



community  
food and health

(scotland)

# Mind **the** Menu

COMMUNITY FOOD WORK SUPPORTING MENTAL HEALTH  
AND WELLBEING

Networking Session  
Discovery Point Dundee  
June 2012



# Background

This event was originally planned for February 2012. The initial paper written for the Scottish Mental Health Co-op in autumn 2011 suggested:

**'In the light of the development of the Mental Health Strategy for 2012 – 2015, it seems timely to sharpen the focus on the role that food initiatives can play in supporting mental health and wellbeing. The idea is to hold an event which will showcase the range of work that is taking place across the country and the impact that this is having on individuals and communities. This would not be a one off event, but rather developed with a view to influencing both policy and practice in this area including CFHS business plan for the next three years.'**

In the event, due to staff absence, it was postponed until June 2012. By this time, the consultation on the Mental Health Strategy had closed and the CFHS business plan for 2012 – 15 had been agreed with the Scottish Government.

The objectives for the event remained the same. Publicity stated that it was a chance to

- Find out more about the range of community food work in Scotland that support mental health and well being
- Share good practice, information and resources with other groups and organisations active in the field
- Think about how to describe the outcomes of this work and how to ensure these are reflected in current policy developments and
- Consider the support you need to build your work in this area.

60 people attended the event from a range of different organisations across Scotland. There was a good mix of people with lived experience, paid and unpaid staff.

# Programme

The programme was designed to provide as much opportunity as possible for people to meet each other, share information about the work they are involved in and exchange ideas and resources. Many groups generously brought displays about their work and information to share with other participants. There was an opportunity over lunch to start to map which organisations are working in the field and a session after lunch on future support needs.



# Presentations

There were two presentations to set the context for the day.

Emma Lyon from NHS Health Scotland covered the new **Mental Health Strategy for Scotland 2012 – 15**. Emma covered the background to the development of the new strategy, the consultation process and some of the headline themes that have emerged from the consultation.

These are:

- Work more effectively with families and carers
- Embed more peer to peer work and support
- Increase support for self management and behavioural approaches
- Extend the anti stigma agenda forward to focus more on discrimination
- Develop the outcomes approach to include personal, social and clinical outcomes.

It is anticipated that the strategy will now be published in July and will cover both mental health services and mental health improvement.

Emma's slides are available at [www.communityfoodandhealth.org.uk/2012/mind-the-menu/](http://www.communityfoodandhealth.org.uk/2012/mind-the-menu/)



Simon Bradstreet spoke about **Food and its role in promoting recovery**. Simon covered the work of the Scottish Recovery Network and the role it plays in raising awareness about recovery, encouraging empowerment, building the evidence base in relation to recovery and influencing policy and practice. Simon described recovery as a unique experience with common themes relating to hope, belief and identity, empowerment and control, meaning purpose and opportunity and relationships. Peoples' stories of recovery identify food as important in a number of ways. People described changing behaviours, food as part of planning wellness, the negative impact of junk food, food as providing structure and skill, connections and community and the knock on effects of attention to food.

**"I began treating my mind and body with respect and sticking to a healthy routine. I cut out most of the junk food I had been eating for convenience and comfort and as a result I lost a bit of weight. This helped my self-esteem, made me feel more energised, and helped to lift my mood. The extra energy made it easier to exercise and I started swimming and going to exercise classes. I also began to enjoy walking my dogs... I thoroughly enjoyed the fresh air and lovely views. As a result, I managed to get into a good sleep pattern which is very important for me."**

Simon's slides are available at [www.communityfoodandhealth.org.uk/2012/mind-the-menu/](http://www.communityfoodandhealth.org.uk/2012/mind-the-menu/)

# Workshops

Workshops formed the core of the day and were developed for the event by six different organisations involved in work on food and mental health and wellbeing. This provided a snapshot of the wide range of different work taking place across the country.

