



farechoice

The newsletter for Community Food and Health (Scotland)

Between friends

How many workshops have you attended where local initiatives highlight how they couldn't have achieved what they have without tapping the knowledge and experience of others? Everyone appreciates avoiding pitfalls and reinventing wheels. Having picked the brains of others, most initiatives enthusiastically go on to share what they have learned.

Sharing knowledge and understanding is just as important between sectors – with community-led initiatives making ideal 'critical friends' for local authorities, NHS Boards and central government. The value of their cumulative experience and knowledge is also increasingly being appreciated by the academic community.

CFHS's annual networking event is just one of many occasions that spark these productive relationships between communities and between sectors. There is little doubt that the outcome will again be beneficial to the development of local and national policy and practice.



Sean and his son, Malcolm, caught in action demonstrating their pizza-making skills at Pilton Community Health Project (see page 11).

Team talk

Sharing patter

Our annual networking conference takes place on 25 October in Glasgow.

We are very much looking forward to our popular annual networking event for volunteers, practitioners, planners and academics. The conference aims to address issues around food, health and inequalities with Scotland's communities.

With innovative and creative workshops in the morning and our speakers, Brenda Black (who you may know from the healthy living award, Edinburgh Community Food or REHIS) and Professor of Food and Health, Wendy Wills, presenting in the afternoon, delegates will have plenty to contribute and take away.



Our kindness tree from our 2016 conference.

The theme of our 2016 conference was kindness, and included a presentation from Martyn Evans, Chief Executive of Carnegie UK Trust, about its 'Kindness in the Community' pilots.

A report on this work, The Place of Kindness, is now available on the Carnegie UK website, along with a short film. See:

www.carnegieuktrust.org.uk/publications/place-kindness-combating-loneliness-building-stronger-communities

Our other speaker last year was Ewan Aitken, CEO of Edinburgh Cyrenians (one of the partners in the Kindness in the Community pilots), who spoke about its 'Something to Eat, Someone to Eat With' programme. An update on this work and the Community Cooking Club can be found in our Take Stock article on pages 7 and 8.

What's happening with community cafes?

Our new community cafe self-evaluation programme kicked off on 16 September. Staff and volunteers from seven community cafes from across the country met at The Open Door cafe in Morningside, Edinburgh. They began to think about how they could show that their cafes are making a difference to their customers, staff and volunteers, or communities. This was followed up at a second session on 20 September in Reidvale Neighbourhood Centre in Glasgow, when participants focused on how they can measure the impact of their work. The aim of the programme, which runs initially until end March 2018, includes producing a self-evaluation toolkit for any community cafe to use.

What's evaluated	How it's done	Which cafe
• Service User Experience	• feedback cards	• open Door • open Door • Possibilities
• Volunteer Experience	• form	• Sycamore
• Independent Comment Cards	• Cards	• All • Possibilities
• One to One feedback	• Vocal / verbal • Calls / notes	• open Door • open Door
• Food waste	• Limiting Access	• Possibilities • Sycamore • All
• Reaching out to new groups	• writing to GPs / Sheltered Housing Council	
• Opening times	• Identified Need / Contacts	
• Partnerships	• Staff / M	
• Marketing	• In-house • Third party feedback	

Evaluation from The Open Door meeting.

'Take Five', our fifth national community cafe networking event, took place on 28 September in City of Edinburgh Methodist Church. The church is home to The Well cafe, one of the original members of Edinburgh community cafe network. The event included lots of networking opportunities, as well as a range of activities to stimulate discussion and thought. Thanks to everyone who took part in or contributed to the day.



On 5 September, staff members from Middlefield Hub in Aberdeen hosted a meeting about community cafe networks for community cafe practitioners and supporters. The meeting considered the benefits of cafes being part of a network. It also gave cafe practitioners an opportunity to meet each other and find out about each other's work. There was lots of lively discussion. Thanks to Middlefield Hub for hosting the meeting.

Community retailers 'sharing good practice' session

In response to requests from community retailers, CFHS provided an opportunity for some to meet up on 12 September. The session gave the community retailers time to talk about their work, share what was working well for them (and what wasn't) and pick up ideas for improving their own services.

About us ...

Our overriding aim is to improve Scotland's food and health.

We do this by supporting work that improves access to and take-up of a healthy diet within low-income communities. 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 also 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 sectors, 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.

CFHS is funded by the Scottish Government and is part of NHS Health Scotland.

