



# farechoice



The quarterly newsletter for Community Food and Health (Scotland)

Issue 50 December 2009

## Local Voices



With Fare Choice celebrating its 50th edition it seems appropriate to be reflecting on recurring themes, especially ones which are significant as policies around food continue to develop. Local food is, quite correctly, high on many people's and agency's agendas. However, although local food has been a long-held interest of ours, from the collaboration on Islay involving the local health promotion project and the National Farmers Union<sup>1</sup> to paying for petrol in the early days of the Skye Local Food Van and the publishing, with key local and national partners, of 'Feeding the Interest' in 2004<sup>2</sup>, an even more recurring theme has been that of the importance of local voices.

Listening to communities, involving people, avoiding victim blaming and ensuring policy is informed by practice has been at the core of much of the content of Fare Choice over the last 12 years.

From the special edition of Fare Choice that accompanied the establishment of the Scottish



Young shoppers at Edinburgh Community Food Initiative (see page 9)

Parliament when a community activist from Paisley demanded - "The new Parliament must listen to communities and learn from those who have been trying to tackle many of the problems." - through to this edition's insert, giving communities the chance to highlight how they contribute to the delivery of national priorities, the emphasis has remained on disadvantaged communities not being the problem but part of the solution.

It is therefore appropriate that

this 50th edition of Fare Choice is full of the activity and aspirations of Scotland's communities and that we continue to think local voices.

**To celebrate this special edition, we have hidden some golden tickets inside some newsletters.** Winning ticket holders will receive £50 gift tokens (sorry, but we are unable to offer a lifetime supply of chocolate a la Willy Wonka and the Chocolate Factory!) Please check inside to find out if you are a winner! You can also test your food and health knowledge on page 4 and win book tokens.

1. [www.communityfoodandhealth.org.uk/fileuploads/localruraldevelop-8665.pdf](http://www.communityfoodandhealth.org.uk/fileuploads/localruraldevelop-8665.pdf)  
 2. [www.communityfoodandhealth.org.uk/fileuploads/feedinginterest-4620.pdf](http://www.communityfoodandhealth.org.uk/fileuploads/feedinginterest-4620.pdf)

### In this edition:

**"Never give up and always look at alternatives, think positively."**

We hear from four community food initiatives that featured in Edition One of Fare Choice and find out how they have been able to sustain their activities (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.

# What's cooking?

## Spotlight on a hot topic.

Although it is often said that 'all history teaches us is that history teaches us nothing', we have asked three leading figures in the world of food to look back at the past 13 years and share with Fare Choice readers one key lesson they think we need to learn as we look to the future.

Professor Mike Lean is Professor of Human Nutrition at the University of Glasgow and was a co-author of the 1996 Scottish Diet Action Plan.

*"I think the one key learning I would highlight is that food consumption equals food supply (and not what people say they eat!). For diet composition to change and improve health, food supply must change. We all have to pull together."*

Jeanette Longfield MBE, was co-ordinator of the National Food Alliance in 1996, which shortly after amalgamated with the Sustainable Agriculture, Food and Environment Alliance to form Sustain, which she still leads.

*"I don't doubt that the impressively high quality and incredible variety of community food projects in Scotland will continue to grow, as it has over the last 13 years, with the top notch support of Community Food and Health Scotland. But it would be better if we didn't need such projects at all. I look forward to a time when everyone – wherever they live – can buy tasty and sustainably produced food at reasonable prices from a good range of local shops and markets. Governments are too happy to fund short term projects – solving the problem will need some difficult campaigning."*

Elaine Lamont, Public Health Practitioner, provides leadership on the development and direction of public health in Annandale and Eskdale in Dumfries and Galloway. Elaine also ensures local input into regional and national health improvement strategies and policies.

*"I have had the pleasure of being part of the Community Food and Health (Scotland) steering group since it started 13 years ago. I feel that we are facing very different challenges around the Scottish diet today in terms of our changing society and a cultural shift in attitudes to food and the way that many people 'eat on the hoof'.*

*"As many small shops who were once at the heart of their communities become non-viable, unable to compete with the seemingly attractive 'buy-one-get-one-free' offers and 'fast-food outlets' take over our high streets, it seems eating and drinking out of paper or cardboard has become a way of life. Whether we like it or not we can not go back and we must be positive in our outlook and in looking for answers. Our national (and local) priorities and work plans must be realistic and truly reflect and respond to our changing lifestyles and often 'acceptance' is a first step to finding much needed solutions."*

# Team Talk

An update on our recent / forthcoming work.



going  
forth

## Going Forth

*“The theme was very relevant to organisations like ours who have initiated projects in the community but struggle to sustain them. The information stalls, the speakers and hearing about other projects was very useful and inspirational.”*

Going Forth participant

We would like to thank everyone who came along and contributed to the programme for helping us deliver such a successful event.

Participants had the opportunity to hear about the Scottish Government’s continued commitment to food and health policy through a range of policies and action plans. More recently the community food sector has been acknowledged in Scotland’s National Food and Drink Policy - Recipe for Success, as a key contributor to health.

NHS Health Scotland gave a very useful insight into tools that are being developed for organisations and local partners to clarify the links between the outcomes of the services they provide and the shared health improvement outcomes that they are working with partners to provide. There was a further opportunity to explore these tools in more detail during a workshop at the conference.

The Food Train and Edinburgh Community Food Initiative provided both enthusiastic and inspirational narratives on how they have been able to sustain their activities and how they are developing and expanding for



the future.

There was no shortage of learning and sharing throughout the event from a programme and venue that promoted lively and energetic discussion and debate.

We were also delighted to welcome Professor Charles Milne, Director of the Food Standards Agency Scotland, to our event, which gave him a useful insight into people and projects wanting to make a difference to health inequalities through improved food access.

A report detailing key points from the event will be available shortly.

## Surveys and shopping lists

Returning again to our conference, we would like to thank everyone for taking the time to fill out both the shopping survey and the shopping list and returning them to us. This information will be used to give us a clearer picture of how the recession is impacting on you

and your communities and how we could use our resources to support and help you sustain your activities. We are currently analysing and discussing the responses from the information you have supplied and we will report on this in the near future.

