

A Detailed Outline of the Ten CFI Projects

Appendix B



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Appendix B

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Foreword

Appendix B outlines the progress and general experiences of the ten Community Food Initiatives (CFI's). This information in part forms the basis of the findings in the main report.

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1 Ballybeg Community Development Project

The Ballybeg Community Development Project (CDP) provides a wide range of services and activities in the local community, catering for unemployed women and young people. The mission of Ballybeg CDP is to reach out to all members of the community, to encourage people to believe in their own uniqueness, dignity and equality and to enable them to explore the potential within themselves, their families and their community. The aims of Ballybeg CDP are threefold: first, to enable local people to develop their own potential and so improve the quality of their lives; second, to identify the needs and issues of the community and to address these collectively; and third, to work together to bring about change that benefits the community.

The main aim of the Ballybeg CFI *Family Growing Project* is to help families living in the Ballybeg estate to raise their awareness and knowledge of healthy eating by providing a practical skills-based education programme of growing and cooking that takes a developmental approach. In this project, Ballybeg CDP and Barnardos Family Support Project are working in partnership to deliver a Family Support Interventions Nutrition Programme.

The objectives of the Ballybeg CFI *Family Growing Project* are:

- To increase healthy eating in families by providing a skills-based education programme that focuses on nutritional meals, including home-grown produce
- To provide early-years and youth education on healthy food and its benefits
- To improve the overall health and wellbeing of targeted families whilst building family communication and self-esteem
- To provide an alternative family leisure time activity that is productive, non-threatening and accessible, and that contributes to the family economy
- To increase social skills and peer support

Total number of participants

During the first year of the CFI, an average of 10 individuals took part each month in a CFI activity organised by Ballybeg CDP *Family Growing Project*. Allowing for a relatively slow start and a break for summer holidays, the number of participants would appear to have stabilised at 12 per month.

Table 1: Ballybeg: Total participants by month

Year one	Total number of participants
April 2013	-
May 2013	-
June 2013	-
July 2013	12
August 2013	-
September 2013	8
October 2013	12
November 2013	27*
December 2013	26*
January 2014	12
February 2014	12
March 2014	12
Average Monthly Attendance	10

* Includes 18 after-school participants.

Participation in CFI activities

During the year, the participants took part in a range of CFI activities, particularly gardening/growing food, developing cooking skills and healthy eating. They also engaged in foraging and a physical activity programme.

Table 2: Ballybeg: Total number of participants in CFI activities*

Year one	Gardening/ growing	Cooking skills	Healthy eating	Planning & budgeting	Shopping skills	Other
April 2013	-	-	-	-	-	-
May 2013	-	-	-	-	-	-
June 2013	-	-	-	-	-	-
July 2013	12	6	-	-	-	-
August 2013	-	-	-	-	-	-
September 2013	8	6	3	2	-	-
October– December 2013	31	5	6	4	4	4 Foraging
January– March 2014	9	7	7	-	-	6 Physical activity

The participants are counted again if they are engaged in more than one activity in any month.

Gardening activities: Plot management, including garden clean up; seed planting; potting on and planting out; pest control; harvesting; and children’s after-school growing workshop

Cooking skills: Cook It Nutrition Education Programme; Practical Culinary and Knife Skills; and Meal Planning

Healthy eating: Workshops on food and nutrition

Overall, the CFI rated the value of these activities very highly for their project. Initially, the gardening attracted more men than women but this evened out over time. Conversely, more women than men attend the cooking skills and healthy eating projects.

Other CFI activities

Each CFI participant is expected to engage in a range of activities over the course of the three-year programme. The following represents the range of activities, the number of participants in each activity during the first year of the programme and the value placed on each activity by the CFI (Table 3).

Table 3: Ballybeg: Engagement in programme activities

Activity	Description of activity	Total number involved from CFI	Rate value of activity for the CFI project Score 1–7 ¹
Networking ^{1, 2}	Engagement with community garden committee to organise clean-up of community garden	5	5
	Attendance at Dunmanway networking event	2	6
	Healthy Food for All conference	2	7
Training	-	-	-
Sustainability of project	Maintenance of plot outside of session time to ensure produce is harvested	5	5
	Increased plot area for the participants to ensure continued space to grow and expand for	5	7

¹ This is a seven-point scale, where one represents the lowest score and seven the highest.