Each workshop was asked to bring back one thought on:

## **What do we know about how food, and work around food, impacts on mental health and well being?**

The final list was

- Food work builds new skills around healthy eating
- It builds confidence and motivation
- Food work can lead to skills, volunteering opportunities and jobs
- Food brings people together
- Social cooking and eating promotes positive mental health
- Eating low quality convenience food can impact very negatively on mental health as can eating alone
- We need to develop good information and reduce mixed messages about the impact of certain foods on mental health
- Importance of social aspects of cooking/ eating
- User led initiatives are important – people need to have a voice in planning and developing the work
- Food and mental wellbeing is for everyone



# Workshop Sessions

## Mind **the** menu

### **MORNING SESSIONS 11.30 – 12.30**

#### **Developing food messages for mental health.** Terra Nova Room

Edinburgh Food and Health Training hub works to ensure food and health training and learning in Edinburgh is efficient, targeted and accessible. Lyndsey McLellan will share their experience of developing a training for trainers course on food and mental health.

#### **The Active Families programme.** Auditorium

Dundee Healthy Living Initiative runs a series of programmes aimed at supporting mental health and wellbeing many of which include food. Christine Dallas, Justin Mulholland, Jackie Irvine and Alison Turnbull will speak about their Active Families programme, a partnership project with the BHF Active Families project. This includes sessions on cooking skills and healthy diets. The session will look at the impact this programme has on mental health and wellbeing.

#### **Roots to Recovery.** Education Suite

Glasgow Association for Mental Health has been on a journey bringing together and developing food work across the different services provided by the organisation. Margaret Colley, Daniel Chisholm, Santosh Malhotra and Jenny Bunting will tell the story of what they have been doing and how this is supporting recovery.

### **AFTERNOON SESSIONS 2.15 – 3.15**

#### **Food at the heart of what we do.** Terra Nova Room

Augment is a mental health service user led initiative working across the whole of Angus. Dee McMillan and Andrea Stewart will cover how food is at the heart of their clubhouse/community resource in Arbroath and how work on food contributes to recovery for their members.

#### **Growing for mental health and wellbeing.** Education Suite

Vicki Ferguson and Jenny Simpson from Trellis will provide an introduction to the work of their member organisations that work around growing and mental health and wellbeing. There will also be a chance to try your hand at some practical growing.

#### **Food and Recovery.** Auditorium

PKAVS works across Perth and Kinross with mental well being services in Perth and Blairgowrie – The Walled Garden and Wisecraft. Laura Smart, Debbie Butler and Steven Donald will provide an overview of their work and the role that food plays in supporting recovery for the individuals who use these services.

# Future Support Needs

In a session after lunch everyone answered a series of questions on future support needs. The answers have been grouped under key headings.

## INFORMATION

### What information would you find useful to further develop your work around food?

#### Local Information

- Increased knowledge of what other groups/ organisations are doing and who/how we could collaborate, i.e. share premises
- Looking for access to local cooking groups since ILA has been pulled on most courses
- Info regarding local networks easily available for linking into and ability to access shared resources
- What other projects are operating in your area around food and mental health
- We would like health professionals to be well informed about local community led organisations so they can refer people to them
- More info on how to refer and facilities available.

#### National, good practice information

- Start up info on registering food businesses – how to guide
- More examples of good practice and what funding applications have worked and what hasn't (on website)
- Publication on what ideas work etc – reinforcing the one message on how to eat more healthily
- Information about community growing/ buying in bulk and selling it in smaller amounts in a local community centre
- Knowing how other projects do things, ideas, how to get funding etc
- Information on other organisations such as Fareshare who donate goods
- Share good learning to enable effective practice/offer 'CFH gold award' then projects can work to achieve this
- Learn from other projects that have developed 'good' food work. Knowledge of what is working well

- Learning from the projects that have worked well – examples of good practice
- More awareness of what is going on in the area.

