



# farechoice

The newsletter for Community Food and Health (Scotland)

## Building blocks

Appreciation of what local communities have to offer, in terms of policy design, delivery and decision-making, continues to grow. As does as the importance of sharing learning between communities (p. 6 and 9).

The theme for this year's development funding and our forthcoming conference is building on the learning that community initiatives have generated (p. 3 and 4).

This is not a time for hurdles, barriers or blocks on community involvement. Tangible demonstrations that community knowledge, skills and lived experience are building solid foundations for effective and sustainable change is essential in informing and inspiring other communities across the country.



Members of CWIN youth chefs group. Find out about CWIN's involvement in community-led research on page 2.

## Migration, Ethnicity, Race and Health (MERH) World Congress... and more

In late spring, Jacqui from CFHS and Florence Dioka from Central and West Integration Network (CWIN) spent three days at the MERH World Congress, where they also presented a poster. They shared learning from the community-led research into food security and insecurity that CWIN carried out last year with support from CFHS.

There were over 700 delegates from 53 countries across the world presenting papers on a wide range of topics, including globalisation and migration, superdiversity, colonial histories, human rights, migration, and health systems and obesity. Dr Camara Jones, immediate past President of the American Public Health Association, received a standing ovation for her speech on tools for naming and addressing racism and other systems of structured inequity. She used stories and metaphors to explore the three levels of racism – structural/institutional, personally mediated and internalised – and encouraged us to see that the only way to address the ‘isms’ is to name them and work with others to tackle the structural conditions which foster them.

CFHS are supporting CWIN again this year to carry out community-led research. Recognising the continuing need to include and understand lived experience, CWIN will undertake research around the theme of food security, diet and obesity. We will provide further updates on their work in the coming months. Meanwhile, the resources section of the CFHS website has tools and ideas on how to run community-led research. The ‘our work’ section of our website has a copy of the poster presented at the MERH World Congress.

## Food poverty doesn't add up

Severe food poverty and emergency food aid were seen as a very important dimension but only one aspect of the problem, which shouldn't distract from or confuse accurate understanding and effective addressing of the full spectrum of the food insecurity experience. 🗣️

Notes on the CFHS/A Menu for Change seminar.

Back in late February, community practitioners, policy-makers and academics met up in a very snowy Glasgow to share what was going on, as well as where things needed to go next, in how improved understanding of food poverty can improve policy and practice. Everyone was committed to keeping up the momentum in this very important area.

Participants also heard about efforts south of the border to ensure better measurement actually resulted in better responses from all sectors.

Notes from the event run in February by CFHS and A Menu for Change: ‘Time to Digest’ are available in the ‘our work’ section of our website.

## Hear Say: CFHS annual networking conference 2018

Registration will open shortly for our annual networking conference on 24 October at Carnegie Conference Centre in Dunfermline.

This year's event focuses on taking advantage of local evidence and experience to inform the development of policy and practice in tackling health inequalities and promoting social justice through the medium of food.

We are looking forward to our usual mix of interesting speakers, informative workshops and lots of networking and sharing good practice.

[www.eventbrite.co.uk/e/hear-say-tickets-48406237359](http://www.eventbrite.co.uk/e/hear-say-tickets-48406237359)



## 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 part of NHS Health Scotland.

## Guidbye and haste ye back

Earlier this year our long-time friend and colleague, Anne Gibson, left CFHS to start a new adventure, and, in June, our other well-kent friend and teammate, Jacqui McDowell (who has a history of leaving us and coming back), departed on a career break.

We wish them both well and look forward to our paths crossing in the future.

We also look forward to welcoming our new colleagues shortly.



## Development funding

Thank you to all those who applied for our development funding this year. We are currently allocating funding to successful applicants. Information about who was successful and what they plan to do is on our website.