## Food and health activities among black and minority ethnic communities in Scotland

REACH Community Health Project has been commissioned by CFHS to carry out research into community-based food and health work among black and minority ethnic communities across Scotland. REACH is a national third sector organisation with a key strategic role in improving the health and wellbeing of black and minority ethnic communities, particularly those living in Scotland. The project is committed to facilitate change within mainstream health and wellbeing services to meet the specific needs of BME communities.

Over the next few months, researchers at REACH will be working to develop an up-to-date picture of what groups and organisations are working in this area, the kind of work they are involved in and also where they currently get support.

They will also be looking at what groups and organisations feel they need in future to support the development and sustainability of their community-based food work.

**To make sure your group/organisation is included in the study, contact REACH on 0141 585 8024, or email [researchstaff@reachhealth.org.uk](mailto:researchstaff@reachhealth.org.uk). If you want to know more about the study, please ask to speak with Shabir Banday.**

## The Faculty of Public Health 'Public Health in a Change of Age' conference

CFHS was well-represented at this event and also contributed to the programme through a parallel session and poster presentation (see below) on the second day. The parallel session was titled 'Making the Case' and focused on learning from Stage Three of the Early Years Self-evaluation, particularly the role and influence of small project initiatives on wider policy for Early Years.

Throughout the event a range of speakers outlined some of the current big issues in public health and what actions are being taken to tackle them. Professor Tim Lang from the Centre for Food Policy at City University gave the inaugural Royal Society of Public Health Scotland Lecture: Food Security in a Change of Age. His session outlined suggested future thinking to address forthcoming

implications on food security such as climate change and water. He highlighted the actions already being taken by community food projects around growing food and connecting communities to land use with government and policy support for local food production from a Scottish National Food and Drink Policy and DEFRA's UK Food Security Assessment (see Issue 49) and many others.

The CFHS poster 'Getting the Messages' won a prize for 'cross organisational working'. The poster outlined our activities to promote the basic nutrition course - the REHIS accredited 'Elementary Food and Health' course, since 2006. As the poster is interactive, we are unable to put this on our website, however, the leaflet that accompanies the poster which outlines this work can be downloaded from our website [www.communityfoodandhealth.org.uk/imageuploads//cfhs-leaflet-REHIS.PDF](http://www.communityfoodandhealth.org.uk/imageuploads//cfhs-leaflet-REHIS.PDF)

We would like to raffle our poster prize of two £25 book tokens to community projects in Scotland. All you have to do is answer the following two 'Elementary Food and Health course' type questions correctly:

**Q1) Which fat should we eat less of?**

**Is it a) Mono-unsaturated fat, b) Polyunsaturated fat, c) Saturated fat or d) Essential fatty acids?**

**Q2) How much fluid should we aim to drink in a day?**

**Is it a) 2 - 3 glasses, b) 4 - 5 glasses, c) 6-8 glasses, or d) 1-2 glasses?**

Please contact us by email at [cfh@consumerfocus.org.uk](mailto:cfh@consumerfocus.org.uk) with the answer to the two questions, giving the name of your group and your contact details. We will enter all correct answers

into a draw to be held on **15 January 2010**.

See Bitesize on page 12 to find out what difference the REHIS Elementary Food and Health course is making in Forth Valley.

## Food access for older people in Moray

Community First (Moray) is working with CFHS and The Food Train to carry out preliminary research into food access with a sample of older people in Moray.

The research will look at three key areas - what older people eat, how they usually get their food, and how their food is prepared.

The research is designed to support discussions around the national roll-out of The Food Train. It will also provide model research tools and processes that will be available for use in other Local Authority areas.

**For more details contact Jane Cotton, [jane@inso.org.uk](mailto:jane@inso.org.uk)**

## Healthier food pilots

We received a range of exciting project proposals for the healthier food pilots from a range of groups and organisations working within black and minority ethnic communities.

Four of the groups have now been contacted for more details with a view to releasing funding in the next few weeks. This will fund a range of work, from healthy eating tasters and cooking sessions, to supporting volunteers to expand their knowledge of food and nutrition, and work by a local community café to become an international café catering for new communities within the area.

Regular updates on progress will be posted on our website and also featured in future editions of Fare Choice.

## Economic evidence for community food initiatives

Recently there has been growing interest in the use of economic evidence as a way to measure, report on and understand the 'economic value' of community-based health activities. For most of us economic evidence is a new type of evidence and new way of showing the difference made by community food initiatives.

CFHS has been a member of a National Reference Group, led by NHS Health Scotland, that has been exploring economic evidence – what it is and how it can be applied to community based health initiatives. A key focus has been research to explore the use of economic evidence with three community based health initiatives.

Results of this exploratory work were launched at a national conference in September this year, 'Healthier Lives, Wealthier Communities? Economic Evidence for Community-led Health Improvement Impact - What is it? How might it be used? Why does it matter?'

The Scottish Government is also providing support, through the Third Sector project, for training on the use of Social Return on Investment (SROI). SROI is one approach for gathering economic evidence.

CFHS has commissioned two additional research projects to gather and analyse economic evidence, with The Food Train and the Happy Jack project delivered by Edinburgh Community Food Initiative. On completion we will be sharing the lessons learned around using economic evidence and how it can be gathered and used by others. We will also let you know about the future work from the National Reference

Group and how it continues to explore how community health initiatives can be supported to use economic evidence.

**For more information or copies of the report launched at the 'Healthier Lives, Wealthier Communities' conference, contact Katrina.**

## Contributing to national priorities

With this issue of Fare Choice we have included the insert 'Community Food Sector as a Key Contributor'. This insert is asking you about how you feel your work contributes to national priorities. If you would like the opportunity to **win a cookery book**, please complete and return the form by **15 January 2010**.

If you did not receive a copy of this insert, you can download a copy from our website or contact Katrina.

## CFHS visits London

In November CFHS, with colleagues from the healthyliving award and Consumer Focus Scotland visited colleagues at Consumer Focus in London to discuss food policy and activities. Everyone attended other events and meetings.