² Whilst hard to organise due to severely reduced resources in the community sector, they found the networking events to be beneficial and the source of some good ideas.

	the Level 3 programme		
	Widespread community publicity regarding the project and seeking recruitment of additional participants. Contact was made with Barnardos key workers and previous service users to discuss the project	4	6
	Addition of fitness module		
	Meeting with after-school support staff to identify potential programme for 4 th -6 th class students		
Project management	Quarterly meeting between Barnardos and CDP to discuss ongoing issues, participation, recruiting new families, celebrations and planning for year two	4	7
PR/advertising/publicity/promotion	Connection with St Vincent de Paul regarding referrals to the project. Advertising in CDP newsletter		3
			5

Overall, the CFI organisers were quite satisfied with most aspects of the CFI’s progress in year one. They were particularly impressed with the administrative organisation of the programme. However, they were less than satisfied with the overall progress in meeting their objectives for year one and the number of participants (Table 4).

Table 4: Ballybeg: Satisfaction with the progress of the CFI in year one

	Very satisfied	Satisfied	Mixed feelings	Dissatisfied	Very dissatisfied
Overall progress in meeting your objectives for year one.			Yes		
Number of participants			Yes		
Profile of participants	Yes				
Range of activities and events		Yes			
Support from local community	Yes				
Funding process	Yes				
Support from development workers, e.g. budget changes, information sharing opportunities	Yes				
Technical support from safefood , e.g. sharing campaign information, etc.	Yes				
Sustainability of the CFI		Yes			
Shared learning		Yes			
Networking opportunities	Yes				
Capacity of your CFI to resolve difficulties	Yes				

Finally, the CFI participants were asked to consider the challenges, successes and ‘learnings’ from the first year of the programme.

Main challenges and responses

1. Maintaining participant attendance has been difficult. The organisers know this is due to the complex lives of the participants, but it has led to a drop off in the number of participants. Despite participants loving the work, other areas of their life have had to take precedence. The organisers find that staying true to their overall aim is very difficult when faced with declining numbers.
2. The engagement of children with the gardening in the afternoons has been problematic. This is a time when the adults should be working with their children, but due to the nature of the family relations, this can prove challenging.
3. Increasing participant attendance.

The CFI organisers are currently engaged in advertising their programme through a celebration event and through a BBCDP door-to-door needs analysis survey in order to attract more families. They are also discussing how to engage a staff member from Barnardos to work with them in the garden when the children are present to ensure that objectives with regard to the children are met. They are also considering the potential of engaging more children in a more meaningful way by contacting them through the national school.

Year one outcomes

The CFI organisers are satisfied that they have met their expected outcomes for year one. The only outcome that needs qualifying is the final one: “Increased group cohesion and responsibility”. Again this refers to the points made above with regard to group responsibility and the individual life challenges faced by their participants. They believe that there is nothing anyone could have done that would have made a difference. They have continued to keep in touch with people who dropped out during the year and they are hoping that some people may return in Year two.

Anticipated year two challenges

The main challenge they anticipate in year two of the programme is attracting new participants who match their original target group.

Main successes of year one

The following were identified as the main successes of year one.

- Supporting a number of individuals to step out of social isolation (that existed for a range of reasons) and to work within a group for their benefit and their family's health and wellbeing
- Providing a practical experience and enabling the development of new life skills with regard to food and nutrition both from a growing and cooking perspective
- Introducing a number of reluctant participants to the enjoyment of physical exercise
- Enabling children to learn growing skills
- Increasing healthy food consumption within targeted families

Main 'learnings' from year one

The CFI identified the following as the main 'learnings' from year one.

- The need to ensure the support of a family worker when working with children in the garden. At the outset, a family support worker from Barnardos was engaged in the growing process to support the family bonding. When this resource was taken away, the outcomes for the children were reduced. They will address this issue in year two.
- Some children were not able to engage due to after-school activities. They may need to request a change in the programme for children in year two.
- Some people engage with different activities differently and the programme needs to be flexible enough to deal with this. Some participants did not want to cook and some did not want to grow. It is anticipated that the longer the individuals maintain contact with the programme, their interests may deepen.