## UK cooking skills guidance

CFHS is contributing to work by the Food Research Collaboration and Sustainable Food Cities to develop UK-level guidance on designing and commissioning cooking skills courses. The partnership is also looking to develop guidance on other topics, including engaging local shops in healthier food provision, meeting its aims of achieving change towards healthy and sustainable food at a local level.

For more information about this UK work see <http://foodresearch.org.uk>. This work is covered under 'workstream 3'.

## Local and vocal

### A healthier future and a Good Food Nation

**'Respondents repeatedly highlighted the link between deprivation and obesity. They emphasised that any strategic plan in this area must demonstrate an understanding of the influence of poverty on diet, and clearly articulate the implications of this. In particular, respondents were concerned that actions targeted at individual behaviour change have the potential to widen health inequalities, rather than reduce them.'**

From the analysis of submissions to the diet and healthy weight consultation  
<https://consult.gov.scot>

In early July, the Scottish Government launched **A Healthier Future: Scotland's Diet and Healthy Weight Delivery Plan**. This was following a consultation that attracted widespread responses, including from a number of well-established community food initiatives and experienced practitioners.



Bridgend Inspiring Growth (BIG) hosted the ministerial launch of the delivery plan, which included a range of actions on price promotions, advertising, the out-of-home sector and reformulation. The plan also recognises the contribution required at community level. The CFHS team has been tasked to work with government, using the experience of the field, to examine what would sustain and enhance that contribution. More information on that shortly. It was also recommended that a professional advisor will be appointed for NHS Boards named as 'early adopters' of a type 2 diabetes 'early detection and early intervention framework' to help them 'carry out community-led engagement and partnership'. An ongoing commitment to the Fair Food Fund has also been made.

If you've not already seen the strategy, it can be downloaded from the Scottish Government website. Watch out for updates on specific actions.

[www.gov.scot/Publications/2018/07/8833](https://www.gov.scot/Publications/2018/07/8833)

**'I'm clear that we must do more to support those who need it most, so they feel empowered and enabled to make healthier choices. That's why we will seek to significantly reduce health inequalities, taking a human rights based approach.'**

Joe Fitzpatrick MSP, Minister for Public Health, Sport and Wellbeing

While many community food initiatives have had their say (at no shortage of events around the country) on what they would like to see in a **Good Food Nation** Bill, it is important that official consultation is recognised for what it is. Namely, the formal invitation to have your say on specific proposals and determine what will end up in any Bill. All community food initiatives should seriously consider feeding in their experience and evidence, however often you may have voiced these already, and should closely follow the progress on any Bill.

# Take stock

## A building and beyond, a tale of two community journeys

Asset-transfer, community participation requests and community empowerment, whether land or buildings; these are opportunities for communities to play a stronger role in influencing, shaping and delivering change locally. Taking up these opportunities is not without its challenges and for this edition we spoke to two community organisations that have been on their own journeys taking over properties and refurbishing them to serve their community – Burnfoot Community Futures (BCF) in Hawick and Bridgend Inspiring Growth (BIG) in Edinburgh. We asked them about how they got started, what helped them get to where they are now and what is happening next.

### How they got started

BCF is a development trust operating out of the Hub. The Hub used to be a pub and has been redeveloped by BCF to host a cafe, meeting spaces, soft play area, small business space, crèche area and a garden. The Hub opened in 2015, but work started back in

2007 when BCF got involved in the first local action plan in the area. This supported renovations to the Hub and the subsequent major build project.

BCF serves a population of around 3,000 within the Burnfoot housing estate on the outskirts of Hawick. BCF has two main aims – the first is to improve people's health and wellbeing, and the second is to improve the cultural, economic and educational environment.

BIG aims to create a centre for learning, eating and exercise in south Edinburgh. Renovating Bridgend Farmhouse, which was a working farm until the 1990s, has been a key element in their vision. BIG set up as a charity in 2010 and are now reconstituting as a Charitable Community Benefit Society. The farmhouse has been redeveloped to host a cafe, community kitchen, meeting rooms and hot-desk spaces and garden.