Katrina contributed to the launch of an Asset Based Community Development (ABCD) inquiry by the Carnegie UK Trust and the International Association for Community Development (IACD). The inquiry will explore, learn about and share experiences of ABCD. Everyone can contribute to this inquiry.

**To find out more, visit [www.fieryspirits.com](http://www.fieryspirits.com)** or contact Katrina for copies of background papers.

Anne and Kim visited Community Food Enterprise Ltd

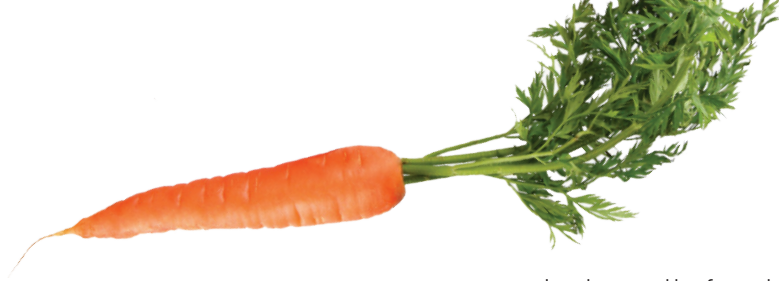
(CFE), Greenwich Co-op Development Agency (GCDA) and Newham Food Access Partnership (NFAP). CFE has supplied affordable fresh fruit and vegetables to community food outlets across Newham since 2002. Deliveries to workplaces, cafés and retail outlets provides access to affordable food as well as helping to subsidise work in low-income communities, for example a mobile shop, along with delivering a National Training Programme. Visit [www.c-f-e.org.uk](http://www.c-f-e.org.uk) for more information. NFAP brings together key agencies in Newham to develop food activities, eg. the 'Healthy Options Award' - a pilot award for caterers and a 'Healthy Eating Champions' programme, which trains volunteers to deliver health promotion activities. **Visit [www.nfap.org.uk](http://www.nfap.org.uk) for more information.**

GCDA has been supporting community food and health work for over 10 years by: establishing food co-ops and community cookery clubs which are core funded by NHS Greenwich and delivered by trained community tutors; developing and delivering 'Good Food Training for London' course for public sector caterers; and establishing community growing schemes: 'Growing Greenwich' will be launched in December.

GCDA is planning to establish a commercial soup business using surplus produce from co-ops and other sources. It also plans to buy more produce directly from growers. A move to new premises will allow for more commercial activities and improve the level of support that it can provide.

**Visit [www.greenwich-cda.org.uk](http://www.greenwich-cda.org.uk) for more information.**

# Policy



## Scotland

### Fairer Scotland Fund – ring-fencing to end

As part of the national concordat between national and local government in Scotland, the ring-fencing of the Fairer Scotland Fund (allocated to Community Planning Partnerships) will end in March 2010. After this date funding allocated to Local Authority areas will be rolled up within the general settlements to local government from 2010/2011. Funding decisions from March 2010 taken by Community Planning Partnerships will be on the allocation of mainstream budgets.

Community planning partnerships will also have greater local autonomy in how they use the Scottish Index of Multiple (SIMD) deprivation to allocate resources, although communities covered by the 15% most deprived data zones are still seen as representing the best overall summary of geographically concentrated deprivation across the country.

Community Planning partnerships are urged to invest in what works, whether delivered by public, voluntary or community organisations and the statement commits both the Scottish Government and Local Government to ensuring that the 'third sector plays a central part in creating a successful country where all can flourish'.

A joint statement issued by the Scottish Government and CoSLA, 'Equal Communities in a Fairer Scotland', on 29 October 2009 confirms their commitment and sets out future policy, principles and actions 'to increase local autonomy, flexibility and the pace of progress in tackling high levels of multiple deprivation in geographical communities'.

[www.scotland.gov.uk/Topics/Built-Environment/regeneration/fairer-scotland-fund/equalcomms](http://www.scotland.gov.uk/Topics/Built-Environment/regeneration/fairer-scotland-fund/equalcomms)

### Joint Third Sector Task Force Statement

Issued in September, this statement covers the future relationship between the Scottish Government, local government and the Third Sector.

The statement issued by the Scottish Government, CoSLA, Solace and SCVO calls for a relationship based 'on mutual respect and joint understanding'. It covers funding, shared services and best value, strategic commissioning and

procurement. It also calls for clarity about what third sector organisations can bring to partnerships and what they are looking for in return – be it 'information, influence or decision making parity with other partners'.

[www.scvo.org.uk/scvocms/images/ThirdSectorTaskGroup\\_download.pdf](http://www.scvo.org.uk/scvocms/images/ThirdSectorTaskGroup_download.pdf)

## UK

### Fruit and Vegetable Task Force

Hilary Benn, the Secretary of State for Environment, Food and Rural Affairs, unveiled plans for a new Task Force consisting of growers, retailers, consumers and researchers to help England grow more fruit and vegetables. One of its key tasks will be developing an action plan to increase production and consumption, with young people and low-income families a particular focus.

Hilary Benn said,

*“There is a gap at the moment, between what we consume and what we grow here, but there’s no reason why we can’t grow more here. And the main thing we can do to encourage this is to choose, and eat, British produce.”*

To learn more about the Fruit and Vegetable Task Force visit [www.defra.gov.uk/news/2009/091021a.htm](http://www.defra.gov.uk/news/2009/091021a.htm)

## EU

### Commission tackles food process transparency and fair practices

Having monitored food prices over the last two years, the EU Commission has set out steps to improve commercial relations in the food chain, resulting in more efficient systems. The monitoring highlights the impact of food price rises in 2008, and also shows that the effect of prices coming down has not translated to customers.

To find out more about what this means, as well as tools developed to ensure price transparency visit [www.foodanddrinkeurope.com/Financial](http://www.foodanddrinkeurope.com/Financial)



## An insight into the world of research provided by the members of the Scottish Colloquium on Food and Feeding.

### Food and health: the regulation of consumption amongst middle-class teenagers

Although children and young people from lower socio-economic groups are identified as having less 'healthy' diets, less is known about dietary and health behaviours amongst young people from higher socio-economic groups, who may (or may not) engage in health promoting eating practices. This ESRC funded study used in-depth interviews to examine the dietary and health behaviours of teenagers (aged 13-15) from higher socio-economic groups, building on a previous study which focussed on teenagers from lower socio-economic groups. Young people were selected on the basis of gender, body mass index (height and weight measured in private) and social class with half the interviewees selected BMI-defined overweight/obese.