#### Practice information

- Further info re hygiene
- How to build on statutory care – e.g. someone coming out of hospital – what eating programmes are they following, special dietary requirements for those on medication
- Recipes on a budget available to all
- Food and health benefits
- Simpler recipe sheets – with different dietary needs
- Information on 'mood' foods.

#### There were also comments on how people would like to access information.

- E – Learning on your website/bulletin board
- Easier steps to find information and resources to advise what food can do for service users, health motivation etc
- Having a database/shared information point for tools and techniques that could be applied in practice e.g. using a food diary as a starting point for discussions about the social/behavioural aspects of cooking, eating, growing food and is easy to use with most types of groups/ organisations
- A single point to share ideas/ resources.

## RESOURCES

### What resources, other than funding, would support your work around food?

#### Practical equipment

- Our own kitchen and training space
- Our own kitchen or space for cooking
- A full range of essential cooking equipment.

#### Materials

- A list of booklets etc that might have interest to people attending a healthy eating course and where to access them
- Recipes that can be given to participants
- Healthy eating info in different languages
- Visual aids for those with disabilities/ literacy's need
- Leaflets/information to back up staff ideas
- Deaf, DVD in BSL and other languages
- Leaflets, educational resources/games/ activities
- Hands on games and displays
- Pictorial maketon to enable and promote communication.

#### Other resources

- Partnership working
- More support/ events exclusively for community members so that we are not immersed in big professional gatherings
- Smaller on the ground projects not NHS Scotland who have large HEAT target, spend a fortune on them with little results and a huge budget. A budget which could be split over 100 small projects
- Other organisations/ voluntary organisations etc who can deliver on a smaller scale
- Trainers (free)/Tutors/Volunteer pool.

## TRAINING/ LEARNING OPPORTUNITIES

### What training/ learning opportunities would help build your food work?

#### Food Work- nutrition, food hygiene, cooking skills

- Food hygiene – basic nutritional knowledge for clients and staff
- Ongoing training i.e. monthly such a master classes to expand knowledge and confidence with cooking skills
- Refresher courses on nutrition for trainers – perhaps once a year
- Food handling and hygiene course for local people free of charge
- Nutrition/diet based training so have certificates
- REHIS Elementary Food handling and hygiene
- REHIS Food and Hygiene certificate
- Health and Safety/risk assessment
- Training for local people to lead cooking skills courses
- More learning on allotment to encourage folk with difficulties to be encouraged to participate.

#### Food and mental health

- Access to training for mental health groups
- Training on food and medications
- Opportunities to learn about the issues people with mental health issues face
- Course for staff on food and mental health links etc
- Resource library – recipe books – peer support - links advice from other projects
- Training on mood and food (hope to attend Edin Hub course)
- Courses on mental health and food links both in relation to prevention and recovery
- Shadowing other groups who work with people with mental health problems.
- Awareness of all the relevant issues to increase confidence.

## General

- Training on doing groups with specific demographics e.g. - ex - offenders, people in recovery, older people
- Building capacity within the community
- Group specific training i.e. working with Asian communities/or cultural awareness
- Free training for community groups at ECF
- Access to information /training for carers that is affordable and not too time consuming
- Access to accredited courses
- Accessible training for volunteers which they can use practically within the kitchen and for future work/employment prospects.



## Support with evaluation

There was a high level of interest in support with evaluation of the impact of food work...

**'Yes, Yes, Yes, yes, yes definitely, Absolutely – always useful to get other people's input, Currently getting input from ESS on evaluation from another funder, maybe, yes, yes, yes, yes, yes. Working with clients with dementia, we are exploring different ways of evaluation – we would welcome any help. Maybe. Yes'**

### SMALL AMOUNTS OF FUNDING

**If you could access small amounts of funding – what would you use it for?**

#### Equipment

- Access to a plot – buying seeds for vegetables
- Within the Walled Garden in Perth – a bigger workspace would enable us to create a wider variety of food – increasing the opportunity for more clients working in the kitchen and workshops for cooking skills, classes etc
- Cooking equipment
- Resources related to nutrition – live food models etc
- Better equipment
- Developing allotment i.e. buying a poly tunnel tools and equipment
- Buying - cooking equipment – basic pots and pans
- Seeds for small upcoming garden project
- Give to vol orgs etc to buy cooking kits to run cooking classes within own organisations
- Resources for lending – e.g. large eat well mats
- Better equipment and fresh food.