Capacity-building fund

Our capacity-building fund is still open for applications. Groups that are already running a community food and health activity can apply for up to £500 to run a learning or training opportunity for staff, volunteers or managers to help strengthen their food and health work. The type of applications we have supported so far include accredited cookery skills training, financial management training and study visits. The guidance notes and application form can be found on our website.

Please contact anne.gibson5@nhs.net if you would like to discuss an idea before submitting an application.

Thanks for this

We are currently awarding successful applications to our annual development fund. Thanks to all those who applied. Thanks also to those who completed our community cooking skills survey over the summer. We will be reporting the findings from this shortly.

The impact of community cooking courses

We are nearly finished our work on the cooking skills study group. We analysed evaluation materials from 29 cooking courses run by eight organisations that self-evaluated their courses. Of the 92 participants (mainly adults) who regularly attended the courses, over 80% increased their cooking skills (e.g. by improving their knife skills, recipe reading or learning a new technique); and over 50% (or over 60% of adults) made positive changes to their diet (e.g. increasing their intake of

fruit and vegetables, or reducing their intake of takeaways, ready meals, sugary drinks and snacks). Our aim is to find out a bit more about why we got these results. We are interested in why some people changed their diet and not others, and if what activities there are on the course makes a difference.

More information about how and why these changes may have happened will be available on our blog and in short reports in the next six months. For more information, contact kim.newstead@nhs.net

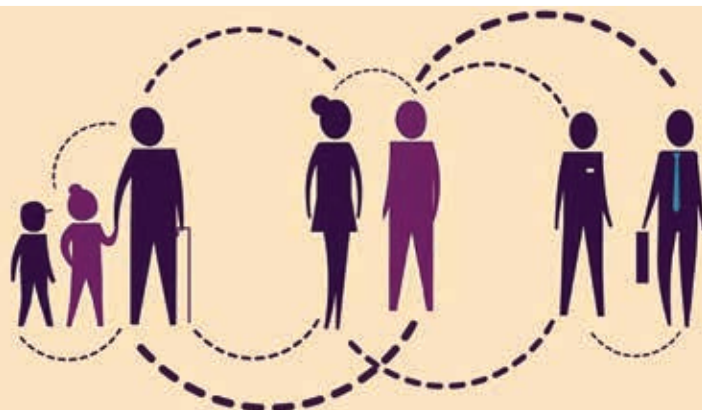
Power: a health and social justice issue

Colleagues at NHS Health Scotland and Glasgow Centre for Population Health (GCPH) have collaborated to produce a short web-based animation on 'Power as a health and social justice issue'. This builds on NHS Health Scotland's work on the theory and evidence relating to power as a fundamental cause of health inequalities and GCPH's work on community engagement and empowerment.

NHS Health Scotland hopes that this animation is useful to people working in the public and third sectors to increase understanding of the importance of power in shaping social and health inequalities and encourage them to consider how they can help support communities to have more power. This is particularly timely as plans to implement the Community Empowerment (Scotland) Act are developing. The animation can help stimulate further discussion about the opportunities that the Act brings to share power more equally in communities across Scotland.

This resource is available online at: goo.gl/DWrmN2

Power doesn't belong to any one person but exists in the relationships between people



There is a major opportunity to influence the development of policy in different ways and at different stages in the coming months.

Obesity

🗨️ **We have worked hard to tackle Scotland's obesity problem. While we have seen improvements, there is not a quick fix and it's important we take the time to get our approach right. That is why we will consult on our new Diet and Obesity Strategy this autumn.** 🗨️

Minister for Public Health, Aileen Campbell, MSP, speaking in August at a visit to Pilton Community Health Project (see page 11).

The public consultation about a new Diet and Obesity Strategy has begun and it is important that all the evidence and experience held by community initiatives and those working at community level is heard. The consultation can be found at consult.scotland.gov.uk

Good Food Nation

🗨️ **Our vision is for Scotland to become a 'Good Food Nation' where people benefit from and take pride and pleasure in the food they produce, buy, serve and eat each day.** 🗨️

Source: Scottish Government

Following an informative series of presentations organised under the Scottish Food Coalition (www.foodcoalition.scot/events.html) and the recent summit organised by the Food Commission, which hopefully a number of Fare Choice readers attended, there has been no shortage of ideas voiced prior to the forthcoming official launch of the public consultation around what should be covered in a proposed Good Food Nation Bill.

Food poverty

Another way to influence policy is by displaying what is possible through good practice at community level. The forthcoming launch of the latest round of the Scottish Government's Fair Food Transformation Fund should provide an excellent opportunity for community food initiatives to develop and strengthen responses to household food insecurity in a dignified and sustainable manner.