Finally, each CFI co-ordinator was asked to identify any changes (if any) they noticed in relation to food habits and learning from the participants, e.g. whether they had reported any changes in the foods they eat or attitudes to food. The responses of the *Family Growing Project* are set out below.

1. Increased access to a wider variety of food at an early age will impact on what children will eat. D and her children had never eaten courgettes; her children were delighted to bring them home from the garden and to taste them that night. If they had not had the experience of growing them, they would probably not have tasted them. Being involved in the process of growing increases the investment of the individuals in their own health and wellbeing.

2. The organisers also noticed wider outcomes other than those related to food and nutrition. The actual engagement with others has increased participants' social capital. It has impacted on the levels of isolation that they previously experienced and has introduced them to others who have similar health issues. P was isolated after having a stroke at a young age. This programme brought him out of his house, introduced him to new people and re-introduced him to others. Working in the garden brought him into contact with other men younger than him who had suffered the same health issues.
3. Due to the fact that the participants are now working on the plot in the community garden, they are also engaging with others who have plots and those who are engaged in horticulture training. It is increasing their social contacts and also enabling them to learn skills from different people.
4. P and W have noticed that they are cooking and eating healthier foods. P's eating habits have changed since starting the course, and he is seeing the benefits of this because he has lost weight and feels fitter.
5. D is making her own pizza that she would have otherwise have bought from a takeaway and is learning to disguise vegetables in cooking when cooking for the children.
6. Participants are using the menu and shopping plans to plan their shopping, and P has expressed interest in making sauces, such as tomato sauce, due to the level of sugar in bought sauces.
7. Participants are gaining confidence in trying out new dishes when cooking.
8. Participants are gaining more knowledge of the benefits of healthy food for their families.
9. Participants are sharing their experiences of food from childhood with each other and expressing the differences in food purchase and preparation, in their eating habits from the past and the present day, e.g. going to a local vegetable plot to get vegetable for dinner or using sour milk for making bread. Participants have noticed big changes in their diets from when they were young. K grew vegetables with her dad in their garden as a child and remembers cooking and eating them, and she loves the experience of doing the same with her child.

2 Ballina ‘Eat Wise Project’³

The Mayo North East CFI is a collaborative venture between Mayo North East LEADER Partnership Company Teoranta and Mayo Travellers Support Group (MTSG). Mayo North East was established in 2008 as an integrated LEADER partnership company. It manages various programmes on behalf of various Government departments and the EU for the benefit of the people and communities of north and east Mayo, such as the Local Community Development Programme, the Back to Work Enterprise Allowance Scheme, the Rural Development Programme, Jobs Club, the Rural Social Scheme, Tús, the CE Scheme and Jobs Initiative, the Local Employment Service, and Local Training Initiatives. Both organisations have a history of running successful collaborative working schemes.

The Ballina *Eat Wise* Project’s central aim is to support the low-income residents of Ballina and its environs in tackling food poverty by empowering them with the skills and knowledge to eat healthier. The Mayo North East Ballina *Eat Wise* project was established to support disadvantaged local communities in making informed decisions regarding their diet and that of their families. The project hopes to empower the community with the resources, skills and knowledge necessary to improve their physical and mental wellbeing through affordable, healthy eating. The CFI have two community gardens in Ballina (Karen and Parkside), and they provide support for an asylum seekers’ garden in Ballyhaunis. The participants meet twice a week in Karen Community Garden and, since September 2013, two Tús workers have met once a week in Parkside and 15 participants once a week in Ballyhaunis with a tutor. The Parkside Garden is also used by Scoil Íosa as part of its school programme.

³ www.mayonortheast.com (Mayo)

Total number of participants

During the first year of the CFI an average of 53 individuals took part each month in a CFI activity organised by Ballina ‘EastWise’ project (Table 5).

Table 5: Ballina: Total number of participants by month

Year one	Total number of participants
April 2013	80
May 2013	-
June 2013	-
July 2013	-
August 2013	132
September 2013	150
October 2013	100
November 2013	25
December 2013	50
January 2014	-
February 2014	41
March 2014	54
Average monthly attendance	53

Participation in CFI activities

During the year, the participants took part in a range of CFI activities, particularly gardening/growing food, developing cooking skills and healthy eating. They also engaged in a range of other activities, including cookery demonstrations and food waste awareness.

