanced home cooked food to the people of Aberdeen.

Bitesize



Sustainable funding

Dundee Healthy Living Initiative (DHLI), in conjunction with Dundee Women's Aid, has achieved three-year funding for its Healthy Lifestyle Course from the Dundee Partnership.

Initially funded by CFHS as part of work with homelessness organisations, over the past three years the course has offered women a 10-week programme of cooking, discussions, health checks, relaxation and art-based activities, as well as opportunities for attending other DHLI group activities, further education and employment. Evaluations highlight the fact that women learn new skills on the course, their confidence grows and self-esteem is improved. These aspects have been crucial to securing long-term investment.

For more details contact Elaine Sword and Christine Dallas, Community Health Workers at Dundee Healthy Living Initiative: elainesword@nhs.net and christine.dallas@dundeecity.gov.uk

Getting Food on the Menu in Perth and Kinross

This half day conference on 27 October was organised by Linda McGrath and Lyndsey Renfrew, Dietitians in public health nutrition, to focus on food and homelessness.

The event attracted participants from health, local authority, voluntary sector and community organisations. A series of presentations provided the wider context for the work and some practice examples. Workshop sessions generated a buzz of enthusiasm about work already underway and the potential for building on this.

The commitment from Lorna Cameron, Head of Strategy and Support that food will feature in future homelessness strategic and operational plans, was warmly welcomed by all. The morning ended with the conclusion that food is now firmly on the menu in Perth and Kinross.





New beginnings

On 5 November, the launch of CFINE West Lothian took place in its new premises in Stoneyburn. The guests were welcomed to the launch by Alan Hird, CFINE's Chairperson, who talked about its work in West Lothian, supporting and developing fruit and vegetable co-ops throughout the area. Councillor Willie Boyle, Executive Councillor for Voluntary Organisations for West Lothian Council, then officially opened the organisation by cutting a red ribbon. Willie also presented many of the 45 volunteers working in the co-ops with certificates to thank them for their commitment.

For more information about CFINE or the fruit and vegetable co-ops in West Lothian, contact Jen Richards (Development Worker) or Craig Fleming (Operations) at CFINE West Lothian, 01501 763201, westlothian@cfine.org, or call the CFINE Head Office in Aberdeen 01224 596156 and ask for Fiona.

Healthyliving award for the Walled Garden café

Based in the grounds of Murray Royal Hospital, next to Pitcullen House in Perth, the Walled Garden can now not only boast an amazing garden, but also an award-winning café. The café achieved the **healthyliving award** in July, which guarantees that there will always be healthy food on the menu.

The café is an integral part of the garden, offering a step back into work for people affected by mental ill health, and is a major attraction in the town. Working toward the award has involved learning for everyone, and there have been noticeable changes to people's diets.

The **healthyliving award** is funded by the Scottish Government and works with food outlets across Scotland to promote healthier eating. The Walled Garden is one of a number of community cafés that have recently achieved the award.

For more information visit www.healthylivingaward.co.uk

News



Changes to the healthyliving award

As a result of new EU Legislation (European Regulation (EC) No. 1924/2006 on Nutrition and Health Claims made on Food) the **healthyliving award** is working to redesign the award. The regulation defines a health claim as "any claim that states, suggests or implies that a relationship exists between a food category, a food or one of its constituents and health". Using the **healthyliving award**'s 'apple' logo against a menu item is seen to imply that it is healthier and a health claim is being made.

The main change will be that the award must in the near future cease to use the 'apple' logo to highlight healthier items on menus and to customers. The conditions of the award will continue to be based on the principals of a healthy balanced diet, namely using ingredients and cooking methods that result in less fat, salt and sugary foods being served.

A working group has been set up that will determine what this will mean in practice for the Award. This group will include representatives from bodies such as the Food Standards Agency and the Scottish Government, as well as representatives from the catering sector, to ensure it remains relevant, appropriate and practical for businesses.

For more information, please contact asktheteam@healthylivingaward.co.uk

Growing communities in Scotland

The Federation of City Farms and Community Gardens held its national networking event at Battleby on 8 October. Held in association with the Allotments Regeneration Initiative and Trellis, the event provided a great opportunity to catch up on national developments, as well as find out about the range of work happening in different areas.

Workshops covered everything from 'The birds and the bees', to farmers markets and setting up new allotments. Members raised issues from the floor in the 'have your say' slot and a series of drop-in sessions after lunch provided an opportunity to explore beekeeping, case studies, care farming, and meet with different funders.