Alongside informing and inspiring policy development, it is crucial for everyone working at community level that the best available data are available. Three of the eight questions used in the internationally applied Food Inequalities Experience Scale (www.fao.org/3/a-ml872e.pdf) are already in this year's Scottish Health Survey, with the full eight being asked from next year. Government, the academic community and community food initiatives themselves, will need to cooperate to maximise the benefit to policy and practice of a growing body of knowledge.

Many of the concerns and aspirations of those addressing food poverty are likely to be reflected in the deliberations of the new Food Insecurity Reference Group recently established by government, as well as by the Poverty and Inequality Commission, which has also been set up to provide independent advice to Ministers. See www.gov.scot/Resource/0052/00522016.pdf

Watch out for further details on all these fronts and don't miss any opportunity to have your say.

'Food insecurity in Scotland is caused by too much poverty, not too little food.'

'A Menu for Change: Cash, Rights, Food', a lottery-funded initiative involving a partnership of four organisations (Oxfam Scotland, the Poverty Alliance, Child Poverty Action Group in Scotland and Nourish Scotland), was launched earlier this summer. This initiative aims to lead and support an evolution in the way Scotland responds to food insecurity by encouraging a shift away from emergency food aid, and towards preventative and rights-based measures which increase the incomes of people at risk of or experiencing income crises.



At the launch of this project it was announced that the Menu for Change will work directly with public and third sector groups in East Ayrshire, Dundee and Fife to review and improve existing practice and policy. It will work to put cash and preventative measures at the heart of responses, and assist in piloting new services, including the provision of healthy food, alongside welfare rights, money advice, and other support services. Most importantly, this initiative is committed to sharing learning across Scotland. It will deliver a series of regional events, bringing together key stakeholders to support learning and knowledge exchange and to highlight existing good practice.

An immediate challenge for the team is to build up a directory of local services, such as welfare rights and money advice services, as well as community food projects. The team would like to engage with organisations from across Scotland to explore how they can get involved.

You can log your project's details at menuforchange.org.uk/add-service, get in touch with the team via email info@menuforchange.org.uk and register for their newsletter via the website.



More Lottery funding

We look forward to following the progress of two recently funded projects.

Greener Kirkcaldy was awarded a grant of £916,068 from the Big Lottery Fund's Community Assets programme to take forward its Community Food Hub project.

The Food Hub will be a place for people to come together to grow, cook, eat and learn. It will offer training, volunteer and work experience opportunities, and lifelong learning around food production and preparation.

Find out more at:

www.greenerkirkcaldy.org.uk

Meanwhile, the Food Train received £1.2m from the National Lottery Fund to take forward its Eat Well, Age Well project, to tackle malnutrition among the elderly. Working alongside the London-based Malnutrition Taskforce, the project will trial ways to address older peoples' eating habits and create a network to help older people eat well.

While developing its Lottery proposal, the Food Train gathered stories from 85 older people to help demonstrate the need and show the impact of simple solutions around food. Meals and Memories can be downloaded from this link:

www.thefoodtrain.co.uk/images/21_Years_of_conversation_with_Older_People_in_Scotland.pdf

Take stock

Community and food

The idea that food can be a vehicle to reach people and achieve a range of outcomes will not be news to Fare Choice readers. However, the importance of the social aspect of cooking and eating food together and food insecurity really hit home to us last year in the CFHS community-led research into food security. This research aimed to explore aspirations of food security and experience of food insecurity from people who do not routinely access food banks. Three community food initiatives explored people's views.

One of the findings was the importance of being able to cook and share food with others. Many parents compromised on the quality and quantity of their own food to ensure their partners and children ate well. Most saw eating together as important for learning about social etiquette and socialisation. Others commented on how they felt they were missing out on an important social activity, as the costs of getting enough ingredients together to make a meal for others would mean going without on other days. Some commented on how extended family members had helped them through tough times by cooking and sharing their meals with them. In recent years, a range of community food initiatives have developed social eating and cooking projects, aiming to make these more inclusive and dignified than traditional emergency food aid projects. We further explore a couple of these next.

Healthy Valleys cafes

Healthy Valleys in South Lanarkshire has also developed projects with an emphasis on the social aspects of food. It has established weekly community cafes in three rural areas. These are open to anyone to attend, but aim to encourage people who are most likely to benefit from increased social contact. Around 80 people benefit from the cafes each week. The meals are free, but donations are welcome. Volunteers and staff signpost to other initiatives that might be useful or provide health information. Volunteers may be recruited from those involved in a range of Healthy Valleys' projects, including cooking skills courses; therefore, providing an opportunity to further develop their newly acquired skills.