Table 6: Ballina: Total number of participants in CFI activities

Year one	Gardening /growing	Cooking skills	Healthy eating	Planning & budgeting	Shopping skills	Other
April 2013	80	-		-	-	-
August 2013	51	-	113 Outdoor public skills demonstration in cookery	-	-	81 Karen Community Garden BBQ
September 2013	53	12		-	-	110 Food Poverty Seminary 10 Networking
October–December 2013	16	25	50 Christmas themed cookery demonstration	-	-	84 Compositing/ food waste awareness
January–March 2014	17	50 Cookery demonstrations		-	4	-

Overall, the CFI organisers are satisfied with the appeal and value of these activities for their CFI project, although they would like more participants from disadvantaged backgrounds. The activities attracted adults, with men being most interested in the gardening and women, in cookery.

Other CFI activities

Each CFI is expected to engage in a range of activities over the course of the three-year programme. The following represents the range of activities held during the first year of the programme.

Table 7: Ballina: Engagement in programme activities

Activity	Description of activity
Networking	<p>Visit to employment and training expo in Ballina where we discussed their project with members of the public and handed out literature.</p> <p>We had a stand at the Pride of Place street party, where we served healthy food and gave out information on our project.</p> <p>Seminar on food poverty organised in partnership with GIY</p> <p>Trip to Cloughjordan community farm and eco village</p> <p>Trip to GIY gathering in Waterford</p> <p>Participated in community garden network meeting in Leitrim</p> <p>Visit to Ballina community gardens from Ballyhaunis community garden</p> <p>HFfA conference</p> <p>Visit to Dunmanway CFI</p>
Training	-
Sustainability of project	-
Project management	Steering group meetings
PR/advertising	<p>Public meeting held in Ballyhaunis re new community garden</p> <p>Completion of Needs Analysis Survey – graduation ceremony held</p> <p>Public meeting held in Ballyhaunis re new community garden</p>

Overall, the CFI organisers are quite satisfied with most aspects of the CFI’s progress in year one and they are largely satisfied that their objectives for year one have been achieved. However, they are conscious of the significant difference in meeting short-term annual objectives and the greater challenge of ensuring the long-term success and viability of the project. They were particularly satisfied with the activities and events they organised, especially the seminar on food poverty and food sovereignty. They were also very satisfied with the support provided by the development worker and the networking opportunities. Conversely, they were less than satisfied with the profile of

participants, the support from the local community, the technical support from **safefood**, and the sustainability of the CFI (Table 8).

Table 8: Ballina: Satisfaction with the progress of the CFI in year one

	Very satisfied	Satisfied	Mixed feelings	Dissatisfied	Very dissatisfied
Overall progress in meeting your objectives for year one.		Yes			
Number of participants		Yes			
Profile of participants			Yes		
Range of activities and events		Yes			
Support from local community			Yes		
Funding process		Yes			
Support from Development Worker, e.g. budget changes, information sharing opportunities	Yes				
Technical support from safefood , e.g. sharing campaign information, etc.			Yes		
Sustainability of the CFI			Yes		
Shared learning		Yes			
Networking opportunities	Yes				
Capacity of your CFI to resolve difficulties		Yes			

Finally, the CFI organisers were asked to consider the challenges, successes and ‘learnings’ from the first year of the programme.

Main challenges and responses

1. **Number of participants:** The CFI organisers managed to fill all of their courses. However, some public food skills events did not have as many participants as they would have liked.
2. **Profile of participants:** Some of their participants came from the most disadvantaged communities but the organisers would like if this represented a higher percentage. It has been an ongoing challenge to develop better community participation, particularly from the more disadvantaged communities.
3. **Support from local community:** The CFI does not get enough support from some sectors of the community, particularly those who might benefit most from their activities, that is, the most disadvantaged communities.
4. **Funding:** As it was the first year and funding was not forthcoming until April, it took longer than expected to establish the CFI. They were also disappointed with the lack of flexibility in their budget allocation by *safefood*.
5. **Location:** As the Mayo Eat Wise CFI is not based in one location or on one aspect of food poverty. It can be challenging to manage the projects and activities.
6. **Care of gardens:** Vandalism was a serious issue in the early months of the CFI, and the perimeter fence was broken on a number of occasions.

