

Food for Thought Project Report 2015/16

Urban Roots, April 2016

‘Food for Thought’ worked in 3 areas: Govan, Gorbals and Priesthill/Househillwood.

The report is arranged thematically by area, with a summary overview of context and work, monitoring reports and additional information and evidence where relevant.

Anne Philbrow
Food and Health Co-ordinator
Urban Roots

Summary

In 2015/16, 'Food for Thought' has continued to build on existing connections, establish new partners and ways of working and become more embedded into existing communities.

Each area has its own advantages and challenges, and we have sought to work with the local communities building on existing assets within those communities.

Work in Govan has expanded enormously, partly owing to the character of the community itself, and partly owing to the strong partnership with Elderpark Housing Association. Accordingly, as agreed with NHS, we have concentrated more strongly on supporting this ever growing project, as required by the local community who have been very keen to establish a Food Hub.

We are also continuing to build on past work and establish new links to strengthen our presence in Priesthill and Gorbals, and visibility is increasing.

One challenge we have faced this year has been the supply of cookery tutors. Two main tutors were unable to continue working with us, owing to illness, and others moved on. The NHS issued a new Quality Assurance Framework of training and certification needs to be fulfilled by all tutors. We have therefore been working to ensure that all our tutors satisfy these requirements by organising and providing relevant training (notably the 'Good Food, Good Health' course, provided by The Cyrenians).

The new guidelines have made it possible to train up members of the community to teach community cookery courses, thus building community capacity. So far, the training we have provided has been for tutors already working in the area, with the exception of one Govan based community member. In view of the new requirements, we are hoping to build capacity in all areas by training up more community members in future, to increase engagement and employability.

Govan

Context:

Elderpark Housing Association made a successful bid for funding from the People in Communities fund to establish a Food Hub and Community Garden. They have served as the anchor organisation for the 'Moogety Grub Hub' project, which is partially funded through NHS 'Food for Thought'. This has given a solid base for partnership working and it was agreed that there was more development potential in Govan, therefore Urban Roots was directed to focus strongly on that area.

The Moogety Grub Hub comprises a community garden (Moogety Garden), a food hub (No. 30) and a co-op greengrocer's. The garden and food hub are partly supported through 'Food for Thought'. Moogety garden was established in April 2014 and the food hub and greengrocer's were established in 2015. All three elements work closely together in order to connect people with the process of 'Growing, Cooking, Eating Together'.

The project has grown rapidly and has generated a lot of local interest. The proposal was based on discussions and surveys with local people and the support they have shown evidences that there was a need and desire for a Food Hub.

One significant factor in people becoming involved is undoubtedly an on-street presence (no. 30). There are many people who have become connected to the work of the Hub, simply as a result of walking through the door to see what's going on, or being brought in by a friend.

Volunteers: Building Community Capacity

'With me suffering with agoraphobia and anxiety, the two hrs I volunteer has enabled me to get out and socialise as well as gain some confidence and meet new people plus I get to use my brain lol.'

Volunteers are integral to the running and long term sustainability of the Grub Hub. Although establishing a solid volunteer base may take longer to set up, in the longer term, it has greater impact in terms of embedding into the community through volunteers participating and taking ownership of the project.

With this principle in mind, we have sought to engage, motivate and sustain volunteers through involving them in decision making, providing training opportunities, supporting development and learning and encouraging participation. We are also building community capacity through building skills and confidence, increasing expectations and offering local employment where possible.

The local community have engaged strongly with the concept of the Food Hub, and have shown a willingness to become involved and to make the most of development opportunities. They have also been inspired to engage with other activities outside and are taking initiative on leading activities and supporting each other. Some report improvements to their physical and mental health as a result of engaging with Hub activities (see case studies).

Examples:

- **Training:**
Volunteers/community members have received training in the following:

25 REHIS Elementary Food Hygiene (certificated).
 4 REHIS Food and Health (certificated).
 9 Breastfeeding Awareness (certificated).
 2 Emergency First Aid (certificated).
 6 Governance training (Jobs and Business Glasgow)
 16 shop skills (in house)
 6 Sourdough Baking (Little Sourdough Bakery)
 4 Bread making (Bakery47)
 4 training/consultation on setting up a community bakery (Bread Matters)
 1 volunteer is currently undertaking the full training required to become a cookery tutor to teach community cookery courses (Get Cooking, Get Shopping, and Great Grub).

