

## **Funding available to join new CFHS cooking skills study group**

- Do you regularly run cooking courses for vulnerable people or groups managing on a low-income?
- Will you be able to run four hands-on cooking courses for groups (of at least four sessions each) between January and September 2016 as part of this study group? (i.e. you manage others in your organisation to run these or/and you run the courses yourself).
- Would you like to be part of a new CFHS 18-month long cooking skills study group?

Each organisation can apply for up to £1500 towards the costs of being involved in the group. We expect to fund up to eight organisations.

The closing date for applications is **5pm Friday 28 August 2015**.

### **What is this about?**

The study group will work together to discuss and critically appraise the strategies (i.e. what activity you do in a cooking session and why you do it) they use in their cooking skills courses; each carry out thorough evaluation of their courses, including following up participants, and discuss how the results will be analysed. The group will focus particularly on two planned strategies that often take place at the end of cooking sessions:

- eating a meal together
- ensuring that each participant has a meal to take home with them

We would prefer members of the group to be prepared to try out both of these strategies, but they must be prepared to run at least one of these at the end of each cooking course sessions.

This will be an exciting opportunity to learn from your peers and contribute to supporting better practice for cooking skills courses in Scotland.

### **Why are we doing this?**

In 2014, CFHS commissioned a review of community cooking skills activities for adults, families and young people. The review used a realist approach which focused on learning from cooking skills course practitioners (community chefs, trainers, managers etc.) to find out what worked, for whom, why and in what circumstances.

What we found:

- Cooking skills courses appear to be very good at reaching vulnerable and low-income groups
- It was more difficult to work out the actual differences these courses made to participants

- The strategies that practitioners use can be linked to best practice guidance from NICE<sup>1</sup> on behaviour change theory. The NICE guidance explains how behaviour change concepts can inform practice or strategies.

The review provided a wide range of general recommendations for cooking skills practitioners and those supporting them, including:

- encouraging practitioners to deliberately vary their strategies and assess what impact this has on outcomes for participants; and
- collecting and analysing evaluation materials from a range of cooking courses where this is possible

Please read the [executive summary](#) of this review if you would like to get involved in the study group, as this will give you a background to how the strategies link to behaviour change concepts and other theories that we will want to focus on as part of the study group. A [full report](#) is also available.

### **What will the study group do?**

We want to build on the learning included in the review, and establish and support a study group to focus on and explore the outcomes of two strategies commonly used in cooking courses;

- purposely planning for participants to eat a meal together at the end of each session or,
- planning to ensure they have a meal to take home

This will require group members to reflect and plan collectively, robustly evaluate their own work, and share findings using a commonly agreed template so that CFHS can analyse the information collected.

The study group will meet at least four times between October 2015 and March 2017, including a two-day residential meeting late November / early December 2015. The other meetings will be all day. We will aim to arrange dates and venues to suit the members of the group.

The group will work together to:

- discuss what outcomes they would like each of their courses to achieve and agree methods and tools to measure what impact these have had on participants
- link these outcomes to behaviour change concepts, the use of targeting, tailoring and reinforcement and strength-based approaches.
- design a template or reporting method so that CFHS can analyse the collective evaluation materials
- The group will also discuss and consider how to implement learning from the CFHS cooking skills report, and there will be opportunities for peer learning.

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<sup>1</sup> NICE – National Institute for Health and Care Excellence

## Who can apply?

You can apply if:

- 1) Your organisation is a voluntary or community organisation, a social enterprise, NHS or local authority that regularly runs cooking courses (at least four times a year).
- 2) You (and preferably with one other person in your organisation) can commit to taking part in the group over the eighteen month period. This will include attending all the meetings and submitting evaluation materials (from each course participant) to CFHS in **January 2017**.
- 3) Your cooking courses involve hands-on cooking and focus on preparing affordable, healthy meals. These are led by either one practitioner, or are delivered in a consistent way across courses.
- 4) Your cooking courses are attended by vulnerable participants or those managing on a low-income and they are adults, families or/and young people. It doesn't matter if you work with a range of groups, mixed groups or just one vulnerable group type, as long as you can provide information about individual participants which identifies them (i.e. low-income, any vulnerability etc.)
- 5) You can run four hands-on cooking skills courses for groups (i.e. you manage others in your organisation to run these or you run the sessions yourself) between January 2016 and September 2016 as part of this study.
- 6) Each cooking course session will finish with participants eating together, or taking their prepared meals home with them. Ideally, we would like members of the group to run at least two courses where participants eat together and at least two where they take food home. However, members may run four courses using just one of these strategies.
- 7) You must be able to carry out baseline evaluation with the participants before they start the course, at the end of the course and between 3 and 6 months following the course completion, using evaluation methods suitable to those you work with. All evaluation activities, including follow-up, must be completed by December 2016.
- 8) You will aim to follow-up all participants from the courses included in the study, including those that have not completed the courses.
- 9) We would prefer study group members to aim to use a range of evaluation methods with participants, or to 'triangulate' their methods (i.e. use at least three different sources, such as participant self-reporting, practitioner observation, feedback from a third person (such as support worker or family member), knowledge or skills tested by quizzes, games or assessment).
- 10) As part of your evaluation, you will be expected to find out about participants' motivations for attending the course, their reactions or thoughts about it

(positive and negative) and the differences it is making to them. (e.g. they take a meal home and feel pride because their partner has enjoyed the food, but are anxious because their child will not try it)

## **Dates**

We must receive your application by **5pm Friday 28 August 2015**

The evaluation group will run from October 2015 to end of March 2017. Approximate dates for meetings and tasks:

- October 2016 - one-day meeting, Glasgow or Edinburgh
- Late November/ early December 2015 - two-day residential meeting, venue tbc
- January/ February 2016 – CFHS staff will visit each organisation
- May 2016 - one day meeting, venue tbc
- October 2016 – one day meeting, venue tbc
- January 2017 – evaluation materials/ template/ reports submitted to CFHS
- March 2017 – CFHS completes analysis of evaluation materials and reports.

## **What can I use the funding for?**

You can apply for up to £1500. It can be used for:

- Costs for staff or volunteer time to attend the study group and develop evaluation materials
- Evaluation costs such as: phoning participants, venue or crèche hire for focus groups etc.
- To contribute to course running costs (staff costs, food, equipment, etc.)

In addition, CFHS will cover the costs of the residential meeting, including all accommodation costs. We will also consider contributing to travel and other accommodation costs to attend meetings.

## **When will the funding be provided?**

If your application is successful, the funding will be provided in three stages:

- A third of the funding will be provided as soon as we have agreed you may take part in the group and you have agreed to our terms and conditions
- A third of the funding will be provided after CFHS has visited your organisation in January or February 2016, and receiving a satisfactory plan of your work for the group
- The remaining third of the funding will be awarded after we have received evaluation materials from you in January 2017.

## **How to apply**

Please complete the application form below. We will advise you if your application has been successful or not, or if we would like to discuss your application further with you, shortly after the closing date.

**How we assess the applications**

Your application will be assessed on the criteria above. However, we will try to ensure there are sufficient similarities (use of strategies, range of participant groups) between those involved in the group to improve scope for learning and comparing differences in outcomes.

You are welcome to contact us to find out more about the study group. Please contact Kim Newstead [kim.newstead@nhs.net](mailto:kim.newstead@nhs.net) or phone 0131 314 5427. If Kim is unavailable, please contact Jacqui McDowell [jacqueline.mcdowell@nhs.net](mailto:jacqueline.mcdowell@nhs.net) phone 0131 314 5466.

(Please note: Kim is on annual leave between Monday 10<sup>th</sup> and Friday 24<sup>th</sup> August.)