In addition, Healthy Valleys runs a rural cafe to support people experiencing food insecurity, which people can attend after being referred confidentially. Each person also receives a cooked meal to take home with them. This cafe offers a signposting service and people who attend can access other services provided by Healthy Valleys, or receive support such as benefits and housing advice.

All four cafes have achieved the healthy living award, which is awarded to food outlets that include a choice of healthy options.

For more information, visit the Healthy Valleys website (www.healthyvalleys.org.uk) or contact Simone Janse Van Rensburg at simone@healthyvalleys.org.uk



Image captured at the 2014 CFHS networking conference.

Community Cook Clubs – Edinburgh

The Cyrenians launched its first Community Cook Club in Edinburgh this year. It attracted a diverse range of people, from young mums, to people suffering addiction, to older adults. Although from a range of backgrounds, many had two things in common: they felt very socially isolated and found the local area they lived in a difficult place to be. The clubs aim to bring people together to ensure everyone has something to eat and someone to eat with.

Anyone can assist in preparing and cooking the meal. During food preparation, people also discuss menu planning, food hygiene and how to adapt recipes to make them more cost-effective. A few of the people involved had never cooked from scratch before the Community Cook Club. There was a great sense of pride when they served the meal they had made to others from the community. People reported that their confidence and self-esteem has improved through cooking and making new friendships.

The Cyrenians has worked with a range of community organisations, including community cafes and churches in Edinburgh, to set up seven clubs so far – with more planned. Attendance at each club varies between 9 and 34 people, running either weekly or monthly. People can attend free of charge, but donations are welcome. After each club has been running for a short period,

the Cyrenians offers additional services such as housing, employability and benefits advice. Some clubs arrange themed events, such as games or film nights.

The people attending and volunteer cooks choose what meals they would like, with options so that people can try things they would not have thought of or have not had before. Each club prepares enough food to ensure that everyone can take some home with them, so they can give this extra portion to a neighbour or friend or have themselves the next day. Recipes and extra ingredients are also given out. Feedback from the clubs has been extremely positive.

The clubs can access low-cost food through FareShare; a social enterprise that redistributes surplus food from suppliers, such as supermarkets and bakeries.

To make the Community Cook Clubs more sustainable in the long run they will be owned and run by the community. Amanda Somerville, Community Cook Club Project Coordinator, is currently training up volunteers, and planning resources and an exit strategy so that after a set amount of time, support can move on to a new location and benefit more individuals.

For more information, visit the Cyrenians website: cyrenians.scot, call **0131 554 3900** or email foodeducation@cyrenians.scot



Supporting new arrivals in Edinburgh

In March 2017, Edinburgh Community Food (ECF) teamed up with City of Edinburgh Council to run a Royal Environmental Health Institute of Scotland (REHIS) Elementary Food Hygiene course for 10 Syrian refugees who had recently arrived in the city. The aim was to help them on the pathway to setting up food operating businesses. ECF ran the course over two days with the assistance of two interpreters. All the candidates passed with very good marks.

Since then, Sally from ECF has been working to link up the new arrivals with community cafes in the city. By June, four cafes – Saltyard, Kirkgate Cafe, Old School Cafe and The White House Kitchen – had offered volunteering places. Two other people are now volunteer bakers in the Breadshare bakery in Portobello, with a third helping out at its Leith outlet.

Sally also helped organise a pop-up stall at an Edinburgh Food social event at the Biscuit Factory in Leith, which sold Syrian sweetmeats. There was lots of interest in the stall, which sold out very quickly.

She is also liaising with City of Edinburgh Council about the possibility of some of the Syrian arrivals setting up a charity providing food.