Some of the same people will have done some, or all of the training sessions.
 Additionally, some will have participated in the Grow Your Own and Get Cooking, Get Shopping and Great Grub courses.

- **Development:**

Examples of volunteers networking and becoming more educated on community food issues:

2 volunteers attended a national annual conference in Perth (accompanied by staff member) run by CFHS (Community Food and Health Scotland), October 2015. This enabled them to get an understanding of the broader national context of community food projects throughout Scotland, meet and talk to people involved in other projects, attend workshops, gain inspiration and ideas and appreciate the value of their own work.

2 volunteers attended a networking event in November ('Food in the Community', organised by SURF – Scotland's Independent Regeneration Network).

3 volunteers attended an inaugural meeting of the Slow Food group in Glasgow.

2 volunteers did a baking session with the 'High Rise bakers' in Gorbals, enabling them to see an example of good practice and how a community bakery can work.

- **Participation/Skills/Decision making/Confidence building:** Volunteers have been consulted throughout the processes of design and fitting out the shop. In the early stages of renovating No. 30, volunteers prepared, cleaned and painted the premises, upcycled furniture and added individual touches to the area. The logo and name for the vegetable shop were chosen by the local community.

Food demonstrations:

Since the opening of the Hub, there have been many events both within and outwith the Hub (where the Hub has had a stall presence) where volunteers have participated by preparing and staffing stalls, doing food demonstrations etc. This has increased confidence and skills and enabled volunteers to meet new people, different organisations and visit other areas. Volunteers also had a day out in recognition of their contribution and to have some fun.

In particular, participation in the large scale commercial food festival 'Let's Eat Glasgow' (September 2015) enabled volunteers to position a 'Moogety Grub Hub' stall alongside professional gourmet caterers, thus gaining valuable insight into the food retail trade, having an opportunity to present a business first hand, network with others and participate in the associated publicity (interviews, photoshoots).

Volunteers were inspired by this success to participate in 'Vegfest', a large food festival held at the SECC (December 2015). They baked sourdough stollen and marzipan balls and prepared herbs from Moogety Garden and sold these. All produce was sold and it was very successful. Again, this gave people a broader understanding of retail/food and how to think in terms of business planning.

Decision making:

7 volunteers joined the food co-op management committee and are actively involved in decision making concerning strategy. One of these is now representing the Hub on the Slow Food committee (Glasgow). 6 participated in Governance training, to better understand roles. A sub group has taken the enterprise a step further and have organised themselves into a mini catering company (under the auspices of the co-op). They successfully catered a large event (for 70) and other opportunities are in prospect. They costed up to include both payment for themselves and a profit which goes back to the co-op.

Confidence building:

A further opportunity arose with STV Glasgow (September 2015), which invited 2 volunteers to individually present cookery demonstrations on two programme segments. 'Tea for a Tenner' as part of 'The Riverside Show'. We supported the volunteers in planning their cookery demonstrations, rehearse and discuss any concerns, and supported and accompanied them to the filming sessions. Although they had been a bit apprehensive prior to the programme, both volunteers performed extremely well and were a great credit to us. They both reported that they were glad they had done it, despite having had initial misgivings, and were very proud of their achievements.

Taking initiative:

Volunteers have started organising and running a 'Friday drop-in'. This takes place weekly, and it is open for any member of the community to come in and help cook (using Fare Share food), eat and socialise. Some volunteers have also been presenting food demonstrations in the community shop.

Recently, several volunteers formed themselves into a regular walking group and are supporting each other with improving diet and exercise.

Volunteers often signpost opportunities and speak about the Hub to other people and organisations. One has planned to attend a school event and give out pots of fruit.

- **Employment and education:**

Volunteering with the Grub Hub builds skills which increase employability and we also offer references for volunteers.

Examples:

- One volunteer was doing a lot of cleaning work voluntarily at No. 30. As we were in any case looking for a regular cleaner to do a small number of hours per week, she was offered this job. She was happy to accept, and proved herself so useful in other respects, that her job has been augmented to 6 hours per week as 'Moogety Grub Hub General Assistant'.
- Another volunteer has helped out with designing a promotional banner and postcard, and we are pleased to be able to offer her occasional freelance work on a paid basis.
- We are now able to offer occasional freelance cookery demonstration work to those volunteers who have undertaken suitable training and have the REHIS Elementary Food Hygiene certificate, as this not only supports the local economy, but it rewards and recognises the value of volunteering and utilises the benefits of peer education.