The organisers continue to work on developing community participation by working closely with a wide range of groups and individuals and by being as responsive and innovative as possible. To manage the CFI, they rely on support from partner organisations and volunteers. When asked what they believe will be the main challenge for year two, they said that developing their existing community gardens and establishing a new garden would be a significant challenge. Also, working with local businesses to encourage them to provide healthy affordable options on their menus is likely to be difficult.

Main success of year one

They singled out two successes of year one. First, their grow-your-own courses and cookery classes were well attended, and the feedback from participants was very positive. The CFI also managed to highlight the problem of food poverty through the local paper and radio and also through the seminar they organised. Second, the amount of work they have done: The CFI currently involves three community gardens, two in Ballina and one in Ballyhaunis, catering for a cross section of society, including Travellers, Refugees and Asylum seekers. Courses are run in two of these gardens and the

other is used by a disadvantaged primary school. They ran cookery demonstrations and classes in Ballina last year and again this year and will run at least one outside Ballina later this year.

Main learning of year one

The CFI is requiring far more time and commitment than originally anticipated. Most of the participants have benefitted from one of their courses or activities, such as gardening or cookery, but may not identify with the CFI as a whole.

The CFI is affecting a substantial number of people in the north east of Mayo, many of whom will only participate in one course or event. Those who participate on an ongoing basis in their project, such as the Karen Refugee community or MTSG, will have a better awareness of the overall project and should benefit more in the long run.

Finally, each CFI co-ordinator was asked to identify any changes, if any, they noticed in relation to food habits and learning from the participants, e.g. had they reported any changes in the foods they ate or attitudes to food? The Ballina *Eat Wise* project believes that the participants in their cookery classes have described with enthusiasm the joy they now get from baking their own bread or making a homemade soup. People think more about the food they eat and are not as willing to accept poor quality food as they would have in the past. When people acquire the skills to grow and cook their own food, their relationship with food changes and most express a desire to build on these skills through further courses, etc.

3 Dublin 15 Good Food Network⁴

Blanchardstown Area Partnership was established in 1995 as a Local Development Group. The group is responsible for identifying and responding to local needs in the Blanchardstown area through consultation and by working with community groups. A wide range of community groups, social partners and statutory agencies are represented on the board, together with local elected representatives and nominees of Fingal County Council and the Fingal Enterprise Board. The group's mission is to 'bring people together to create a better place to live, work and grow'. The aim of the Blanchardstown Area Partnership *Good Food Cooperative* is to establish a *Good Food Network* in Dublin 15 to raise awareness of healthy eating and reduce food poverty. The members plan to use their community garden as a hub for education initiatives in training local people to grow their own food.

The objectives of their CFI project are:

- To build a good food network incorporating existing community projects and organisations and working to secure a sustainable future for the network
- To use the walled garden at Millennium Park as a hub for education initiatives in training people to grow their own food (although this is looking unlikely, with the school garden and Corduff Community garden being the preferred areas to date. They are still linking with the Millennium garden).
- To link in with the local Institute of Technology in Blanchardstown (ITB), seeking to access their knowledge base to help develop quality training and educational opportunities in horticulture and food production for local people.
- To work with a local primary school in the area, involving children, parents and teachers in growing and cooking home produce.
- To encourage the establishment of a micro business, such as a community café.

⁴ www.bap.ie (Dublin)

Total number of participants

During the first year of the CFI, an average of 186 individuals took part each month in a CFI activity organised by Dublin 15 Good Food Network, including a substantial number of schoolchildren (Table 9).

Table 9: Dublin 15: Total number of participants by month

Year one	Total number of participants
April 2013	-
May 2013	-
June 2013	-
July 2013	103
August 2013	40
September 2013	456
October 2013	428
November 2013	413
December 2013	367
January 2014	45
February 2014	146
March 2014	253
Average monthly attendance	186

Participation in CFI activities

During the year, the participants took part in a range of CFI activities, including gardening/growing food, developing cooking skills and healthy eating. They also organised and attended a number of food and gardening related workshops (Table 10).