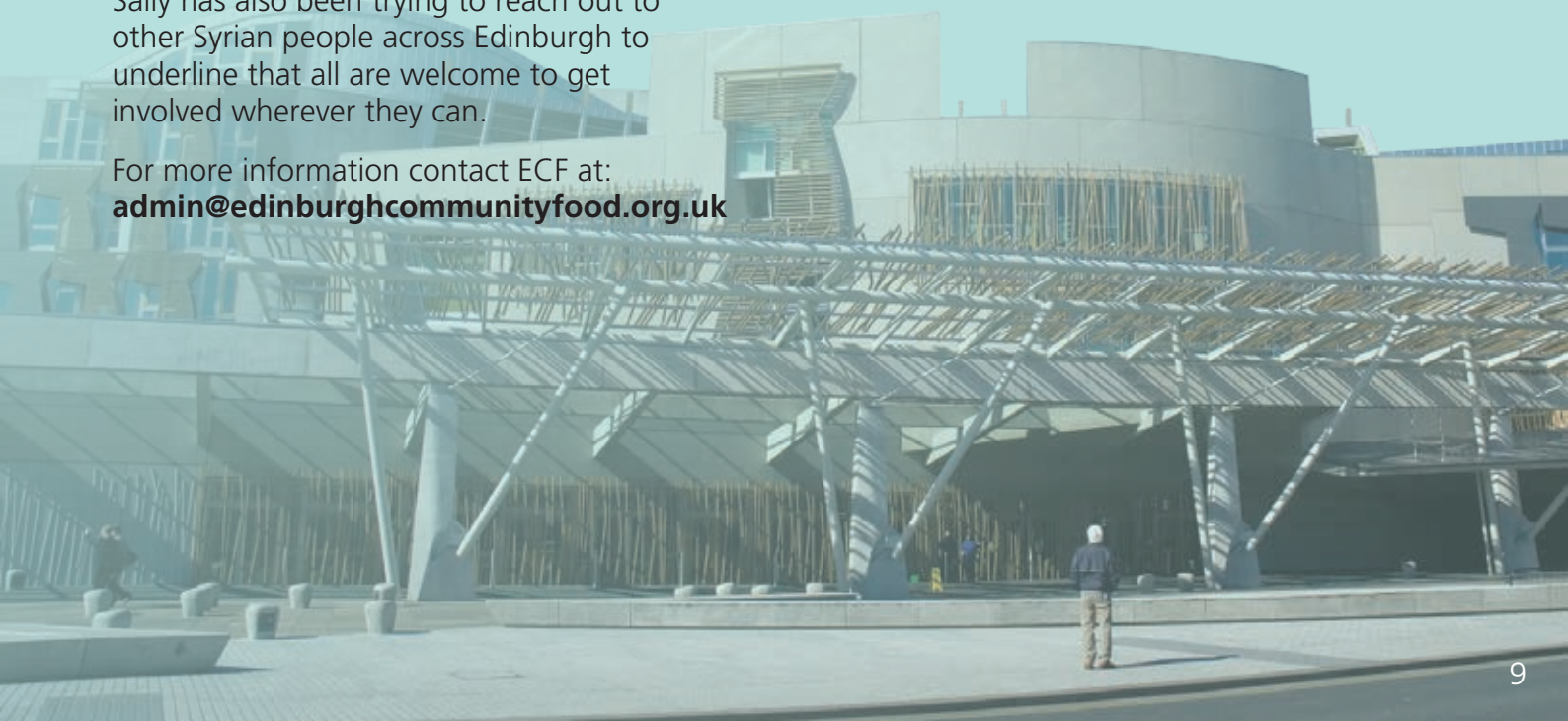
Sally has also been trying to reach out to other Syrian people across Edinburgh to underline that all are welcome to get involved wherever they can.

For more information contact ECF at: admin@edinburghcommunityfood.org.uk

Helping Scotland to become a Good Food Nation

Edinburgh Community Food (ECF) also played a prominent role at the Scottish Parliament's Cross Party Group on Food's Annual General Meeting held in September. Iain Stewart, ECF's Chief Executive, gave a presentation about the importance of making good-quality food accessible and affordable for all, the far-reaching benefits of doing so, and how this can empower communities and help Scotland achieve the vision of becoming a Good Food Nation.

The Cross Party Group meets several times a year. It has three purposes: (1) to raise awareness of food issues, from production through to consumption in Scotland and their importance to the consumer, economy, environment and the health of Scotland; (2) to act as a policy forum for discussion and updating on food issues in Scotland; and (3) to contribute to policy development on a range of food issues in Scotland. The meetings are open to all, but anyone interested in attending should contact Mary Lawton, the group's secretary, at cpgf@sfd.org.uk to ensure their name is included on the parliament's security list.



TEENS+ mystery shoppers

TEENS+ (Transitional Education, Extra Needs Support) is a full-time further education facility in Edinburgh for young, post-school adults with severe and complex learning difficulties. This unique education project helps to develop social skills, provide further education and guide young people towards employment and/or independent living.