At a recent event (Spring Pizza Party, Moogety Garden), we were able to employ 5 volunteers to help run activities. Volunteers have also been able to do paid work in Gorbals and Priesthill, thus extending their possibilities and helping them get to know other communities.

- One volunteer is training to teach the 'Get Cooking, Get Shopping' course, and 'Great Grub'.
- One volunteer gained valuable work experience by volunteering at the community shop and cookery activities. As this helped improved his confidence and build skills, he was able to get a job (bar work) and we were able to offer a reference.
- One volunteer with very low confidence began volunteering at the shop and in the food hub and she has increased in confidence, become more involved in social activity and successfully applied for a college access course.
- Involvement with the Hub, co-op shop and associated training has enabled the sub group to start a mini-catering business. This has provided a small amount of paid work, and could lead to greater employment or self employment.

Cookery courses

2 'Get Cooking, Get Shopping, 2 Great Grub' courses and a 'Cooking on a budget' have been completed in No. 30. 'Cooking on a budget' was delivered to a referred group 'Time for Me', which was a group of parents supported by Govan Help.

There have also been 'one off' cookery classes and cookery demonstrations.

1 'Great Grub' course has also been delivered at Riverside Hall (at the request of Govan Help) working with parents and children creating healthy snacks. (Work plan appended)

The cookery courses have inspired some of the participants to get more involved with other aspects of food activity within the Hub.

Comments:

I liked being pushed to try new foods and experiencing new flavours. Lynsey is an amazing tutor that accepted we may tweak the set recipes to our own personal tastes.

I have realised that I can eat ginger in foods as long as I don't need to prepare it or doesn't have an overpowering taste, and it's made me think more about food's origins.

New techniques, recipes using store cupboard/dry goods

Have attempted recipes I wouldn't have thought.

I tasted food I never thought I would like

Lynsey got me to try food I didn't like in case I liked it now and it worked.

Lynsey was a lovely and pleasant person to work with. I loved the course.

Community Meals

The majority of the planned community meals were organised by a local group called the Govan Gatherers. Typically, 20-25 people attend a community meal every 4-6 weeks (depending on volunteer availability). There have also been some community meals (pop-up cafes) organised in Moogety Garden.

Additionally, there have been occasional one-off community meals, such as for pensioners and volunteers, and spontaneous meals when there is a gathering of people in No. 30. Meals are also provided whenever there is a training event or other activity in No. 30.

We have hosted visitors, such as The Barn/High Rise Bakers/Gardening group from the Gorbals, and a group of people from the Concrete Garden, which enables us to share good practice.

Since the beginning of March 2016, we have held a weekly Friday Drop In session, open to all comers. People cook and eat together, socialise and build skills. This is volunteer led, and on average, 12 people attend.

FareShare

We are members of FareShare, which is a charity which redistributes surplus food to the needy. We receive weekly deliveries of food. Our principal planned use for this food is to use it in community meals and food demonstrations, and in the longer term, possibly in schemes such as Meal Makers. Any additional food is used to support the Dig In co-op by enhancing recipe bags, or given as 'goody bags' to members.

Moogety Garden

Grow your Own Courses (2)

(insert comments)

Gardening sessions continue twice weekly. We have hosted several events in the garden: 'Pop-Up Coffee', 'Lunch, Launch and Pizza Party', 'Moogety Hallowe'en', 'Stories by the fire', 'Spring Pizza Party'. Most of the events attracted approximately 80 people, though the 2 winter events were not so well attended, bringing in approximately 30 people at each. The events have included live music, food, pizza oven and fire, smoothie bike, garden information stalls, storytelling and children's activities, and the atmosphere is always convivial and has brought in some new volunteers.

Some bed holders (individuals and organisations) have not been maintaining beds (eg personal circumstances, organisational changes) and the gardener has reallocated some. Owing to the bad weather over the year, there was less interest in the garden, despite promotional attempts. With the new Spring weather (2016), volunteers are reappearing and there are potentially new bed holders. There have been new volunteers, including 2 who are shadowing the gardener to increase their employability. One of the volunteers has started tending a bed with members of a local primary school. A children's group from the Salvation Army plan to host an event in the garden in June.