The study found that everyday interactions around food were part of shaping these middle-class young people into becoming 'successful', 'independent' and 'healthy' adults, through the regulation and surveillance of food consumption within the home. Parents were the main decision-makers regarding shopping, meal preparation and portion sizes, with young people being given limited choice and some foods such as vegetables were non-negotiable. Snacking was also controlled, with young people asking permission for 'unhealthy' snacks such as crisps, biscuits and chocolate. However young people were also expected to develop regulation of their own consumption, and 'responsible' young people were allowed to help themselves to snacks. Tastes and preferences were also moulded, with an expectation from both young people and parents that they would develop a varied and sophisticated palate as they got older, with a taste for spicy food often being an indication of developing cosmopolitan tastes.

Family meals were not just about the regulation of consumption but were also considered important social events, with young people and parents emphasising the importance of eating together and sitting around the table. Many of these young people had busy lives, with homework and after-school activities, and said that mealtimes gave them an opportunity to catch up with their family. In fact, these busy lives meant that eating together was not an everyday occurrence for most families, which

made the importance of shared mealtimes more significant.

Young people reported greater autonomy in their food choices at school, although these were limited by availability and cost. Some parents still regulated food consumption at school by making packed lunches or monitoring what items young people bought with their school 'smart' card.

Both young people and parents engaged in a nutrition discourse regarding food choice. The importance of a 'balanced diet' and exercise were often referred to both as a means to stay healthy but also in order to maintain a 'normal' weight. Many of the young people discussed eating vegetables even if they disliked them as part of a 'healthy' diet. When talking about themselves, young people thought their diet, weight and health were their own responsibility but when discussing other young people, some made the observation that children have less control over their diet and weight than adults as children do not necessarily have a choice over what they eat and therefore diet, weight and health were a mixture of children and parents' responsibility.

Some implications for policy and practice:

- It is important to understand the cultural and socio-economic factors that underpin the eating practices of young people and families in order to effectively tackle health inequalities.
- Many middle class parents prioritise health and nutrition and are therefore receptive to ideas for making improvements.
- However, most of these parents felt they were already providing a 'healthy' diet for their children therefore tackling the food choices of the middle classes is not as straightforward as just providing information.
- Whilst parents were the gatekeepers for much of what young people ate, young teenagers require consulting in their own right about how they could make changes to their diet.

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Dr Wendy Wills, [w.j.wills@herts.ac.uk](mailto:w.j.wills@herts.ac.uk)  
ESRC Ref no: RES 000 23 1504**

SCOFF is part of the British Sociological Association's specialist Food Study Group. It is a network for those interested or involved in the sociological analysis of food production and consumption. For further information visit the website [www.food-study-group.org.uk](http://www.food-study-group.org.uk)

# A Flavour of

## Community-based food and health activity in Scotland

The celebration of the 50th edition is a perfect opportunity to revisit some of the projects and activities that were highlighted in our very first edition back in April 1997. It is extremely encouraging many are still thriving today, testament to their tenacity and resilience.

### Healthy 'n' Happy 'The Halfway Fruit Barra in Cambuslang is being launched on 21 April'

The Food and Health Project was set up in 1997, and was one of the community food initiatives included in the very first edition of Fare Choice. Since then Cambuslang and Rutherglen Community Health Initiative (CRCHI) was established in 2004, following the merger of the Health and Food Project and the Healthy Living Initiative.

CRCHI has grown and developed significantly since then and currently delivers a wide range of activities that aim to improve the health and wellbeing of people living in the community. CRCHI employs 12 staff, 40 sessional workers and notably 110 volunteers supporting every aspect of the organisation's work. CRCHI is funded by NHS Lanarkshire, South Lanarkshire Council, Changing Places, the Big Lottery Fund and other smaller funding sources. Some funding is for particular programmes of activities, eg. mental and emotional health and wellbeing, and alcohol prevention and education. Like other organisations, it is looking at

new methods of income generation whilst protecting core values and charitable intent.

Food and health activities include supporting two Fruit Barras, community growing projects, weaning workshops, work with nursery children around healthy food choices and food handling courses for children in P5 and P6 in all local schools.

Whitlawburn Fruit Barra runs every Wednesday morning from the community lounge of one of the five multi-storey blocks in the area. A second fruit barra operates from Rutherglen Primary Care Centre once a week. Both are staffed by a core group of dedicated volunteers and are running very well. Produce is collected directly from the Glasgow Fruit Market and delivered to the fruit barras and to 20 childcare centres in the area. Over 100 people use the fruit barras each week. Many of their customers are taking part in 'Healthy Mums', a programme for pregnant women and new mums, funded through Changing Places and the Fairer Scotland Fund until 2011. Through the programme, 60 pregnant women are accessing £5-worth of free fruit and vegetables a week from the fruit barras.

Management and administration of the Fruit Barra is carried out by the Community Health Initiative, freeing up the volunteers to do what they like doing best, which is selling the fruit and vegetables.

Eight community growing schemes are being supported in childcare centres across the area. A sessional gardener works with them to help plan, develop and maintain the gardens, providing ongoing support when required. The centres' children are actively involved and CRCHI is hoping to support a community garden in a local church's grounds.

CRCHI also runs food handling courses for every P5 and P6 child in the area. A chef works with the children on preparing and handling fruit, and health and safety. In return, every school has agreed to run a healthy tuckshop at least once a month.

**If you would like any more information on any of the services supported by the CHI please call 0141 646 0123 or email enquiries@healthynhappy.org.uk**



Helen Anderson pictured (right) is the only remaining original member of the project.



## Edinburgh Community Food Initiative

**'A project set up to improve the diet of people in Edinburgh opened its new premises in Leith at the beginning of March'**

Following an initial four year pilot, ECFI is funded jointly by NHS Lothian and Edinburgh City Council. Building on past developments a new manager came into post in November 2008 and has secured ECFI on a stronger than ever footing. Its core aim of tackling community food issues 'to get healthy food into people and people into healthy food' are as significant today as they were 12 years ago.