As well as the farmhouse there are workshop spaces in a separate annexe, a CFHS development-funded pizza oven and further





buildings awaiting development (an old pigsty and cowshed). BIG's journey has taken several years and, while the formal opening of the farmhouse was only this spring, they had already been running weekly drop-in activities (e.g. healthy soup and homemade bread) for four years. This ensured people were kept involved even if they did not want to take part in the fundraising, committee work or building project. It got people interested and helped maintain momentum. BIG serves an immediate population of about 5,000 within a wider catchment of 16,000.

## What helped them to develop?

While the issues and challenges BIG and BCF faced were different, both spoke of key assets that supported them on their journeys.

**Committed volunteer board members** who stuck with it, as both of these projects took time to evolve and develop. Maintaining focus and determination were important strengths within the board and retaining organisational memory.

**A designated project lead for the build phase.** In each project there was one person who had the responsibility of ensuring clear channels of communication between the board, the design or construction team and key stakeholders or partners, to keep folk on task and on track.

### **Being prepared to bring in external help.**

Each organisation, at some point, needed to secure more help to get the job done, whether by co-opting individuals on to the board, or commissioning consultancy or specialist advisors.

### **Keeping community members' views in mind.**

Both organisations invested heavily in ongoing community engagement and consultation. This ensured the development remained relevant to their communities. This also provided evidence of need for potential funders or partners.

### **Getting the right staff on board.**

Both organisations have now appointed a small team of staff to manage and take forward developments. In each case these are people with excellent people and project management skills, strong local knowledge, including of the journey to date, and who are passionate about the next phase of growth.

## What is the situation now and what's next?

The Hub's footfall has exceeded expectations with BCF's membership now around 500 people. The Hub cafe has been busier than anticipated, and the closure of the community health flat has resulted in staff and activities such as the lunch club being relocated to the Hub. There is a busy programme of activities all day, including smoking cessation

classes, exercise, driving theory, bingo and reminiscence, and BCF have played a key role in local community-wide events. Currently, 80% of the staff team are from the immediate area and BCF has secured project funding for further staff to develop cook and eat sessions, plus growing activities.

But it hasn't been all plain sailing. They have not been able to get the crèche up and running, despite trying several strategies. Work continues to address this, with options being discussed around holiday provision or afterschool clubs, illustrating the creativity and tenacity of the team. Having secured funds through their local participatory budgeting process they now have to undertake further consultation with the community to identify precise actions to implement aspects of the current local action plan.

Although it only opened a few months ago, BIG already delivers regular activities including arts projects, gardening, pilates and yoga. The history project, which was a part of delivery while they were refurbishing the farmhouse, continues to connect people with the project. Their eco-bothy build project supported by Scottish Ecological Design Association brings them into contact with a range of new volunteers. They are developing marketing plans to encourage both corporate and community use of the facilities, such as

weddings, cultural events or meetings. They secured funding to set up the BIG Acorn Fund which provides small amounts of funding (up to £200) to local community members or groups to establish activities, workshops or initiatives that complement and further their vision. Like BCF, BIG received funding via local participatory budgeting.

Similar to BCF there are still things to do. BIG needs to secure funding to appoint more staff to take forward work with volunteers, particularly so that they can open the cafe on a regular basis and maximise their community kitchen facilities. By the summer they hope to have launched their community share issue.

And for the future, there are three interrelated challenges: governance, strategy and sustainability. Transitioning from being purely volunteer led to more complex structures and divisions of responsibilities, reviewing and refreshing long-term goals as (hurrah) previous milestones are reached, and ensuring financial security are all part of the continuing journey of development and growth. BCF and BIG have strong foundations from which to build more opportunities for their communities to benefit and thrive.