Mainstay Trust

One significant group of people who have become involved with the garden are Mainstay Trust service users, who live locally. These are people with support needs, who come accompanied by support workers. Initially they participated (with others) in a Grow Your Own course. The clients and the managers felt that they benefited so much from the course, that they requested if they could continue coming weekly after the course finished. They are doing this when the gardener is present to assist them.

Peter Dow (Service Manager - attends the group with the service users.) :

“The Gardening Group is beneficial on several levels. It meets not only health needs in that it gives the group a good bit of exercise, it is also a great socialising activity. I think the group needs to continue as the guys involved all are very keen on gardening.”

Andrea Savage (staff member) : “I have to agree with Peter- attending the gardening group has been extremely beneficial for our service users and supports them with healthy eating and maintaining exercise. They all tell me how much they love attending and meeting new people and how everyone from Urban Roots has been so kind and welcoming to them. I cannot stress enough how important it is to have such a gardening group like this one in the G51 area.”

Service users:

I love the gardening group very much and I want to continue going.

Everyone at the group is very nice and helpful.

I want to keep going.

CASE STUDIES:

‘I realised I could smile – I’m not as angry any more’

(Helen, Cat, Fiona, Laurence)

Fiona (age 21) describes how volunteering with Moogety Grub Hub has made her independent and helped her epilepsy:

“I’m getting out more. I’m not a night hawk. I’m back to a normal sleeping pattern. I like working with maths and numbers and I like talking to people (that was a major fault in school!). It [volunteering] gives me a reason to get up in the morning – makes me realise there are people who are worse off than myself.

I have epilepsy, and volunteering has been a major help with that. I was taking 6 seizures a day before [volunteering]. I have only had one seizure since January and I think it's because I'm volunteering. I don't sit around and mope and my brain is engaged (the left side doesn't work at all).

I get to explore more – I've been to places I've never seen. I've actually left my scheme.

I know I can cook stuff I've never cooked before – realised I've got muscles I never thought I had (that smoothie bike!). I'm actually more independent than I thought.

I realised I can smile – I'm not as angry any more. I've made great friends. I would recommend here to anybody who's struggling or who just wants somebody to talk to. Makes me feel good about myself. It's given me work opportunities and I got training for the Food Hygiene certificate, and I'm involved in the Moogety catering.

Outreach/new partners:

Govan Help work with vulnerable families. We provided a one-off cookery session for them, and this led to one of their groups ('Time for Me') requesting a 'Cookery on a Budget' course (currently running). We have also run a Great Grub course focusing on Healthy Snacks for parents and children at the Riverside Centre.

Govan Health Centre - Deborah Hammond (Community Links Practitioner) asked us to provide a cookery demo stall (cold spring rolls) and smoothie bike at an event at the Centre (October 2015). The tutor was able to use the opportunity to promote healthy eating and to gather names of people interested in attending cookery classes.

NHS links additionally to those we liaise with through funding monitoring: Lizzie Hammond, Anne Gebbie-Diben, Joe Gilbey and dieticians. Meetings have led to furtherance of possible work re stall in hospital, liaising with dieticians etc.

Kids and Co charity supplying fruit and vegetables to schools, nurseries, hospitals in Glasgow have been helpful with advice on our ideas.

Aberlour youth charity shared office with us: hoping to do some work together.

Salvation Army local branch. I have spoken to groups there and encouraged people to use our services. The children's group plan to host an event in Moogety Garden in June.

Let's Eat Glasgow supported us as a social enterprise.

Jobs and Business Glasgow have assisted with setting up a co-op and associated training and advice.

Bread Matters provided training for staff member (to teach bread making) and ran consultation/training session for volunteers on setting up a micro bakery.

Bakery47/Auticulture Network/Cooking Pot/CCA We did a free bakery training with Bakery47/Auticulture Network as part of the CCA's Cooking Pot ongoing community food programme.

The Little Sourdough Bakery was a connection we made at 'Let's Eat Glasgow', and we arranged for the proprietor to give us training to make a bespoke product for Vegfest. The training was of an excellent standard, and she was very helpful with advice. We hope to have more training in future.

Mainstay Trust have referred clients to attend our gardening courses and help in Moogety Garden.

Slow Food Glasgow invited volunteers to join the committee and connect with organisations promoting good quality healthy food.

SEAL provided a 'pamper stall' at the Volunteer Event, and promoted their activities in the area.