Main areas of work involve: food and health development from cooking to nutrition and information workshops; supporting 15 community food co-ops across Edinburgh; developing a social enterprise; developing and expanding its capacity as a REHIS training centre; and developing a food and health training hub for Edinburgh.

ECFI have drawn on its experiences and past challenges in order to consolidate and strengthen its opportunities for development and sustainability. Despite operating on reduced funding, high standards are being maintained. Opportunities for investment have also been attained from a range of funders to develop core activities, eg. NHS Lothian, Keepwell and CFHS. Alongside planning for more community co-ops, outlets have also been developed in local hospitals and with the private sector.

The award of the contract for the Food and Health Training Hub in Edinburgh is significant and will draw on many years of experience with community initiatives.

Its advice to others looking to sustain their activities is *"Never give up and always look at alternatives, think positively"*.

[www.ecfi.org.uk](http://www.ecfi.org.uk)

## Broomhouse

**'Broomhouse Food Project in Edinburgh have been running a food co-op for two years'**

Similar to CFHS, the development of Broomhouse Health Strategy Group (an organisation with charitable status) as it is now known, was in response to The James Report on Scotland in 1993 and the Scottish Diet Action Plan that followed. Having secured a lease for a shop in 1995 in Broomhouse Market, a fruit and vegetable co-op was developed.

Since then the group has taken part in and provides a variety of health events such as local conferences, cooking classes, taster sessions, children's activities and more. Volunteers have been fundamental to the successful running of the co-op shop. Without them, this service which provides low-cost, good quality, easily accessible fruit and vegetables just would not exist. In a deprived area that is ranked within the worst 5% of Scotland, the co-op provides not just healthy produce, but is a real social hub. The personal contact for customers and volunteers alike can be a real lifeline if they live on their own or have mental health issues.



Working closely with the NHS, Broomhouse has been fortunate to receive ongoing funding to cover its overheads, eg. rent and the salary for a part-time Project Co-ordinator. "Because of this any challenges we have met over the years have been more to do with maintaining volunteer and management committee numbers, rather than attracting funding (although the shop roof collapsing due to torrential rainstorms provided an interesting challenge!)"

Broomhouse is looking at the possibility of merging with another local charity, the Community One Stop Shop, to form the basis of a Community Health Project. This would provide opportunity to undertake more community development work, to identify and start up new threads of support where it is most needed, such as women's or family health group work. A start has been made, eg. in accessing parents through the local schools, where a "Healthy Bags" scheme of £1 fruit, soup or smoothie bags are sold monthly and one school recently had a soup-making workshop run by the charity to launch the scheme.

[www.healthstrategygroup.org.uk](http://www.healthstrategygroup.org.uk)

## Food Train

**'The Food Train in Dumfries is keen to hear of other projects' experiences of surrogate shopping and negotiating contracts with Social Work Departments'**



Today, the Food Train provides a weekly service delivering grocery shopping and additional home support to older people anywhere in Dumfries and Galloway. It has six local branches based in Dumfries, Annan, Sanquhar, Kirkcudbright, Wigtown and Stranraer.

Over 200 local volunteers make 15,000 deliveries and 100 household support visits to 500 - 600 customers every year. Food Train members spend £434,000 a year across 19 partner grocery stores. The success of The Food Train is attributable both to the hard work and dedication of many volunteers over the last 14 years and the simplicity of the concept developed by the founders.

Speaking at the CFHS annual conference, Going Forth, Michelle McCrindle described the journey The Food Train has made since it began in 1995. She spoke of some key milestones – achieving approved provider status in 1997; four years BNSF funding in 2002 to expand across the whole of Dumfries and Galloway; securing core funding from Dumfries and Galloway Council and NHS Dumfries and Galloway; and the launch of Food Train Extra in 2008 providing a range of household jobs for some of the most frail food train members.

Michelle also spoke of the challenges and developments ahead, highlighting the support being provided by the Scottish Government for a one year project to expand the service into other parts of Scotland; the submission of a full three year bid to roll out The Food Train across Scotland; the award from the Third Sector Enterprise fund to strengthen the Food Train as an organisation in readiness to deliver on a larger scale; and the planned launch early next year of a befriending service as the third tier of local service delivery in Dumfries and Galloway.

Fourteen years on from its beginnings in a community survey carried out by older people in Dumfries, the Food Train continues to deliver for older people in Dumfries and Galloway, while also looking to share its innovative service model more widely across Scotland.

[www.thefoodtrain.co.uk](http://www.thefoodtrain.co.uk)

# Take Stock

## Making waves in Greenock

There was no shortage of interest when the Healthier Scotland Cooking Bus arrived at Greenock's Craigend Resource Centre in October. However, few knew the months of hard work that went into arranging the four-day visit.

*"Well worth all the effort."*

was the view of Brian Power, Manager at the Resource Centre, who worked for several months with his management committee to negotiate the Bus's presence in the town.

"A lot of the systems around the booking of the Bus are geared to schools, so it took a bit of time relating all the paperwork to a community setting" said Brian, "but we got there in the end and everyone is delighted we have been able to get such a first-class resource into the area"

Craigend Resource Centre opened in 1995 and has had a community café and fruit and veg barra for most of that time. The centre is managed by



volunteers and is currently a Fairer Scotland-funded 'community hub'.

The highly visible Bus made an impact from the moment it arrived, generating a lot of interest from all ages in the community. Parked right outside the centre, it more or less became an extension to the building during its visit. People using the centre's many facilities, passersby and those who simply saw it from the surrounding housing, all had a stream of questions for the staff on the Bus, including the driver, as well as centre staff and volunteers.

First on the Bus each day, for their hands-on classes in its fully equipped training kitchen,

were groups from three local primary schools. Other groups who enthusiastically took advantage of the sessions on offer were an older persons' group, a carers group, a youth club and a parent and toddler group.



There was also a very successful session for workers, who came together from local health, youth, carer and employment projects, as well as the local church.

