



The diagram features a central circle with the text "Scotland's health". Surrounding it are five icons: a purple circle with a pound sign (£), a blue circle with an open book, a yellow circle with a house, a green circle with two people, and a teal circle with hands. The background is a dark blue gradient with faint circular patterns.

**Scotland's  
health**

# Common grounds

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#Patter2017



# 10 second intro

Your name

Couple of word description of your context eg  
Community café, Planning to open café,  
Run community meal, student

# What we are going to do today?

- Update on the Community Café self-evaluation group
- Does what has been done so far make sense?



Networking and  
sharing learning ie  
**Sharing Patter**

# Self-evaluation group – Why?

- Current emerging policy context eg Good Food Nation, Obesity Strategy
- Lack of current and robust evidence of impact or contribution to national policy





## Aims of group

Increase self-evaluation capacity of the group & share the learning with other Cafes eg:

- Improve understanding of common or typical outcomes
- Gather & develop resources to monitor & evaluate common activities and outcomes

Improve the evidence base for policy makers and practitioners

# Common grounds within the group?



- Activities and services that are delivered in or through the café
- Outcomes or changes and differences to be achieved for/by different groups or individuals

# Activities....

Serve healthy food

Sell affordable food

Open to public ...  
hours may vary

Fundraising

Signposting to other  
services or activities

Training for employment

Marketing and publicity

Purchasing or sourcing food,  
stock control, waste reduction

Outside catering or  
meal service

Opportunities & support  
for volunteers





# Activity *Indicators*

*No of different meal options sold*

Serve healthy food

*No of customers, new or repeat*

Sell affordable food

*Customer satisfaction*

Open to public ...  
hours may vary

Fundraising

*Income*

*No of complaints*

Signposting to other services or activities

Training for employment

Marketing and publicity

Purchasing or sourcing food, stock control, waste reduction

Outside catering or meal service

Opportunities & support for volunteers

*No of volunteers & turnover*



# Connections

**Activity** leads to **outcome**, (ie change or difference you are trying to make) there is a clear link

Training given to volunteers (A) leads to  
Volunteers improve their employability (O)

**Reality check!**  
Activity or outcome, be clear.  
Do activities lead to outcomes?  
Is outcome realistic in timeframe?  
Is it all down to you?  
What else could affect it?  
Yours or funders/commissioners?



# Outcomes

Immediate	Medium term	Longer term
<p>People have more access to healthy food/meals.</p>	<p>Customers feel more socially connected.</p>	
<p>People have more opportunities to come together within the community in a safe space.</p>	<p>Volunteers have more positive destinations. (eg education, training, employment, other voluntary work or activities, eg engagement in sport, leisure or cultural opportunities).</p>	<p>Improving community member's health.</p>
<p>People have a better opportunity to access affordable meals in their community.</p>	<p>Peoples sense of belonging in their community has increased.</p>	<p><b>Reality check!</b>                      Short, medium long?                      All or some?                      How do they connect?                      Is it all down to you?                      Assumptions...</p>

# Outcome *indicators*

Outcome	<i>Possible indicators</i>
Improving community member's health.	<ul style="list-style-type: none"> <li>• <i>Ratio of healthy meal options sold vs less healthy meal options</i></li> <li>• <i>Level of well being</i></li> <li>• <i>Medical measures eg BMI, blood pressure, diabetes, cholesterol</i></li> <li>• <i>Use of salt, sugar and fats in foods or sugary drinks consumption</i></li> <li>• <i>Number of take away meals eaten</i></li> <li>• <i>Number of ready meals eaten</i></li> </ul>

## **Reality check!**

Change over time = before, during, after & follow up!  
 Which 2-3 most relevant?  
 Assumptions...  
 What evidence is needed?  
 More than self reporting..  
 Unrealistic expectations?



# Show and tell



How relevant do you think the outcomes are? Any surprises?



# Sharing patter





# Sharing patten options

- Pair or trio practical speed sharing, challenges and solutions
- Group discussions on inspirations




# Sharing patter

- What has happened in your café that has really inspired you or made you feel proud and why is this so great?

(if you don't run one yet , or are involved in other food activities or groups, what have you seen or heard recently that's inspired you about working with or though the medium of food)



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- Find out more – updates on our website, blogs, e-bulletin, Fare Choice
  - Copies of drafts so far

Reminders

Labels and those certain ones  
Social reporting  
Break next

Thanks you