

ABERDEEN  
COMMUNITY  
FOOD NETWORK

# GROW COOK CONNECT!



Event  
Report  
08/10/2019

Funded by  
 Aberdeen City  
Health & Social Care  
Partnership  
*A caring partnership*

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## INTRODUCTION

The Grow Cook Connect! Event was developed and delivered by the partnership work of 2 city food groups:

- Aberdeen Health and Social Care Partnership (AHSCP) Granite City Good Food Group
- Executive group of the Aberdeen Community Food Network

Addressing the specific overall aim of celebrating food initiatives across the city, under the key areas of food growing, cooking and community cafes.

Additional aims of the event were to:

1. Raise the profile of the AHSCP signing the food charter
2. Showcase existing food work funded by Health Improvement Fund (HIF) and Food in Focus (FIF)
3. Collate information about the food needs/ issues in Aberdeen (workshops)
4. Launch the public consultation of Aberdeen City Council Food Growing Strategy
5. Raise awareness of challenge poverty week



The event was attended by a total of 65 individuals from different organisations serving as a good platform to network, share knowledge, experience and ideas.

Numbers are broken down below as:

Organisation	Number
Aberdeen City Council	10
Third sector	15
Aberdeen City Health and Social Care Partnership (ACHSCP)	19
Community members / groups	21



The event contained a range of activities including workshops, wall activities and informal discussions. Encouraging participants to share experiences and information on local food growing, food skills, volunteering and community cafes.



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## HEALTH IMPROVEMENT (HIF) AND FOOD IN FOCUS (FIF) SHOWCASE OF FUNDED FOOD PROJECTS

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The following organizations funded through HIF and FIF showcased their projects on the day, this was to share the different food works ongoing in the city and to inspire people with the different opportunities to get involved.

1. Food with Friends
2. Confidence to Cook at the Hub
3. Cook 'n' Eat (C2C Gerrard street Baptist church)
4. Mixing Bowl
5. One Seed Forward
6. Torry Tasters and Tullos wildlife Garden Growing
7. Homestart Aberdeen
8. Deeside Food Festival



## PRESENTATIONS

A wide range of speakers discussed the importance of food in their organizations and highlighted a range of excellent local projects that are directly helping local people and their communities

**The Food Charter: Luan Grugeon (Vice chair of Aberdeen City Integration Joint Board)** – Luan gave an overview of the importance of food and related it to local and national strategies. In June, the IJB on behalf of the AHSCP signed the Granite City Good Food (GCGF) charter and agreed to commit to actions under our own AHSCP GCGF action plan using examples of HIF and FIF projects Luan highlighted some of the great work that has been done.

**Workplaces growing together: Danny Shand (Aberdeen city Council)** - Aberdeen city council and partners next goal is to have organisations in the workplaces growing. We want as many workplaces or work forces as possible no matter how big or small we need to become a movement a community that embraces growing again. It might only be growing some fruit and veg, but the impacts will not only improve food sustainability and environmental responsibility, there will be impacts in health and wellbeing, social interactions, society, culture.

**Granite City Good Food: Stephen Balfour (SFCPA Co-coordinator)** - Good food is vital to the quality of people's lives. At Granite City Good Food, we believe that every person in Aberdeen should have access to healthy, tasty, affordable food and that this food should also be good for the environment and our local economy. We recognise that food is at the heart of some of our cities most pressing social, economic and environmental problems; however, we also see good food as a key part of the solution.

**Intergenerational Garden Project: Fiona Mathers (Scottish Care)** -The purpose and intention of this intergenerational garden is to break down barriers to social isolation by providing an opportunity within a Care Home setting for people of all ages, children to elderly to connect, to communicate by sharing and learning together and to design and create a meaningful and enjoyable space and place.