As Brian noted, "Bringing everyone together along with staff and volunteers from the centre was not only useful on the day, but I'm sure will prove even more useful as we take work forward."

Craigend Resource Centre made participation on the Bus easier for many by putting on a crèche, with healthy snacks provided for the children by the community café.

The bus was not only a hit with the local community, but also caught the attention of the media with coverage in local press and radio, as well as through a community website.

The Healthier Scotland Cooking Bus is designed to leave a legacy wherever it visits. In Craigend it was visiting a community that already had a proud history of tackling issues around food and health. As Brian outlined,

*"We fully intend to use this visit to build on our past achievements and take advantage of all the groups and workers who have been inspired and encouraged by their time on the Bus."*

This view was echoed by Helen Orr, the Bus's Advisory Teacher, who felt, "... there was clearly superb work already going on in the area and it was a pleasure to be able to complement it. I thought the range of groups who used the Bus was excellent and particularly enjoyed the session with the older persons' group, some of whom were keen gardeners."

Helen was particularly pleased that so many of those who took advantage of the Bus's visit to Craigend now had the confidence, knowledge and skills to encourage and influence others.

Funded by the Scottish Government and Food Standards Agency Scotland, the Bus will continue to be available to schools and communities across Scotland, making its unique contribution where it is most required. If you would like to know more

about making an application for the bus to come to your community, visit [www.focusonfood.cookingbuses.html](http://www.focusonfood.cookingbuses.html)



As this edition of Fare Choice was going to print, the Bus made its first

visit to one of the Scottish Government's pilot Healthy Weight Communities at Viewpark in North Lanarkshire in November. Viewpark is one of eight communities receiving funding from the Scottish Government to work together to address childhood obesity.

Following an initial application to Food in Focus from Lanarkshire Community Food and Health Partnership (LCFHP), a Healthy Weight Communities steering group made up of community members, projects and organisations, statutory agencies, the local authority and health board managed the visit. The bus visited Viewpark for three days and during that time a wide range of groups took part in cookery sessions including local primary schools, nurseries, an Asian women's group, a mother and toddlers group and many others.

A whole week of community activities were planned to coincide with the visit; a Health Fair in the local community centre including health checks; fitness taster sessions for everyone at Viewpark Sports and Fitness Centre; free bike checks by a bike doctor; and LCFHP hosted a food co-op in the foyer of the local community centre alongside a 'Smoothie Bike'. Many of the sessions provided were tasters and their overall success and popularity with local community members has encouraged further activities and events.

North Lanarkshire leader Jim McCabe said "Promoting healthy weight and tackling obesity mean changing our environments and supporting healthy living using wide-ranging levels of co-ordinated action."

Mary Castles, Director of Housing and Social Work Services said, *"North Lanarkshire has the potential to lead the way in developing community-led approaches to promoting healthy weight and tackling obesity."*

**More information on these pilots is available at [www.scotland.gov.uk/Topics/Health/health/healthyweight/healthyweight](http://www.scotland.gov.uk/Topics/Health/health/healthyweight/healthyweight)**

# Bitesize

## Douglas Men's Group wins Dundee Partnership Award

The Douglas Men's Group in Dundee was started by a small group of local community members and staff from Douglas Community Centre in 2005. The group is self-funding with support from others assisting in their activities. Support from the centre provides free use of facilities, eg access to the kitchens for men's cooking classes. Dundee Healthy Living Initiative (DHLI) also supported group members to access the necessary certificates to lead the cooking classes.

It took time to attract other men to the group; however founding members went out and about to other groups and activities to raise awareness of what they were doing. Gradually numbers increased and they now have a core group of 13 men, many of whom are elderly, disabled or vulnerable.

As the group has developed it has invited speakers to the group and many of the men involved have given talks about experiences in their lives. Having met with Dementia Scotland staff, the group is also accessed by male carers, which gives them a welcome break from caring responsibilities for a few hours every week.

In recognition of the wider functions of this group in terms of providing social opportunities, DHLI provided funding for founding members to access permits to drive a minibus. As a result the group is able to organise trips outwith Dundee to various places, as well as a few nights out during the year that are very much appreciated and enjoyed.

As far as the group is aware, there is no other community men's group in Dundee. The group has been featured on local television in Grampian and now further promotion has been achieved through receiving the Dundee Partnership Award for Health and Wellbeing.

Pet Devine, one of the founding group members had this to say,

*"It was great news that we won the award as it is a bit of recognition for all the effort it took to get started and I hope it will carry on well into the future."*

## Elementary Food and Health course making an impact in Forth Valley

Forth Valley NHS Dietetic Department has recently produced an evaluation report for the REHIS Elementary Food and Health courses it has been delivering. The department sent questionnaires to 50 people who had completed the course and held two focus groups to find out if attending the course had helped participants improve, or start, food and health activities.

Out of the 33 questionnaire respondents, 17 said they had been motivated to include food activities in their organisation or group, and 11 others planned to start food activities in the next six months.

Comments about the course included *"has dispelled many food myths"* and *"it has made me take a hard look at my lifestyle and change the way I eat"*.

The report also includes short case studies of organisations that have completed the course, including HMP Polmont Young Offenders Institute and carers of people with a learning disability.

**A copy of this report can be found in the health promotion pages of the NHS Forth Valley website – [www.nhsforthvalley.com](http://www.nhsforthvalley.com) For more information contact Susan Kennedy on 01786 431173 or [susankennedy2@nhs.net](mailto:susankennedy2@nhs.net).**

See 'Team Talk' to find out about work that CFHS has developed to promote the REHIS course and a chance to win a book token.



## Food and Health Alliance conference

*“How can I make this policy come alive?”*

was the question delegates were encouraged to ask themselves by Susan Gallagher from the Scottish Government’s Food Industry Unit, when she addressed the Food and Health Alliance conference held in Edinburgh in November.

The conference gave participants the opportunity to meet up, share perspectives and get a heads-up on forthcoming policy developments. The National Food and Drink Policy was obviously a key focus of the day, with Susan announcing that the policy’s ‘leadership forum’ would start meeting in early 2010 and that a conference to examine progress was planned for later in the year.