Generally – many of our volunteers/community meal attendees are also involved with other community groups, such as Unity, and bring people from these other organisations to meet us. They in turn talk about what is going on and we have many links in this way.

We are getting referrals from agencies regarding people attending one of our courses or volunteering.

Events We meet representatives (both formal representatives and community members) from different areas and groups at events where we hold stalls and talk about the ideas behind the Grub Hub and what it does. Notably, 'Let's Eat Glasgow' generated a lot of interest, and there were many in depth conversations at the stall.

Promotion

There are Moogety GrubHub and Moogety Garden pages on Facebook. These are very active, keep volunteers informed and engaged and also provide a chronology of activity at the Hub. Typically, there are 3 or 4 uploads of photo albums per week, showing activities.

We have had a double page feature in the Evening Times, focusing on our involvement with 'Let's Eat Glasgow'. There were many ancillary mentions of our connection with this event on websites etc (eg The Herald, The List and others).

We have had a double page feature in 'Govan Voice'.

We have had features in Elderpark Housing News.

We have produced postcards to give out at events etc and also have a pop up banner.

We were featured in the vlog by 'People make Glasgow'.

We have been in other papers, including The Govan News, Elderpark Housing publications and others.

Two of our volunteers were featured on two STV Glasgow 'Riverside Show' programmes and talked about the Grub Hub as well as doing cookery demonstrations.

We have run public events, including 'Pop Up Coffee', 'Lunch, Launch, Pizza', 'Volunteer Day', 'Moogety Hallowe'en', 'Stories by the Fire', 'Spring Pizza Party' and community meals which are open to the public.

CFHS conference - Workshop run at National conference, Perth (October, 2015). Theme was creative things to do with fruit and vegetables (excellent feedback), but also took opportunity to promote Moogety Grub Hub.

We publish a one page newsletter (Grub Hub news), which is distributed by email and hard copies are also available.

We have run stalls at many events, promoting the Grub Hub.

Word of mouth is one of our strongest means of promotion, and our visible street presence encourages people to come in and find out about the Grub Hub.

Appendix: Tutor Report on Healthy Snack course

Govan Help – Healthy Snack Course

Venue: Riverside Hall

Attendance: Primary School Children and their parent/carer

There were approximately 10 – 15 children and their parent/carer on an average week.

Plan: Wk1 Looked at healthy and unhealthy snacks. Had competition between children and parents to see who could group the healthy/unhealthy snack correctly. I think the children won marginally. Children tried healthy snacks. Advice was sought by one parent as to healthy breakfasts for her children.

Wk2 Children made pictures with healthy snacks and then they could eat. Then afterwards.

Wk3 Made different flavours of hummus and had healthy vegetables to eat with hummus. This was a big success and parents were encouraged to how easy it was to make. Parents took home the recipe.

Wk4 We made pancakes and used fruit to eat with them. The recipe was also provided and one mum reported back that they had made them for breakfast and really enjoyed making them with her child.

Wk5 We made healthy rice pancakes. Some of the kids did not like the texture of the pancakes but enjoyed eating the fillings that went with them.

Wk6 We made healthy energy balls, low in sugar and packed with seeds. These were a big hit with both the mums and children.

In week 6th feedback sheets were attached to the wall for the mums to give feedback on how the group went and what they would like to do more. There were a number of good comments about the food class eg. Really enjoyed the food course, can we have more food courses, my favourite thing about the group this time was the food course.

Many of the mums over the 6 weeks would come over specifically to chat and ask for more information on healthy eating.

Gorbals

Context:

There have been various challenges in trying to establish a Food Hub in the Gorbals. However, this year we have begun to make inroads, and hope to build on these to establish a firmer presence.

We engaged in extensive discussions and planning with Glasgow Life and attending a consultation event regarding setting up a community garden in the Talking Garden space. This initially seemed promising, but now they are taking it in a different direction. We then looked elsewhere for possibilities and we are now working with community development workers at The Barn with the view of establishing a garden surrounding the building, with the support and participation of local people.

We also had difficulty in finding a suitable venue to run cookery classes. We ran two courses in Gorbals library, but it was eventually decided that that was not really a suitable venue for the requirements of a course. Nonetheless, we have maintained and built on our relationship with them by continuing to run 'one-off' demonstrations on gardening and healthy eating themes.