## Provisions

- To buy food to give staff resources to teach service users about healthy eating, how to cook a balanced meal. This could then be evidenced in a recipe book for service users to access
- More 'group' healthy foods that cost less for service users
- Provisions to support the members and volunteers to access subsidised meals and continue to learn practical skills within the kitchen
- Food costs for running pilot programmes.

## Small pieces of work – some existing, some new...

- Support a food and mental health event in Edinburgh
- Possible development of wellbeing groups on food
- Operating healthy eating groups
- Set up a joint project between The Walled Garden and Wisecraft – client/ staff led on healthy eating – possibly including diet club, preparing healthy meals and eating together
- To continue to run basic nutrition course
- To continue running the active families group in Whitefield Dundee
- Funding for social events is hard to find to support mixing with others
- Trips out for service users to see where their food comes from and have a go at making it etc
- Training, setting up groups, help to maintain existing groups
- Training – food hygiene for SU/volunteers
- Volunteer expenses
- Food hub – training resources; food and mood resources for Dundee
- Training for trainers i.e. RHEIS Advanced Food Hygiene
- To fund a piece of work such as scoping exercise/evaluation
- Building on our existing work around healthy eating to explore creative ways of getting the message across about healthy eating
- Cooking demos in particular for teenage groups and students.

## Networking

There appears to be a huge appetite for further networking and opportunities to learn from other organisations. Asked if you would like more opportunities to meet with other organisations involved in similar work the replies were...

**'Yes, yes, yes, yes, yes, yes very much, yes as part of other learning, yes, yes, yes – good to see what others are doing and get pointers from each other, yes, yes, yes, yes, yes, yes, yes, yes, yes, yes, yes, yes this has been a great opportunity. Yes – be good to visit the projects and see what they do.'**

**Opportunities to visit similar projects so that both can learn.**

**Similar events to today, sharing information and resources.**

**Knowledge / experience and other projects viewpoints.**

**Sharing ideas and knowledge.**



## Other comments

Additional comments covered some of the difficulties organisations and communities are facing, some general thoughts and feedback on the day.

- As an organisation we have lots of good ideas and can access funding but running a small drop in- it is difficult to generate interest and offer classes that service users can attend when we can't be open and ready for action at all times! If attendance is poor (maybe rural area not v accessible /travel to drop in has a cost) maybe not able to justify continuing the group.
- Please remember it is difficult times and 5 fruit is impossible for a lot of families.
- Ideas for recipes, how to motivate people to make changes to their diet (what is the best approach). What works well- what to avoid.
- Would be interested in talking to other dementia focused projects on how to develop relevant projects which are meaningful to people with dementia.
- It would be good to have healthy cookery books/ resources for quick and easy meals 15- 20 mins. Prep would encourage people instead of fast food and ready meals.
- It would be useful to develop more resources that put food issues into an international. Developmental context e.g. how supermarkets operate, CAP etc.

## Feedback on the day

Really enjoyed the day – very informative and good for networking.

Well run day, very interesting and good mixture of organisations.

Event is a little bit different from the norm and was a good opportunity to learn and gain a deeper understanding.

Community Food and Health is a really good resource.

Thanks.

More things in the Highlands would be good – events like today.

We need to share 'good practice' better. Same organisations are at all events - lots more out there.

Well done. Excellent event. Enjoyed the networking as well.



# Who is working in the field?

The lunch time mapping exercise provided the following information about organisations working in the field.