Table 10: Dublin 15: Total number of participant in CFI activities*

Year one	Gardening/ growing	Cooking skills	Healthy eating	Planning & budgeting	Other
April–June 2013	41	45	-	-	17 Food for Thought workshop
July–August 2013	-	-	-	-	33 Workshops on gardening 6 Hairy Men’s Shed session on building compost bins
September 2013	383	30	-	18	-
October–December 2013	804	360	-	-	74 HFME course*
January–March 2014	313	-	37	-	69

* HFME is not funded by the CFI but it works alongside it.

Some of the activities undertaken in the CFI included clearing of the site in the Corduff Resource centre, building raised beds, liaising with Fingal County Council recycling centre staff to discuss using reclaimed garden furniture and tools, etc. for use in the community garden, painting of signs for the community garden, attending workshops on composting, facilitating workshops on health and nutrition for the Joblink Network and Life Start, garden planning, attending a ‘Grow-your-own’ workshop, and visiting Santry Community Garden. Overall, the CFI organisers are very satisfied with the appeal and value of these activities for their CFI project.

Other CFI activities

Each CFI co-ordinator is expected to engage in a range of activities over the course of the three-year programme. The following represents the range of activities, the number of participants in each activity during the first year of the programme and the value placed on each activity by the CFI.

Table 11: Dublin 15: Engagement in programme activities

Activity	Description of activity	Total number involved from CFI	Rate value of activity for the CFI project (Score 1-7 ⁵)
1. Networking	Presentation on the community garden	4	5
	Presentation to Safer Blanchardstown meeting in Corduff on the community garden	40	6
	Community Growers Conference	1	7
	HFFA Conference.	2	7
	Multiple meetings with teachers and students to advise on school garden	1	7
2. Training	Food for Thought Workshop.	17	5
	Social enterprise workshop.	1	7
	Attended conference on funding and support	1	6
3. Sustainability of project	TUS participant joined the CFI and has started working in the Millennium Garden	1	7
	Materials collected from Granby Park (being dismantled) for use in the CFI garden	5	6
	Liaising with Fingal County Council to discuss possibility of using reclaimed garden furniture, tools, etc. for use in the CFI community garden	5	7
	Organising volunteers from local business to help clear site	21	7
	Meeting with various groups to discuss possible working partnership, e.g. Bia Box, Coolmine House	1	7
	Container arrived and soil provided by Enrich Volunteer from the INTO		
4. Project management	Ongoing meetings	15	7
5. PR/ advertising	CFI co-ordinator took part in interview with local radio station Phoenix FM	1	7
	Interactive presentation to the local youth club on the DFI garden in Corduff	25	7
	Article in local newsletter	1	7

⁵ This is a 7-point scale, where 1 represents the lowest score and 7 the highest.

Overall, the CFI organisers are quite satisfied with most aspects of the CFI’s progress in year one, and they are largely satisfied that their objectives for year one have been achieved. They were particularly satisfied with the support provided by the Development Worker. Conversely, they were less than satisfied with the funding process and the sustainability of the CFI (Table 12).

Table 12: Dublin 15: Satisfaction with the progress of the CFI in year one*

	Very satisfied	Satisfied	Mixed feelings	Dissatisfied	Very dissatisfied
Overall progress in meeting your objectives for year one.		Yes			
Number of participants		Yes			
Profile of participants		Yes			
Range of activities and events		Yes			
Support from local community		Yes			
Funding process			Yes		
Support from Development Worker, e.g. budget changes, information sharing opportunities	Yes				
Technical support from <i>safefood</i> , e.g. sharing campaign information		Yes			
Sustainability of the CFI			Yes		
Shared Learning		Yes			
Networking Opportunities		Yes			
Capacity of your CFI to resolve difficulties		Yes			

They would like the funding process to be more flexible and capable of reacting more quickly to a project’s unforeseen or changing circumstances. For example, the CFI had not considered any costs for

storage because the original site was to have storage. Delays in finding funding can have adverse effects on the progress of the project. The organisers suggest that items that are commonly needed for gardening or cooking could be bought in bulk and supplied to the CFIs more cheaply, e.g. garden tools, seeds. They also believe that funding will be an issue for the sustainability of their project. In order for a project to be sustainable, the community will need to take ownership and volunteer. This requires another layer of work with local communities or volunteers, and with time being a scarce resource, it appears to be a difficult task to build enough capacity to sustain the garden/project as well as develop the garden, etc. They believe that it would be useful to have another local worker attend to this aspect of the project or to have funding for an outside facilitator to work with the group to build their capacity.