If you want to find out more about BCF or BIG visit their websites: [www.burnfootcf.org](http://www.burnfootcf.org) and [www.bridgendfarmhouse.org.uk](http://www.bridgendfarmhouse.org.uk)



## Taking control and making decisions

We know some community food initiatives took advantage of the workshops on the **Community Empowerment Act**, which were delivered earlier this year by CHEX, and the useful sessions, specifically on participation requests, delivered by the Scottish Community Development Centre.

Accessing information and training around the new powers and responsibilities is very important. Equally important is hearing about and sharing your experience of the Community Empowerment Act. Your experience, whether thinking about, engaging or actually using participation requests, asset transfer or the community rights to buy land is crucial to informing and inspiring others, including those responsible for its delivery and others evaluating its impact.

The Community Empowerment Act was also central to this year's Community Development Alliance Scotland annual conference back in April alongside the local governance review [www.communitydevelopmentalliance.scotland.org](http://www.communitydevelopmentalliance.scotland.org)

The local governance review was launched late last year by the Scottish Government with COSLA and is looking for communities to have their say on how more decisions can be taken at a local level. It was central to a conference in May on 'community anchor organisations' organised by What Works Scotland: <http://whatworksscotland.ac.uk/events/community-anchor-organisations-and-public-service-reform> and is also part of a national Democracy Matters conversation. <https://beta.gov.scot/policies/improving-public-services/local-governance-review>

We would be keen to hear and share what the experience of community food initiatives has been so far of the Community Empowerment Act. How have things gone and how could things go better? Please contact us to share your experience: [nhs.healthscotland-CFHS@nhs.net](mailto:nhs.healthscotland-CFHS@nhs.net)

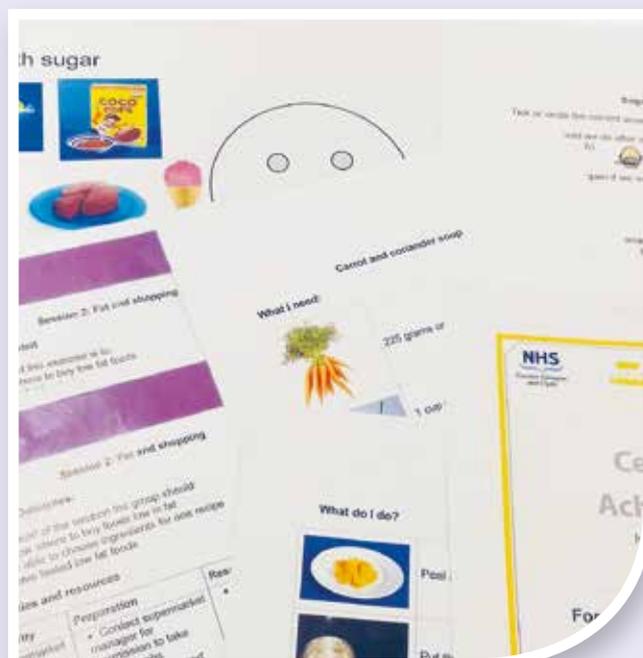
## Update of training pack for supporting adults with learning disabilities

The healthy eating, healthy living training pack is a unique tried-and-tested resource that provides comprehensive information on how to promote healthy eating messages in an interactive, simple and fun way to adults with a range of learning disabilities.

It has session plans and information on topics such as eating less sugar or eating more fruit and vegetables. It has downloadable quizzes, bingo cards and pictorial presentations. It also includes a selection of pictorial recipes and shopping lists, which can be printed off so people can take these home.

The training pack has been available since 2013, but was updated this year by ourselves and colleagues from NHS Tayside, NHS Greater Glasgow and Clyde, and NHS Fife, all of whom already use the guide themselves or help services in their areas to use it.

The pack has 22 session plans to pick from, or you could work through the whole pack. It is available on the Scottish Commission for Learning Disability website: [www.sclld.org.uk](http://www.sclld.org.uk)



# REHIS how to run a cooking group course – now available

The Royal Environmental Health Institute of Scotland (REHIS) 'How to run a cooking group course' was developed in partnership with NHS Forth Valley and Fife Health and Social Care Partnership.

