

## **Tasting Change Summary**

Funded by the Aspiring Communities Fund, which is supported by the European Social Fund and Scottish Government, 'Tasting Change' is an exciting 18 month project that seeks to respond to local priorities and aspirations in order to support community development and empowerment in Wester Hailes. To achieve this, the project will develop and deliver sustainable community-led solutions that tackle deprivation levels and inequalities created by food insecurity.

Tasting Change is being delivered through a multi-agency partnership which includes local community organisations, GPs and CEC Children & Families who are part of Living Well Wester Hailes. The partners in Tasting Change have signed a consortium agreement that lays out how they will work together across a number of integrated project strands;

### **Tasting Change Activities**

**Food Co-op:** Initially based within the Healthy Living Centre and run by the Health Agency, in the longer term the aim is to establish the food co-op in its own premises. The co-op will be run by staff and volunteers. Open to all, it will promote the value of good nutrition for everyone, creating a sense of equality. The co-op will be run by staff and volunteers and offer employability support through volunteering and training.

**You Are What You Eat:** Building on recent cooking and healthy eating workshops these sessions run by The Health Agency will expand provision promoting cooking on a budget, food waste reduction and using seasonal produce. Working closely with the GPs who are uniquely placed to refer patients, this activity will encourage the development of skills and increase confidence levels.

**CrEATe:** Partner organisations recognise the social value of food and the synergy created through bringing people together to share meals. Delivered by WHALE Arts Agency, CrEATe will connect creativity and food through a variety of arts based creative sessions and programmes that will include food, cooking and shared meals as an essential component.

**Taste And Share:** We will support more isolated residents particularly those from BME communities who are excluded due to factors including low income, discrimination, racism and hate crime, limited English language skills. SCOREscotland will deliver activities with a specific focus on how to prepare and eat locally produced food healthily and affordably with people from local BME communities.

**Income Maximisation:** Partners recognise the effects of reduced economic circumstances for vulnerable people living in Wester Hailes. Tasting Change will include capacity for advice, information and representation around income maximisation – delivered by CHAI.

### **Outcomes**

- More people on low incomes are food secure within an environment where they feel treated with dignity. They will have improved levels of health and wellbeing, and a sense of control and choice over their circumstances.
- More people from marginalised groups including BME communities become less socially isolated and able to link into other community activities and groups
- More people develop core employability skills through improved self-confidence, volunteering opportunities and training that enables them to progress further along the employment pipeline model
- There is increased social capital through stronger local networks generated by more people becoming involved in wider community activities and decision making.