Fergus Millan, from the Health Improvement Strategy Division at the Scottish Government, noted that early next year an ‘obesity route-map’ would be launched, outlining the Scottish Government’s long-term intentions.

**All the presentations from the conference are available from [www.fhascot.org.uk/Home](http://www.fhascot.org.uk/Home)**

## Local matters at the Cross Party Group on Food

Robin Gourlay of East Ayrshire Council, who chaired Workstream 4 of the national food policy discussion ‘Walking the Talk – Getting Public Sector Procurement Right’, was the key speaker at the latest meeting of Holyrood’s Cross Party Group

on Food held in November. **Papers from this and previous meetings can be viewed at [www.scottish.parliament.uk/msp/crossPartyGroups/groups/cpg-food.htm](http://www.scottish.parliament.uk/msp/crossPartyGroups/groups/cpg-food.htm)**

## New growth in north Glasgow

After six months of discussions North Glasgow Community Food Initiative (NGCFI) and Milton Food project merged on 1 October.

Speaking about the merger, Greg Sandilands of NGCFI said, “We are delighted that we can now go from strength to strength with the additional skills and contacts from the former Milton Food Project within the wider north Glasgow area. We are also pleased to welcome Jane Anderson from Milton to the NGCFI team.”

NGCFI has now been awarded Fairer Scotland Funding and is working to secure this for the years ahead. It has also submitted a bid to the Big Lottery for £200,000 for technical assistance to progress plans for a community-owned market garden in Milton. If successful, the funding will cover the employment of a Project Officer and a consultancy team to take the initiative forward.

## Ready for business

Senscot, in partnership with CEiS and Social Firms Scotland, and with support from the Scottish Government, has developed ‘Ready for Business’, a register for social enterprises, to promote Community Benefit Clauses and to offer support to social enterprises interested in bidding for tenders by building

consortia.

Ready for Business will highlight tender opportunities in procurement portals such as Public Contracts Scotland.

**To register, or for more information, visit [www.readyforbusiness.org](http://www.readyforbusiness.org).**

## Convenience stores sign up to retail charter

A range of additional independent retailers have signed up to the Retailers Charter to drive forward support for Scottish food and drink. Many retailers are already committed to stocking and promoting Scottish produce and have a strong presence in local and rural communities.

John Drummond, Chief Executive of the Scottish Grocer’s Federation, said,

*“It is important that small shops, which provide a vital service within communities across the length and breadth of Scotland, have the right conditions for sustained growth”.*

**To learn more about the charter and what it means for you and your community visit [www.scotland.gov.uk/Topics/Business-Industry/Food-Industry/retailing](http://www.scotland.gov.uk/Topics/Business-Industry/Food-Industry/retailing)**

## FSA salt campaign - Is Your Food Full Of It?

The Food Standards Agency has recently launched the latest stage of its public awareness campaign on salt.

Consumers are being made aware of the amount of salt that is hidden in lots of popular family foods such as bread, breakfast cereals,

sausages, ketchup and soups. This campaign aims to remind people that 75% of the salt we eat is already in the foods we buy so it is essential to check labels and choose lower salt products when shopping.

A high salt intake increases the risk of high blood pressure, which triples the risk of heart attack and stroke. Adults should aim to eat no more than 6g of salt per day per adult, and children under 11 should have less.

**More information can be found at [www.eatwell.gov.uk/salt](http://www.eatwell.gov.uk/salt)**

## Moving on

Consumer Focus Scotland and CFHS bid a fond farewell to Senior Director, Martyn Evans, at the end of October. Martyn has taken up the post of Chief Executive of the Carnegie UK Trust in Dunfermline. The Carnegies UK Trust 'investigates areas of public concern to influence policy and practice, in the interest of democracy, civil society and social justice'. **For more information visit [www.carnegieuktrust.org.uk/about](http://www.carnegieuktrust.org.uk/about).**

Consumer Focus has appointed a new Senior Director for Scotland. Marieke Dwarshuis is currently Head of Policy and Development at the Office of the Scottish Charity Regulator (OSCR) and will take up her new post on 1 February 2010.

## Building the local food movement

On 24 and 25 October, 'Building the local food movement, the first local food gathering' was held in Dunbar. Organised by One Planet Food, Sustaining Dunbar, Soil Association Scotland and Transition Scotland Support, the purpose of the gathering was to discuss establishing a Scotland-wide local food network. Over 80

people attended one or both days. On the Saturday there were a number of presentations on issues relating to local food, sustainability and health, including from Professors Annie Anderson and Jan Bebbington. Participants were also able to take part in themed workshops, one of which discussed local food and reaching low-income areas. Anne and Mike Small from the Fife Diet led the workshop.

It was agreed that a Scottish-wide network would be established. The organisers are currently looking for people to join a steering group to take this forward.

## Single Outcome Agreements and health

In November Glasgow Council for the Voluntary Sector hosted an information event about Glasgow's Single Outcome Agreement and specifically the inclusion of health within the document. This well-attended event was an opportunity for people to have a detailed look at the SOA and explore where they felt their work contributed towards the local health priorities and local outcomes identified for Glasgow. There was a good discussion around where people felt there were opportunities for linking their work to the SOA.

We are really keen to hear from anyone who has linked their work to their local SOA. Please contact Katrina if you have been involved in any work like this.

## CHEX points to the future

At the first Community Health Exchange (CHEX) national conference in November Shona Robison, Minister for Public Health emphasised that improving health and reducing health inequalities is

a top priority for the Scottish government. The minister recognised that CHEX would continue to be instrumental in supporting the community and voluntary sector to achieving this.

Throughout the morning there were numerous opportunities to hear, learn about and discuss the work of community-led health organisations. The afternoon involved more focussed discussion on how the community-led health sector can become stronger and even more influential. Key points from this session are being taken forward to explore what actions can be taken.

**Visit [www.chex.org.uk](http://www.chex.org.uk) for more information on this event.**

## Launch of Glasgow Public Health Report

At the time of going to press Dr Linda De Caestecker, Glasgow's Director of Public Health, was about to launch Glasgow's Public Health Report, providing an opportunity to discuss the key public health messages and the actions required to address the public health challenges identified in the report.