Previously we had also run classes in St Francis' Centre. We had discussions with the manager with a view to using the kitchen as a base to run classes. Initially this seemed possible and we planned accordingly. Unfortunately, new regulations came into place within Glasgow Life which meant this was no longer a possibility.

We arranged a course in TASK centre, but although participants enjoyed the course and gave excellent feedback, the accommodation was not ideal (as the water source for washing up etc was not in the same room) and it was also relatively expensive. We were then able to arrange a course in The Barn, which was very well received, and we plan to do further courses there. It would still be desirable to find an additional venue, partly as The Barn is heavily booked, but also to reach people living in other parts of the Gorbals.

Events

A further barrier to engaging with the Gorbals community is the lack of an on site presence. We have therefore sought to raise visibility by engaging directly with people at events etc where possible. This has included demonstrations at Gorbals library, and running stalls/activities at various events. This includes a consultation event (St Francis' Centre), Community event for people with learning disability (Leisure Centre), Mince Pie Mingle (Gorbals library), Seed and Tree festival (St Francis' Centre).

A good way of engaging with the community (and partners) has been by helping out at the 'Come Dine with Me' community meals organised by Bridging The Gap. For the first meal, we were able to recommend a tutor who led the cookery team of volunteers, after which they have been able to find local people to lead on this. There have been 3 meals so far (approx. 80 attendees each meal), and the Food and Health co-ordinator has helped at each one. This has enabled us to make connections, talk about what we can offer and gauge interest.

Cookery courses

Despite difficulties with finding a suitable venue, we have successfully delivered 3 Great Grub/Cooking on a budget and 1 'Get Cooking, Get Shopping' in Gorbals library, TASK centre and The Barn, respectively. We intend to run further courses at The Barn, but are also looking at the

possibility of working with the Way To Go café in future (additionally) and to continue looking for more venues.

(insert some of the comments re courses)

Gardening courses

As stated, we were unable to progress further with the development of a community garden at St Francis' Centre, but now we are hoping to support the creation of a community garden at The Barn, and are working with New Gorbals Housing Association and The Barn to progress this.

This has impacted on our ability to deliver gardening courses, as we were unable to find a suitable growing space. Nonetheless, within these limitations, we have begun to create interest by working with a group at The Barn to build compost bays (at their request), have delivered a container gardening course and are planning a mentoring course for gardeners and Grow Your Own courses once the garden is in development.

(insert some of the comments re courses)

- **Training:**

We supported SEAL with funding to train 15 local volunteers to achieve the REHIS Elementary Food Hygiene certificate.

We delivered training sessions on compost bay building (at the Barn) to 9 volunteers. It is planned to deliver mentoring training to adult members of a gardening group to enable them to work with a children's gardening club (at the Barn).

We are promoting training for potential cookery tutors to take place in Autumn and are in the process (via community members and organisations) of identifying suitable candidates for this. This is to promote capacity building and would lead to sessional employment.

- **Partners and building connections between communities**

There is a strong culture within the Gorbals for lead agencies to work within the ethos of Asset Based Community Development, and partners come together to pool information and resources and try to avoid duplication. Recognising that these organisations have many years experience of working with the community, and many are comprised of members of the community, it is good practice to work within existing frameworks as much as possible. Therefore we are building stronger relationships with partners in order to engage with the community more effectively. One way of doing this is by attending regular networking meetings (eg 3rd Sector, Gorbals Officer) and sharing information.

We have become more connected with Bridging the Gap through helping with community meals, and also have started working with The Barn again. Although in the early days of the

Food For Thought project there were some cookery courses taking place at The Barn, this fell away owing to staff changes and other issues. However, there are now two Community Learning and Development workers there, who are supportive of what we are trying to achieve.

In particular, there is potential for more work to take place at The Barn as a basis for a Food Hub, and we are planning accordingly.

Through Bridging the Gap, we became aware of High Rise Bakers (a Bridging the Gap project) and arranged to visit them in order to see a community bakery in practice.

We were invited to bring volunteers from Govan to visit, and spent an enjoyable morning making bread with them and they also shared helpful information and advice about training.

Community members and staff from High Rise Bakers, The Barn and the gardening group also came out on a trip to visit the Moogety Grub Hub in Govan which enabled community members to share ideas and good practice.