Since then an event to celebrate community gardens and farms in Scotland and the 30th anniversary of The Federation was co-hosted by the Rt Hon Alex Fergusson MSP and Roseanna Cunningham MSP in December.

Community growing projects transformed the Garden Lobby of Holyrood with bunting, winter vegetables and other produce. This helped highlight key benefits of community gardens such as improved physical and mental wellbeing, wildlife, community resilience and climate change in local communities. The event also was an opportunity to promote its map of community gardens in Scotland (see page 15).

Visit www.farmgarden.org.uk for more information on the Federation.

Missed

After over two decades of independent information and advocacy, the Food Magazine has decided to cease publication by the end of the year. The magazine's sister company, the Food Commission Research Charity, is continuing and plans to build an archive of back issues of the Food Magazine along with Food Commission reports, and make them available free on the web.

Much of the campaigning and lobbying will continue, including the Action on Additives campaign (www.actiononadditives.com) and the popular children's food website (www.chewonthis.org.uk).

Further information on the changes is available from www.foodmagazine.org.uk/home

SCOFF news

We are pleased to announce that Andrea Tonner from the University of Strathclyde will be taking on the role of convenor of SCOFF, (see page 7), with immediate effect.

SCOFF, in association with the Dept of Marketing, University of Strathclyde, is holding a workshop for anyone interested in food and the written word to come together to share their work and interest.

The workshop taking place on 13 January is free to attend but places are limited. Contact vicki.watson@strath.ac.uk with a brief statement of your interest in attending.

For more information visit our website.

SCOFF is also re-launching for 2011 and is inviting proposals to host future events to a.tonner@strath.ac.uk. If you are interested in becoming a member, please visit www.britsoc.co.uk/specialisms/Food.htm

Scottish Health Awards 2010

Congratulations to Healthy Valleys Healthy Living Initiative Grassroots Maternal and Infant Support Programme, which was shortlisted for the Scottish Health Awards Volunteers award category.

The awards give recognition to NHS Scotland workers and those working in health services that are prepared to go the extra mile.

For more information visit
www.quaydigitalscotland.co.uk/sites/events/a_health_awards/index.html

Celebrating Outcomes

In 2007, the Scottish Government launched 'Scotland Performs' - a national performance framework designed to capture change in Scotland. This outcome-focused approach to managing performance provides a consistent set of priorities for all of Scotland's public services. It also encourages a focus on what difference is being made for local communities, and not just how this difference is being made.

Across Scotland community food initiatives are achieving positive outcomes and are making a difference for local communities. Celebrating this contribution to local and national priorities is crucial. At the end of 2009, through Fare Choice and our website, we asked community food initiatives to tell us how they feel they contribute towards national outcomes.

As a result, we will be launching 'Celebrating Outcomes', a publication which presents a snapshot of how the 15 community groups feel they are playing their part. The publication will be available on our website very soon.

By raising the profile of this work it is hoped that the links between community food and health activities and national outcomes will be more widely recognised.

We would like to thank everyone who provided us with information about their activities. We will continue to highlight the contribution of community food initiatives so, if you, or anyone you know, contribute towards national outcomes through community food and health activities, please contact us and let us know!

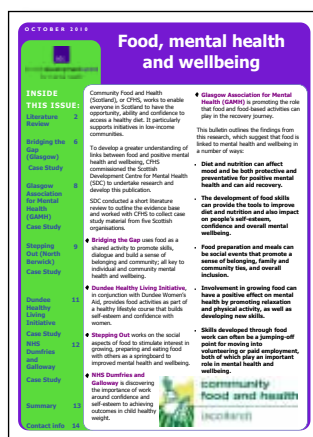
Publications

Food, mental health and wellbeing

CFHS has worked with the Scottish Development Centre for Mental Health to produce a short bulletin on the links between food, mental health and wellbeing.

The bulletin summarises existing research evidence and showcases some of the organisations in Scotland that are putting the evidence into practice. Case study material covers Bridging the Gap in Glasgow, Dundee Healthy Living Initiative, Stepping Out in North Berwick, Glasgow Association for Mental Health and NHS Dumfries and Galloway.

The bulletin has been circulated via the Scottish Development Centre's primary care network and is available to download from our website.



Beyond Smoothies: developing cooking and healthy eating activities for young people

This new CFHS short report shows what 20 groups working with young people learnt and gained from running practical healthy eating activities and attending the Royal Environmental Health Institute of Scotland (REHIS) Elementary Food and Health course. It is based on the experiences of groups that were funded through a CFHS youth funding package last year. Beyond Smoothies describes how the groups made learning about healthy eating interesting and relevant to young people, the benefits of delivering practical cookery food activities for both groups and young people and what difference attending the REHIS course made on staff and volunteers' confidence to deliver consistent healthy eating messages. You can read about one of the groups featured in the report, Loretto Care, on page 8.