A Parenting Support Network jointly developed by NHS Greater Glasgow and Clyde and Glasgow City Council is also being launched at the same event. More information on both these launches will be available on our website.

## Farmhouse Breakfast Week 2010

Next year's Farmhouse Breakfast Week is scheduled for 24-30 January 2010.

**Tips, recipes and available resources can be found by visiting [www.hgca.com/breakfast](http://www.hgca.com/breakfast)**

# Publications



## Scottish Health Survey 2008

Findings from the 4th Scottish Health Survey were published by the Scottish Government in September.

The findings are based on interviews with over 8000 adults and children and provide data on health and health-related behaviours in Scotland. The main focus is on cardiovascular disease and the related risk factors – smoking, alcohol, diet, physical activity and obesity.

On diet, the survey reports that there were no statistically significant changes in fruit and vegetable consumption between 2003 and 2008.

The survey is now being carried out continuously from 2008 – 2011 and Health Board level analysis of data will be available after the completion of the 2011 survey [www.scotland.gov.uk/News/Releases/2009/09/29103126](http://www.scotland.gov.uk/News/Releases/2009/09/29103126)

## Scottish Index of Multiple Deprivation 2009

The Office of the Chief Statistician has published the SIMD2009. Based on an analysis of 6505 datazones across Scotland, the SIMD collects data across a number of domains – income, employment, health, education, housing, access to services and crime, to provide a picture of small area concentrations of deprivation.

Full details are available on the SIMD website [www.scotland.gov.uk/Topic/Statistics/SIMD](http://www.scotland.gov.uk/Topic/Statistics/SIMD)

## Green to the Core

*“Shopping green should not be hard. Our survey shows that when a grocer has the will to respond to consumer pressure on green issues, this works through to the shop floor.”*

Some UK supermarkets are greening up their act and doing more to help customers shop green, but others are lagging well behind, according to a new mystery shopping exercise by Consumer Focus. It found that the gap between the best and worst performing supermarkets has widened since the first survey in 2006. Sainsbury's and Marks and Spencer made the biggest leap by achieving the first ever overall “A” (excellent) score.

The survey also found some good green practices among the high street chains. The discounters Aldi and Lidl, surveyed for the first time, were the only two supermarkets to have closed doors on all freezers, thereby helping to conserve energy. The co-op was found to be

selling the highest proportion of fairly traded products among its own brand products than any of its rivals.

You can read the full report, ‘Green to the Core’, by visiting <http://consumerfocus.org.uk/>

## Get Active: for your mental health

The Scottish Association for Mental Health (SAMH) has launched new research that sheds light on why people with common mental health problems are twice as likely to become obese as others.

The SAMH study found that people with mental health problems were much less likely to exercise regularly at a gym or exercise facility due to feeling embarrassed or worried that others would judge them.

In addition, the research found that people with mental health problems were less than half as likely to eat the recommended five portions of fruit and vegetables per day, and twice as likely to say that they could not afford to eat more fruit and vegetables. The research was undertaken as part of SAMH's Get Active campaign, which aims to promote links between mental health, sport and physical activity. [www.samh.org.uk](http://www.samh.org.uk)

## New resources for early years

The Scottish Nutrition and Diet Resources Initiative (SNDRi) has produced some new leaflets as a result of managing BDA (British Dietetic Association) Paediatric Group's Resources. In all 10 leaflets are available for parents/carers and their children on a range of topics.

‘Healthy Diet, Healthy Baby’ is also aimed at young women during pregnancy to support them give their babies the best start in life. There is a small charge for these leaflets.

For more information visit [www.gcal.ac.uk/sndri/news\\_updates.html](http://www.gcal.ac.uk/sndri/news_updates.html).

## More Sorted in the Kitchen

Following phenomenal and continued interest in this resource for people living on their own or looking after themselves for the first time, a local launch took place at Aberdeen Foyer in November.

Copies can be purchased by contacting Lisa Fallowfield on 01224 252366 or email [lisaf@aberdeenfoyer.com](mailto:lisaf@aberdeenfoyer.com). Packs cost £15 plus VAT and p&p per copy. For larger orders a quote can be provided.

# Diary

## JANUARY 2010

### Learning From Evaluation - fitting the pieces together

13 January 2010

Surgeons Hall, Edinburgh

Evaluation Support Scotland conference - sharing and learning from and about evaluation

More info: [www.evaluationsupportscotland.org.uk/event.asp?id=86](http://www.evaluationsupportscotland.org.uk/event.asp?id=86)

### Farmhouse Breakfast Week

24-30 January 2010

Annual week-long series of events to emphasise the importance of eating a healthy breakfast every day

More info: [www.hgca.com](http://www.hgca.com)

## FEBRUARY 2010

### Communities, inequality and health improvement: policy and practice for community-led health

1 February 2010

Perth Concert Hall

Healthy Communities: Meeting the Shared Challenge conference

More info: [www.scdc.org.uk/shared-challenge/](http://www.scdc.org.uk/shared-challenge/)

### The Gathering

18 February 2010

Edinburgh International Conference Centre

Scotland's biggest charity and voluntary event held over two days

More info: [www.scvo.org.uk/scvo/NewsAndEvents/TheGathering.aspx](http://www.scvo.org.uk/scvo/NewsAndEvents/TheGathering.aspx)

### Fair Trade Fortnight

22 February – 7 March 2010

Two-week promotion of fair and ethical trading

More info: [www.fairtrade.org.uk/get\\_involved/fairtrade\\_fortnight/default.aspx](http://www.fairtrade.org.uk/get_involved/fairtrade_fortnight/default.aspx)

## MARCH 2010

### 18th Annual Public Health Forum – Confronting the Public Health Issues

24-25 March 2010

Bournemouth International Centre

More info: [www.ukpha.org.uk/annual-public-health-forum.aspx](http://www.ukpha.org.uk/annual-public-health-forum.aspx)

## JULY 2010

### BSA Food Study Group Conference

5-6 July 2010

The British Library Conference Centre, London

More info: [www.britsoc.co.uk/events/food.htm](http://www.britsoc.co.uk/events/food.htm)



community  
food and health

(scotland)

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