One of the High Rise/Bridging the Gap volunteers is now attending a cookery class run by us in Govan (training for tutors, so not restricted to those in Govan), and she has expressed an interest in possibly training to be a tutor herself through our programme. These connections help to strengthen social capital, and provide an insight into each other's communities.

SEAL have offered support with regard to us attending their activities/fruit barras to promote classes. As initially we were still seeking a suitable venue, when the classes were finally organised they were already fully booked (through names taken at events or The Barn), we have not yet taken up this offer, but will do so in future when we have more activities planned.

We have also discussed the possibility of joint work with Way To Go café, such as offering classes, mentoring and supporting people with cookery and gardening. There is also a possibility of working with them to develop a small garden outside the building. At present, their plans are dependent on funding application results, so we hope to agree some joint work once their situation is more clear. They are also planning to introduce 'Free Food Fridays' (community meals) and we may be able to support them with mentoring and surplus food from the Govan FareShare delivery.

Priesthill/Househillwood

Context:

Priesthill/Househillwood is a small area, and we have been looking to identify a suitable site within that to set up a new community garden (potential spaces lie outwith the boundaries). We are therefore continuing to support work at the People's Garden, Peat Rd.

Cookery classes continue at the Peat Hall and Priesthill Community Hall, being the main suitable venues in the area which have been identified as appropriate for running cookery classes. These have tended to attract existing users of the Halls in the past, so we have focused on bringing in new faces through promotion at events and networking with partners. We have also been looking at other potential venues. One possibility seemed to be the Cleves Primary School, but on further investigation it was not found to be suitable. Therefore we are continuing to use the Halls identified, but are still considering other venues to attract different people.

Events/promotion

We have promoted our activities at the Halls themselves, through social media and events such as Househillwood Harvest, The Peat Hall Christmas Fair, Priesthill Hall Christmas Fair, South East Network event.

Additionally, we have made our activities known to other organisations through networking meetings. We also promoted our activities at a SEAL stall, run near to the new Fruit and veg stall in Pollok Health Centre.

A new connection has been made through promoting the Food for Thought project to the Parents' Council at Cleves Primary School. The Parents' Council already work with school children on food and gardening activities and were interested in additional support to do this, and to attend cookery classes. We are therefore planning mentoring training with them, and initially are delivering a Great Grub course beginning in May 2016.

Building community connections and community capacity

It is hoped that we can continue to build on work with the Parents' Group, who are already active within their community to support them in skills building and sharing their skills.

Another new connection in the area is Gerard Mitchell, community links practitioner, based in a local GP practice (Pollok Health Centre). Although he works with people from a broader area, this includes clients from Priesthill who he is able to channel towards our activities.

He has also stated that clients have shown interest in developing a garden area within the courtyard at the Health Centre, so we are looking into this possibility again.

Seven people from Priesthill (members of an existing walking group run by Gerard Mitchell) have been coming weekly to cookery courses in Govan (since April 2016) (part of tutor training – there was no local venue availability at the time the course was planned). We arranged transport, and it has been mutually beneficial for them and members of the Govan community to meet. Again, we hope it may be possible to do further work with this group in future.

Cookery courses

We have delivered 4 cookery courses in the area at both Halls. Feedback has been very positive, and there were 'new faces' attending the courses.

Email from participant:

'I just wanted to let u know that me and my sister really enjoyed the cooking classes and Donna was fantastic and teaching us how to cook healthy meals from scratch. Thank you for running classes.

I was also wondering if there will be any more classes in the future as we would both like to learn more. My mum is also interested in coming too'

Insert comments

(how has helped with health problems)

Gardening

We have continued supporting the People's Garden by having weekly sessions with the gardener present to support bed holders and new volunteers. There has also been a Grow Your Own course. There has been difficulty in generating interest for the garden during the winter weather, but 11 signed up for the course in Spring. However, only 4 came, so we will need to do further promotional work.

Two volunteers are being supported by the community gardener and are increasing in skills and confidence.

Insert Paul's case studies.

Partners

SEAL – provided health information stall in Civic Realm, we promoted activities there.

NHS- John Casey, Gerard Mitchell – channelling people to cookery course in Govan, also Lesley Ann Currie – discussions re Health Promotion via veg stalls etc, also Breastfeeding Awareness training in Govan.

Cleves Primary School - Parents' Council

Peat Hall – Venue and promotion

Priesthill Hall – Venue and promotion