



MEDIA RELEASE

24th October 2017

Local groups funded to promote healthy eating

Forty two voluntary and community groups have this week been allocated funding by Community Food and Health Scotland (CFHS), to promote and deliver healthy eating initiatives.

Food and diet play a major role in health and wellbeing, but not everyone can access good food. People on low incomes and those living in poorer areas have less opportunity to eat a healthy diet and are more likely to experience poor health as a result. One reason for this is that there might not be affordable healthy food options available where they live. CFHS, part of NHS Health Scotland, aims to ensure that everyone in Scotland has the opportunity, ability and confidence to access a healthy and acceptable diet for themselves, their families and their communities. This funding helps to make that happen.

Each of the groups has been allocated between £500 and £2000. Working in low-income communities across Scotland, they will use the funding to develop a range of practical healthy eating initiatives, including; cookery courses, community gardens and community café projects.

Bill Gray, lead officer at Community Food and Health (Scotland) in NHS Health Scotland, said:

“We know that health inequalities hold Scotland back. We also know that the people who live, work and play in a community are best placed to develop solutions that address them. That is why alongside national actions to reduce health inequalities, we have funded community groups across Scotland to use the skills and knowledge of local people, and work together to address barriers to accessing healthy food. As well as developing home grown solutions, funding these local groups helps to build community cohesion and pride, because they bring people together to share ideas and learn about healthy eating. We are delighted to be able to support such a large number of groups across the country so that together, nationally, and locally, we can tackle health inequalities and improve health for all.”

[insert local quote – you can get this by contacting one of the locally funded groups, list in notes to editors]

Ends

Media enquiries should be directed to NHS Health Scotland's Communications and Engagement Team on 07500 854574 or nhs.HealthScotland-Communications@nhs.net

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Notes to Editors

Community Food and Health (Scotland) – formerly known as the Scottish Community Diet Project, was established in 1996 and was based within Consumer Focus Scotland before joining NHS Health Scotland in 2013. CFHS is funded by the Scottish Government.

www.communityfoodandhealth.org.uk

List of successful development fund recipients 2017 – you can use this list to source your local quote

Ayrshire and Arran

Beith Trust, BEITH

Grant awarded: £1,850.00

Purpose: cook it project

Borders

Hawick Congregational Community Church, Jedburgh

Grant awarded: £1,000.00

Purpose: Try and taste

Dumfries and Galloway

Langholm Playcare Ltd, LANGHOLM

Grant awarded: £500.00

Purpose: Fun with Healthy Foods

Fife

Fife Gingerbread - Making it Work, Leven

Grant awarded: £2,000.00

Purpose: Looking after your families wellbeing on a budget

Treetop Family Nurture Centre, INVERKEITHING
Grant awarded: £2,000.00
Purpose: Top Nosh

Gallatown Nursery, KIRKCALDY
Grant awarded: £722.00
Purpose: Family food project

Rosyth Community Projects Ltd, Rosyth
Grant awarded: £1,980.00
Purpose: Pop up pizza night

Grampian

Garioch Community Kitchen, Inverurie
Grant awarded: £2,000.00
Purpose: Family Fun in the Kitchen

Banchory and District Initiative Ltd, Banchory
Grant awarded: £1,932.00
Purpose: Confidence to Cook at Number One

Alcohol and Drugs Action, Aberdeen
Grant awarded: £808.00
Purpose: food with friends

CFINE (Community Food Initiatives North East), Aberdeen
Grant awarded: £1,810.00
Purpose: Tuk In (Mobile Community Café)

Lothian

1st Step, BRIGHTONS
Grant awarded: £1,574.00
Purpose: 1st Step Learn to Grow

Edinburgh Cyrenians Good Food, Edinburgh
Grant awarded: £1,919.02
Purpose: Something to Eat, Someone to eat with

Open Door Accommodation Project, Edinburgh
Grant awarded: £1,600.00
Purpose: healthy living on a budget group

Edinburgh Community Food, Edinburgh
Grant awarded: £1,930.00
Purpose: Street Fit Scotland- Eating for Health

Wester Hailes Youth Agency, Edinburgh
Grant awarded: £2,000.00
Purpose: Cooking Club at the Drop in

Children 1st - Tackling Money Worries, Bathgate
Grant awarded: £500.00
Purpose: Fun, Fit & "Foody" @ COZ

Nari Kallyan Shango, Edinburgh
Grant awarded: £1,800.00
Purpose: Healthy eating on a budget

Inspiring Scotland - Link Up Craigmillar, Edinburgh
Grant awarded: £1,938.00
Purpose: Craigmillar's Fresh Friday's Food Truck

North Berwick Management Committee, North Berwick
Grant awarded: £1,548.00
Purpose: Good Food Good Health

Orkney

Lifestyles Service, Kirkwall
Grant awarded: £1,898.61
Purpose: Flourish

Shetland

Young Mums Group, Lerwick
Grant awarded: £500.00
Purpose: Cooking on a Budget

Tayside

Stride, Dundee
Grant awarded: £1,967.00
Purpose: STRIDE fruit and garden veg project

NHS Tayside, Dundee

Grant awarded: £500.00
Purpose: Community Cooking (Learning Disability)

Forth valley

Strathard Community Trust, Stirling
Grant awarded: £1,245.00
Purpose: Healthy 18, Make 2018 the healthiest yet. Lets start now!

Hawkhill Community Association, ALLOA
Grant awarded: £1,240.00
Purpose: Hawkhill Journey of Food (a journey to better health)

Greater Glasgow and Clyde

South East Area Lifestyles Health Project, GLASGOW
Grant awarded: £1,840.00
Purpose: simple cooking with primary children

RAMH, PAISLEY

Grant awarded: £1,500.00
Purpose: healthy eating on a budget

Community Connections, DALMUIR
Grant awarded: £830.51
Purpose: come cook with me

Youth Community Support Agency, GLASGOW
Grant awarded: £1,500.00
Purpose: cooking with confidence

Engage Me CIC, Glasgow
Grant awarded: £1,988.16
Purpose: engage: good food

North Glasgow Community Food Initiative, Glasgow
Grant awarded: £1,530.00
Purpose: Sugar Smart Campaign in North of Glasgow

The People's Development Trust, Glasgow
Grant awarded: £1,341.00
Purpose: Edible Garden

Community Central Hall, Glasgow
Grant awarded: £2,000.00
Purpose: garden to the table - intergenerational cookery support

East End Kids & Co, Glasgow
Grant awarded: £2,000.00
Purpose: children eat well workshops

North West Women's Centre, Glasgow
Grant awarded: £1,721.60
Purpose: Mum's and Children Grow Together

Highland

Kintyre Youth Café, CAMPBELTOWN
Grant awarded: £1,800.00
Purpose: Here and There

South Kintyre Development Trust, CAMPBELTOWN
Grant awarded: £2,000.00
Purpose: Quarry Green Garden

Merkinch Community Centre, INVERNESS
Grant awarded: £730.00
Purpose: 'I can cook myself' project

Lanarkshire

Pathfinder Guide Dog Programme (Pathfinder Dogs), Wishaw

Grant awarded: £2,000.00
Purpose: Cooking Blind Workshops

Windmills Lanarkshire Ltd, Motherwell
Grant awarded: £1,540.20
Purpose: Eat Right Be Bright

Healthy Valleys, LANARK
Grant awarded: £1,902.38
Purpose: Lockhart Community Kitchen