The course aims to provide participants with the knowledge, skills and confidence to plan, deliver and evaluate their own practical food activities. It is suitable for anyone working in any setting who wishes to deliver practical food activities or cooking groups.

The 6-hour course covers all aspects of planning, delivering, evaluating and assessing a cooking group and includes a practical cooking session for participants to apply their

knowledge and skills and demonstrate good practice. Following training, participants are expected to plan, deliver and evaluate two mentor-supported cooking sessions, giving them the opportunity to develop their skills and confidence in a supportive environment.

Candidates are awarded a REHIS certificate if they successfully complete the training and assessments.

For more information contact Jackie McCabe, Director of Training: **0131 229 2968**, **jm@rehis.com**, or visit the REHIS website **www.rehis.com**



## Making Food Fair in Fife – food, equality and social connection

At least 24,300 adults could be living in food insecure households in Fife. This was one of the findings from a research report into food insecurity in Fife last year. Its recommendations included focusing on longer-term solutions of improving financial income and access to affordable healthy food as well as improving short-term help for those experiencing food insecurity.

The Fife Food Insecurity Steering Group includes people from all sectors and aims to address the challenges highlighted in the report. Its work so far has included working together to share good practice on food work in Fife, supporting the Fife Community Food Team and supporting A Menu for Change to pilot different approaches and ways of working in the Levenmouth area.

Earlier this year, the group brought a wide range of organisations together to network and gather ideas on developing an action plan to address food insecurity in Fife. Just a few of the ideas and concerns included: avoiding stigma, ensuring a more joined up approach for signposting services, addressing issues around access to affordable food – particularly in more rural areas of Fife – and ensuring dignified and long-term solutions for those experiencing food poverty.

You can find out more information about all aspects of this work on [www.healthyfife.net](http://www.healthyfife.net), or contact [gill.musk@fife.gov.uk](mailto:gill.musk@fife.gov.uk)

## Funding opportunity from Eat Well Age Well

The Small Ideas, Big Impact Grants Fund aims to support people across Scotland who are passionate about helping older people to eat well, age well and live well.

Applicants can apply for funds ranging from £50 to £5,000 to test ideas which will prevent, detect and/or treat malnutrition.

The Small Ideas, Big Impacts Grants Fund will be launched in October 2018 and will be open to community and voluntary groups; individuals trying things in their communities; informal carers wanting to improve the lives of their loved one; ambitious health professionals; and people passionate about helping others and improving the life of older people.

To find out more, visit [www.eatwellagewell.org.uk](http://www.eatwellagewell.org.uk) or contact Gail Hutchison, Innovations Officer, at [gail@eatwellagewell.org.uk](mailto:gail@eatwellagewell.org.uk)



# Recipe

## Fruit scones

Makes 6 scones

### Ingredients

7 heaped tablespoons of self-raising flour

¼ teaspoon baking powder

40 g, or 3 rounded tsps, of margarine

150 ml, or 5 tablespoons, of milk

A small handful of dried fruit, such as raisins, cherries or dates

¼ teaspoon mixed spice (optional)



### Method

- 1 Set oven at 240°C.
- 2 Lightly flour a baking tray.
- 3 Sieve the flour and the baking powder into a large mixing bowl.
- 4 Rub the margarine into the flour using your fingertips.
- 5 Stir in the dried fruit and mixed spice if using them.
- 6 Add enough milk to make a soft dough.
- 7 Knead the dough lightly on a floured surface.
- 8 Roll out the dough to the thickness of your thumb.
- 9 Using a small cutter, cut the mixture into approximately 6 scones.
- 10 Bake for 10–12 minutes, till well risen and golden brown.

This recipe is available as a pictorial recipe in the 'Sugar' section of the updated Healthy eating, healthy living pack – more information about this pack is on page 9.

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