As part of our 'Healthy You, Healthy Me' (HYHM) programme, Amanda and Katrina, two of our students, have become community cafe 'mystery shoppers'. They are gathering information about community cafes for a database of 'friendly, safe space' cafes which are aware of the needs of people with autism or complex needs. As well as holding discussions with their peers, they arranged a consultation event for some community cafes and other organisations.

Amanda and Katrina are now producing a questionnaire for community cafes which they're planning to use with other community cafes in the city from January 2018. Everyone involved hopes that their work will encourage more cafes to provide an environment where TEENS students (and others) feel confident and comfortable as well as feeling safe and respected. If you are interested in finding out more or would like to be involved please contact, leigh-anne.hunter@teensplus.org.uk at the HYHM project at TEENS+.

Meal Makers expansion into North Ayrshire

Meal Makers, which is the local neighbourhood food-sharing project for older people run by the Food Train, celebrated its third birthday by expanding its operation into North Ayrshire. Meal Makers now also covers Glasgow, Perth and Kinross, Edinburgh, Stirling, West Lothian, and the Scottish Borders.

Visit its website to sign up as a cook or suggest a diner.

www.mealmakers.org.uk



Broomhouse Street Party

Broomhouse Health Strategy Group held their annual street party on Friday 11 August. Local people of all ages came out to enjoy an afternoon of fun for everyone. Popular activities included making fruit kebabs, cooking healthy pot noodles, smoothie making, music, bouncy castle, games, a tea dance and a treasure hunt.

The event was organised by Broomhouse Health Strategy Group, Broomhouse Centre and Enterprises, the BIG project and St David's Church, and showcased the range of community organisations that support improving health and wellbeing in the area.

Pilton Community Health Project

On Thursday 10 August, the Scottish Government rolled into Pilton Community Health Project [PCHP] in North West Edinburgh.

The Minister for Public Health and Sport, Aileen Campbell MSP, came to meet some local food-as-health activists. She also heard of the great developing work of the Granton Gardeners' orchard, mums and dads family cooking classes and other local voluntary sector activity. This work is ably supported by the PCHP and their 'Food for Thought' forum, for example, which has recently undertaken a research project on local barriers, experiences of and potential solutions to food poverty. A report of this project will be available shortly.

The volunteers she spoke to, and it has to be said actively listened to, made it clear that food poverty was not a single, independent issue with a simple solution, but a collection of challenges, whether structural, financial,

social or medical, reflecting the poverty of opportunities that our area faces.

This is reflected in the challenges the government faces with the proposed 'Obesity Strategy consultation' that the minister was highlighting during her visit.

We hope that, along with Sean and Malcolm's quiche recipe on the back page, one of her takeaway messages from the visit to PCHP is that there should be:

nothing about us without us: communities and their support mechanisms must form a real part of the solution.

This article was written by Alan Fisher, food work advisory group member with Pilton Community Health Project

www.pchp.org.uk

[www.facebook.com/
PiltonCommunityHealthProject](https://www.facebook.com/PiltonCommunityHealthProject)



Recipe

Sean and Malcolm's recipe for roasted vegetable quiche

Serves: **6**

Preparation time: **30 minutes**

Cooking time: **50 minutes**

Ingredients

For the pastry

175 g of plain flour

100 g of cold butter, cubed

1 egg

For the filling

A mix of roasted vegetables to your taste

120 ml of double cream

3 eggs

100 g of cheddar or other hard cheese, grated

Ground pepper



- 1 Get a 21-cm tart tin or quiche dish and some baking beans.
- 2 Rub the butter into the flour with your fingertips. Once combined, crack the egg in and mix until combined.
- 3 On a cold, lightly floured work surface, roll out the dough into a circle large enough to line the tart tin – about 3 mm thick.
- 4 Prick the base and sides of the pastry in the tin and chill in the fridge for 15 minutes.
- 5 Line the chilled pastry with baking paper, fill with baking beans and bake for 10 minutes.
- 6 Remove the beans and paper and put the pastry case back in the oven for another 10–15 minutes. Remove and set aside to cool.
- 7 Use leftover raw dough to fill any cracks, sealing with a beaten egg and water.
- 8 Preheat the oven to 180°C/gas mark 4.
- 9 Meanwhile, whisk together the cream, eggs and half the grated cheese and season well.
- 10 Sprinkle the remaining cheese on to the base, pile in the roasted vegetables so that they are evenly distributed and pour over the cream mixture.
- 11 Bake the quiche for 30–35 minutes or until the filling is set and golden on top.

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