

Key points from Healthy Goals conference workshops

Making farmers' markets more accessible

- Farmers' markets - there is potential for farmers' markets to meet the needs of low- income groups but need to address the tendency towards domination by 'high-end' products.

Healthyliving award - sign up now for healthier communities

- More support available than was realised
- Positive attitude towards healthier food
- Everyone has the same reservations – can be a bit daunting, but for many healthy eating is already in place

Weaning in the Borders

- Consistency of messages – including all sectors
- Capacity –weaning important enough to give funding to
- Keeping work visual and real – hands-on activities

Breakfast on a Plate .. strategic approach, national recognition

Breakfast Clubs have potential to be applied in different settings and in different forms, from targeted to wider access or expanded services.

- Food choice at breakfast is complex, involving personal, historical, economic, and societal influences.
- Breakfast Clubs offer a range of benefits, both formal and informal, direct and indirect.

Healthy Communities

- Healthy Communities : the value of volunteers to the sector
- Community development approach very important
- Success came from genuinely involving community members in all aspects of the organisation.

Extending the reach of food work with ethnic minority communities

- Difficulties in reaching BME communities
- Provide high quality training that is accessible to address lack of knowledge and skills
- Raising awareness of food properties and their impact on health

CAN (Cheap and Nutritious) Toolkit

- Toolkit multiple uses and flexible
- Toolkit is a very useful training tool-simple, well produced and fun, though difficult to access for many people

- Cook and eat sessions can make a difference to a lot of people's lives.

Tullibody Fruit Barra

- The importance of these CFI's within the community and gaining insight into what they did.
- The social and community spirit developed through the scheme
- Discussion on the issue of 'profit-making' v small community initiatives

First Steps

- Knowledge of key projects aiming to improve nutrition and food choices from an early age
- Importance of communicating with clients at a level they can understand
- Networking and hearing other areas talk about their experiences.

Keeping the meal real

- Gearing the food to service users a step in the right direction
- Feedback, sharing good practice, getting ideas.
- Two way communication with service users – building good relationships

Community Cafe

- Community Cafes – cafes are varied and there are many issues to consider when running one, depends on location, staff etc.
- Training directory of what training is available elsewhere in Scotland
- Community cafe co-ordinator in each area.

Healthy Living for Life

- Cooking can be used in so many ways eg. for people with mental health problems and also elderly people
- Inspiring stories from volunteers - showed how projects really can make a difference to people's lives.

Glasgow University

- Having students involved with CFIs is beneficial for both parties
- Students and student projects are a resource
- Student gain experiences that are invaluable for the future.

Heal the Earth

- The initiative acts as a 'green voice'.
- It is not just the plants that grow but also individuals and communities.
- There is a 'magic' to doing things together and discovering community.

Older People

- Know target audience and outcome you are trying to reach
- Why are you doing it?
- Listening element

Social Enterprise

- Health behaviour change through social interaction
- Find a commercial idea
 - Generate profit

- Link to other social aspects
- Link with commercial outlet, eg other retailers
- Community link embedded through volunteers/local people