### What food means to me and my family:

**Eleanor McEwan & Jamie Riddock (Homestart Aberdeen)** – Jamie lives in Aberdeen with her partner and two children. She attends Home-Start Aberdeen's weekly Rising Stars parent and toddler group and has also taken part in the Recipe for Life project, which supports families to make healthy lifestyle choices around food and exercise. Jamie's knowledge and skills around healthy eating have increased massively and her family are now more physically active – Jamie took part in the 2019 Kilt walk, raising over £200 for Rising Stars. Jamie herself says that having support from Home-Start has changed her life, not only in terms of her family's physical health, but also her own self-esteem, mental wellbeing and confidence. She has become one of Home-Start Aberdeen's most valued and effective ambassadors, sharing her story through social media, local press and presenting to groups and conferences.

**Seaton soup & Sarnie: Louise Argo (AHSCP) & Kelly Donaldson (CFINE)** - This is a co-produced project with residents of the Seaton area of Aberdeen, Community Foods Initiatives North East (CFine), Aberdeen City Health and Social Care Partnership and Aberdeen City Council.

The idea for the project came following an "Eating Well for Older People" course which was delivered in the Seaton Community Centre to a handful of older people. It became apparent during this session that most of the attendees were not in fact eating well for a variety of reasons.

A small group formed to take the idea forward and the "test for change" was a one of burns lunch. This was very well attended and enjoyed and when questioned locals voiced an interest in having a monthly lunch club. Several people volunteered themselves to take this forward.

From this, Seaton Soup and Sarnie was born. Feedback from attendees is overwhelmingly positive with the biggest impact being improvement to social wellbeing.

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*Jamie's knowledge and skills around healthy eating have increased massively and her family are now more physically active*

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## WORKSHOP

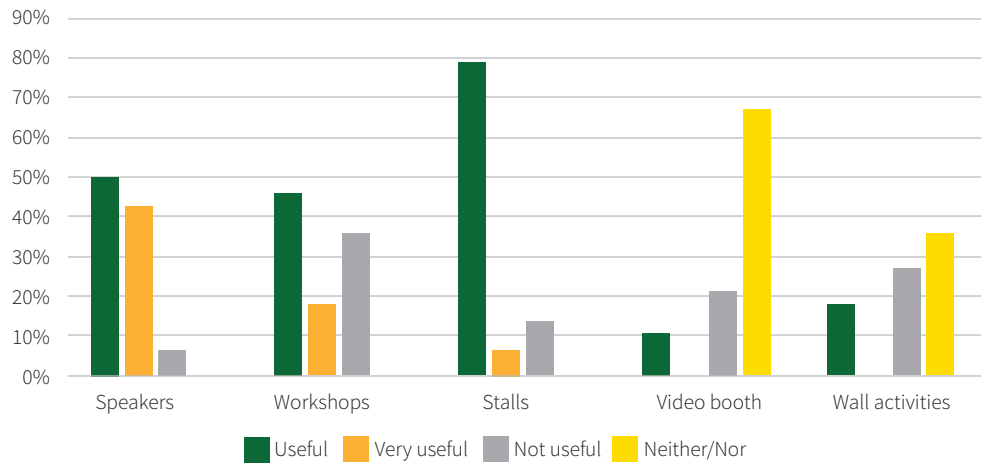
Workshop / Scope	Issues discussed	Recommendation
<p><b>Practical food skills</b> The workshop was about supporting the people we train. Participants were asked to discuss around three key issues</p>	<ol style="list-style-type: none"> <li>1. What support they required</li> <li>2. What support could be offered?</li> <li>3. Views on how we should offer training going forward.</li> </ol>	<p>Partnering and Buddy System</p> <p>Access to training facility</p> <p>People need re-education</p>
<p><b>Volunteering</b></p>	<ol style="list-style-type: none"> <li>1. What are issues in volunteering?</li> <li>2. What could we try to improve or help the above situation?</li> <li>3. Where are the volunteering food opportunities?</li> </ol>	<p>Travel, expenses, time management, recognition and lack of networking events for volunteers.</p> <p>Reimbursement of travel cost incurred.</p> <p>Volunteers must prioritise what spare time they have for volunteering and permissible distance. Accreditation for volunteers, either at a local level or seek national accreditation for them.</p>
<p><b>Community Café</b> Community cafe provide essential services to our communities by providing food and opportunities for reducing social isolation</p>	<ol style="list-style-type: none"> <li>1. How can we support them better?</li> <li>2. What issues do they have?</li> <li>3. What services are out there?</li> </ol>	<p>People need to know when and where cafes are, leaflets posted at GP surgeries, community centres, churches etc.</p> <p>Cafes should provide opportunities for people to grow and cook together Community cafes do not have to have a theme or particular purpose. Let the cafes evolve into whatever people need out of them.</p>
<p><b>Community Pantries</b> Opportunity to learn more about food pantries in the city and discuss the opportunities they offer including volunteering and membership.</p>	<p>Fareshare requirements – food safety</p>	<p>Community approach to setting up a pantry.</p>
<p><b>Aberdeen Community Food Network (ACFN)</b></p>		<p>Community priorities rather than public sector needs balance.</p> <p>Need a hand holding period, plant the seed and nurture before you walk away. Host events with CFO (Community Food Outlets) Think bigger about sharing information / promotion</p>
<p><b>A healthier future</b> Promote more local food and better healthy life choices. Reduce red and processed meat. Cost of food</p>		<p>Holistic approach is vital for example Food education around food choices. People don't know what is seasonal and what isn't. Reduce cost of using facilities to improve fitness e.g. Cost of Sports Village and lack of use of it. More of a focus on behavioural change is needed.</p>