**Wisecraft Blairgowrie** – art studio and joinery, Slim Pickings emphasis on health exercise, healthy eating 01250 874777

**Trellis** – (Scottish Therapeutic Gardening Network) 200 therapeutic gardening projects in Scotland

**Dundee Healthy Living Initiative** one off demos; food and mood, cooking courses, partnerships with everyone

**Glasgow City CHP NW Sector** Health Improvement Team. Weaning Fayres, ante natal cookery, training for addiction and voluntary organisations to deliver food work, nutrition workshops, learning disabilities and young people

**Alzheimer Scotland** 01382 210200

**Action in Mind Stirling** 01786 451203 Food and weight courses. We do not have facilities for cooking

**Augment** 16 + mental health/community enterprises. User led. Cafe/kitchen on line basic food hygiene training. Food and recovery. Some training and consultancy

**Gowrie Care** Mill View Project Mental Health Hillcrest Group

**Glasgow Association for Mental Health Community garden** – links to lots of organisations – Momentum, local schools, allotment forum

**Energi East Nuek Recovery Group Initiative / Harbour Howff Cafe** Drug and alcohol support, complementary therapies, housing support, cookery groups, gardening project, outreach, work with schools, self esteem, mental health, confidence

**Birchwood Highland Recovery Centre Inverness** Cooking support and garden project

**West Lothian Council CHCP Health Improvement Team** Weight management groups. Get cooking. Food co-ops

Allotments. Older People's services; early years. Mental wellbeing is integrated throughout all activities/ council services/ policies

**Edinburgh Community Food** Little Leithers and other groups. Links to Home start, Red Hall (SAMH)

**Scottish Association for Mental Health (Fife) SAMH's Pantry Employment Service** Links to Fife Council, Evergreen – SAMH garden project, Barony Housing Association, Fife Employability Team

**NHS Forth Valley** Cooking groups for mums with nursery children, healthy lifestyle group for mental health

**Beacon Club Broomhouse** Older people with dementia. Food work funded by CFHS

**Forth Environment Link. Forth Valley Zero Waste Volunteer Scheme** Work with communities to avoid food waste – Love Food Hate Waste Campaign

**Changes Community Health Project East Lothian** eat well – keep active courses links to east Lothian Council, Ageing Well, Queen Margaret University

**The Walled Garden Perth** garden, joinery, cafe, social enterprise, art studio walking group. We try to sell everything we make and grow and use the produce from the garden in the cafe

**Angus Nova Project Penumbra** 16+ peer/ employability support. 1-1 support, toolkits, WRAP, PATH, and Recovery. 01241 437412 Links to Angus Council, NHS, CMHT, Social Work, GPs and CLD

**NHS Health Scotland** Links to Choose Life, FAHA, See Me, NHS 24, Breathing Space, Youth Health, PAHA, Samaritans, SAMH, SRN, Forestry Commission, 14 Local Boards, 32 Local Authorities, NES, Scottish Government, Penumbra

# Mind the menu

Community food work supporting mental health and wellbeing

## PROGRAMME

9.45 Registration and coffee

10.15 Welcome and introductions

10.30 Setting the scene

Mental health strategy for Scotland

Emma Lyon. NHS Health Scotland

Food and its role in promoting recovery

Simon Bradstreet. Network Director Scottish Recovery Network

11.15 Coffee

11.30 Morning workshops

12.30 Lunch, networking and mapping

1.45 Shaping support for food work

2.15 Afternoon workshops

3.15 Next steps and close



The pictures in this publication are real people involved in a range of community food work across Scotland.



Community Food and Health (Scotland)  
c/o Consumer Focus Scotland  
Royal Exchange House,  
100 Queen Street, Glasgow G1 3DN  
[www.communityfoodandhealth.org.uk](http://www.communityfoodandhealth.org.uk)



Supported by

Trellis, NHS Health Scotland  
and members of the Scottish  
Mental Health Co-op