Beyond Smoothies is available to download from our website or ask Alice for a copy.





Community Food and Health Initiatives with Minority Ethnic Communities in Scotland - a mapping study

CFHS commissioned this research to inform our future work to support food work with minority ethnic communities in Scotland. The research was carried out by REACH Community Health Project and provides a snapshot of the range of work that is currently taking place.

The study gathered information from 79 organisations. It covers the range of work that they are involved in, the support organisations currently receive and recommendations on what they need to build and expand their work around food and health inequalities. The study is due to be launched on 13 December.

For more information, please contact Sue or visit our website.

Growing publications

A number of extremely useful publications for Scotland's community gardeners have recently become available. A very informative plotters guide for allotments has been published by the Scottish Allotments and Gardens Society with the Allotments Regeneration Initiative. **The 16-page guide is downloadable from www.sags.org.uk/docs/ScotPlotGuide.pdf**

The guide is a very useful accompaniment to the Federation of City Farms and Community Gardens' Scottish Community Gardens Starter Pack, which is available free to Federation members and can be purchased from the Federation by non-members. Most recently the Federation had a Holyrood launch (see page 13) for its very attractive and downloadable map of community gardens in Scotland.

Further information on both is available by visiting www.farmgarden.org.uk/farms-gardens/your-region/scotland/508-publications-scotland

Scottish Health Survey

The results of the 2009 Scottish Health Survey were published in September and include:

- Women and girls have increased their fruit and vegetable consumption in recent years but there has been no significant change for men.
- Consumption of oil-rich fish has risen from 8% in 2003 to 13% in 2008/2009 for boys and girls.
- The prevalence of eating crisps once a day or more fell significantly, from 50% to 36% for boys and from 54% to 35% for girls.

To read the report in detail visit www.scotland.gov.uk/News/Releases/2010/09/28083315

Following that, a report investigating a 'Glasgow effect' was published in November. **Visit www.scotland.gov.uk/News/Releases/2010/11/10163603 for more information.**

The 2010 edition of indicators of poverty and social exclusion in Scotland

'Monitoring poverty and social exclusion in Scotland 2010' provides a comprehensive analysis of trends and differences between groups. It includes a broad review of relevant Scottish policy, using the framework of **Achieving our Potential**, the key Scottish policy document on poverty.

The full report is available at www.jrf.org.uk/publications/mopse-scotland-2010

If you would like to discuss this research further, please contact Chris Goulden, Programme Manager, Chris.Goulden@jrf.org.uk

Equality Act starter guide

The new Act is now in force and covers everyone in the UK. To coincide with the launch of the Act, the Equality & Human Rights Commission has released an online starter guide to the legislation for employers and service providers. The guide contains nine bitesize modules that set out the essential points of the legislation.

The starter guide can be found at www.equalityhumanrights.com.

Diary

JANUARY 2011

Farmhouse Breakfast Week

23-29 January 2011

Annual promotion to raise awareness of the benefits of eating a healthy breakfast

More info: www.shakeupyourwakeup.com

FEBRUARY

Food and Health Alliance conference

Linking Thinking in a Time of Change

3 February 2011

Apex Hotel, Dundee

More info: www.fha.org.uk

The Gathering

23/24 February 2011

Edinburgh

Scotland's voluntary sector fair

More info: www.gatherscotland.org.uk

Fair Trade Fortnight

28 February – 13 March 2011

Annual promotion of Fairtrade products

More info: www.fairtrade.org.uk

APRIL

S2S Social Enterprise Fair

Wednesday 10 April 2011

Edinburgh Corn Exchange

5th annual social enterprise exhibition and trade fair

More info: www.s2sfair.com

European year of volunteering

The EU has designated 2011 as the European Year of Volunteering.

The EU will use this year to work towards four main objectives: to create an enabling and facilitating environment for volunteering; to empower volunteer organisations and improve the quality of volunteering; to reward and recognise volunteering activities; and to raise awareness of the value and importance of volunteering.

More info: http://ec.europa.eu/citizenship/focus/focus840_en.htm



community
food and health

(scotland)

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For updates on community food and health between issues of Fare Choice, please visit our website to sign up for our monthly e-bulletin

www.communityfoodandhealth.org.uk