## EVENT EVALUATION

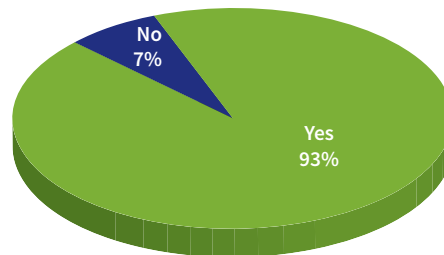
A snap survey feedback on the event generated on the 29/10/19 showed that a total of 20 respondents completed the questionnaire. Key points from the evaluation shows that 93% of the respondents would

like to attend the event again, but the event needs to be shorter. Most respondents found the speakers very inspirational and the showcase stalls very useful, networking time was also highly valued.

### Event Evaluation



### Proportion of respondents who would like to attend the event again



## FEEDBACK & FUTURE RECOMMENDATION



"I thoroughly enjoyed this event and the information and ideas gained from it was great. I would however change the venue if possible. Although central, there is a huge amount of time wasted either trying to park or taking the bus."

"The more personal experiences from the speakers worked really well. The stories made the day! "

"I think it will be important that the big food supermarket chains are invited next time. Are they aware of local issues? How can they support?"

"The networking available was invaluable!"

"Members of the general public should be invited along next time and event should be held in a local community to showcase the excellent work and projects that are currently."

"Adjust Sound System."

"Provide information on catering, it should be sustainable from cradle to grave."

"It is great to hear what the 3rd. sector and corporates are doing to help make Aberdeen a sustainable city but the viewpoint of the people we are trying to help is very important."

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## CONCLUSION

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It is clear from a range of feedback both on the day and through the evaluation survey that people attended the event valued and enjoyed it. Key aspects include:

- networking opportunities
- hearing about local food projects
- speaking to wider partner organisations

Key themes that came up in the workshops are;

- Re-education around food in schools and communities
- Buddy system for food skills
- Opportunities to promote climate change agenda

- More of a focus on behavioural change is needed. need to find the motivation that helps
- Increase local knowledge of food activities ongoing within the city (map of activities)
- Future food events be done in localities to engage community members so that services provided will be reflective of community needs
- To provide information on food related volunteering opportunities

This report will be circulated widely to all and discussed in detail with the main strategic groups highlighted earlier and will influence existing action plans that support these groups.

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## NEXT STEPS

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1. This report will be circulated to everyone that attended the event.
2. Report will be circulated and discussed at AHSCP Granite City Good Food, executive group of ACFN, so that above workshop themes can be considered and actioned where appropriate.
3. work with AHSCP, ACFN and local communities in delivering 3 local food events.
4. Showcase presentations on social media.