

IMPROVING HEALTH AND WELL-BEING

CFINE aims to improve health and well being and contribute to regeneration in disadvantaged and excluded geographical and interest communities by promoting the consumption of fruit, veg, pulses and other healthy products and encouraging and supporting volunteering which brings a range of personal, family and community benefits.

CFINE, Co-Winner Dame Sheila McKechnie Award

CFINE is delighted to have won this prestigious award - and we received £5,000! The presentation of the award was in June, 2008.



In picture (left to right): Malcolm Wetherill, Vice-Chairperson, CFINE; Nancy Robson, (Food Standards Agency); Dave Simmers, Chief Executive, CFINE; Billie Arthur, CFINE Board Member; and George Mckie, Chairperson, CFINE Board

FOOD POLICY LEADERSHIP FORUM: CFINE Chief Executive Invited as Access and Affordability Champion.

Dave Simmers, CFINE Chief Executive is pleased and privileged to have been invited by the Minister for Rural Affairs, Mr Richard Lochhead, MSP to sit on his Leadership Forum established to develop the Food Policy for Scotland. The recognition of CFINE's work in terms of tackling food poverty and increasing food access is very welcome. Dave, as requested, will represent issues of food access and affordability robustly and with vigour.

Royal Garden Party!

Another indication of the regard CFINE is held was invitations to the Royal Garden Party at Holyrood from the First Minister, one to CFINE's Chief Executive personally and one to CFINE's volunteers.



Left to right: Muriel Alexander; Billie Arthur and Elsie Megginson - three of CFINE's volunteer stalwarts wait patiently for the train.

Fruit's cool

Aberdeen City Update

- > 50 Community Food Outlets (in community centres and houses, schools, back of van, sheltered housing)
- 91 Fast Fruit outlets (schools, nurseries, voluntary organisations)
- 31 Commercial companies (oil, restaurants).

and CFINE is to begin work at Craiginches Prison - a much needed and very welcome development.

Aberdeenshire Update

The Community Food Outlet in Braemar is (hopefully temporarily) not operational due to a key worker, a Health Visitor, moving to a new job. It is hoped we can resurrect this very successful outlet.

Thanks to Regeneration Outcome Agreement investment, CFINE has increased its development in support in Peterhead and Fraserburgh. More in the next Newsletter.

CFINE also initiated discussion in North Aberdeenshire re a Social Enterprise and Development Strategy and Centre for the area. Investment is presently being sought to develop this initiative.

Moray Update

Thanks to some financial support from Moray Community Health Partnership and NHS Grampian (for Jane the name of the Community Health Partnership?), development in Moray has been as follows:

- Forres - weekly deliveries to Credit Union and a community café. Hopefully, senior citizens group in September.
- Elgin - van round in South Lesmurdie; several individual box orders; approach made to New Elgin Primary. We also have one restaurant.
- Moray Tenants Conference - invited to attend in September.
- Llanbryde - The "Veggie Ladies" are flourishing and we hope to tie in development work with Primary School next term.
- Buckie - The Green Home has invited us to participate in their Open Day on Sunday 23rd August.
- Keith - Craighursts continue to order weekly and the Community Centre will resume after their summer break.
- Rothiemay - Shop and Post Office now established customer – proprietor is collating weekly orders from the village and his customers then collect from him.
- Cullen - We expect 2 customers soon.

CFINE also initiated discussion which resulted in the establishment of Moray Enterprise Partnership. Applications are being made for investment. Fingers crossed for both North Aberdeenshire and Moray!

Interested?

Are you interested in setting up a CFO? - having fruit/veg delivered to your school/business/organisation? - becoming a volunteer? hearing more about CFINE?

then **contact** Fiona or Dave on 01224 596156; info@cfine.org.

Thanks.