Main challenges and responses

Transport was a problem as the project needed to source materials, such as scaffolding planks and topsoil, and also to get transport for large items, as it was not something included in the budget. They also had to move large amounts of topsoil for the raised beds and school orchard. They resolved this transport issue with the assistance of local organisations and through friends and neighbours volunteering. Assistance with the transport of topsoil was done with the occasional assistance of Fingal County Council if they were working in the area.

Outcomes for year one

The organisers believe that they achieved most of their objectives as set out in their proposal for year one. They have also begun work on year two by developing a school garden in a local school. Some of the main outcomes for year one was;

- They recruited a co-ordinator who works seven hours a week on the CFI.
- They established a Steering Group, which met three times in the first year.
- They established a community garden on the grounds of Corduff Resource Centre.
- They established the D15 Good Food Network. There is good sharing of knowledge and resources among various organisations in Dublin 15.
- Fingal Recycling Centre supplies some materials and tools for the development of the community garden.
- Donations are provided by the local private allotment owner of abandoned gardening tools.

- Fingal County Council library donates old library books and we have used them to set up a community garden library.
- ITB has hosted three free workshops for community members of the D15 Good Food Network.
- ITB has also run workshops in St. Patrick's National School for the teachers and students. They assisted in the planting of an orchard of 38 native Irish heritage varieties of apple trees in St. Patrick's.
- Hairy Men's Shed have built compost bins for the school garden, with pallets supplied by local businesses.
- Riversdale Community College school-completion students attend their Grow Your Own course in St. Patrick's National School.
- CFI has taken part in three community health fairs and the Aontas adult education celebration event.
- The CFI co-ordinator attended two social enterprise workshops and made links with organisations that will possibly lead to the development of a micro business for the CFI.
- The D15 Good Food Network co-ordinator has had meetings with Tyrrelstown Educate Together National School to advise on the setting up and development of their school garden. Also, the co-ordinator met with Mountview Family Resource Centre to advise on how to improve community participation in their community garden, sharing information on our training programmes which their members can attend. Similarly for Ladyswell National School, the Dublin 15 Good Food Network has engaged a fourth year horticulture student to work with the school to develop their garden and has shared information and resources.

Other groups that have been included in this information sharing: Hairy Men's Shed, BASE enterprise centre, the Scouts, Community Drugs Project, Care & Repair Team, Community Maintenance Team, Respond Housing Association (Avondale Community Garden), Mulhuddart Community Centre, Coolmine Community College, Millennium Community Garden (ran free pruning and propagating workshops), Coolmine Therapeutic Community, Santry Community Garden (shared fruit bushes). Sharing and pooling resources has kept the costs down significantly for the CFI.

- 1) Healthy Food Made Easy Refresher Seminars did not take place. However, participants who attended HFME courses were informed of the CFI, and some have attended CFI events. Moreover, CFI attendees have progressed to HFME. The complimentary nature of the two programmes has been established, and they provide progression routes and continued learning for participants. The last outcome was not achieved fully due to the time constraints and the work load completed in the first year. Could anything have been done differently?

They are not sure as the workload was so large due to the huge interest and engagement with the community.

Problems anticipated for year two

It may be difficult to hold six steering group meetings as the first year has shown how limited the members' time is. It may be more realistic to hold three well attended meetings. As the network is developing, responding to the needs and requests of members and the community takes more time. Accordingly, the meetings are less formal and take place sometimes during their training courses and workshops.

The work in St. Patricks National School will continue, and the work in the first year has shown that more support is needed by the school as teachers' knowledge and experience of food and growing are quite limited. The CFI co-ordinator has been facilitating and working with the school intensively; however this is not sustainable and it will be necessary to employ a tutor who can have a presence in the school garden for perhaps three hours a week to run courses and assist with supervision of the children in the garden. There is perhaps enough money in the budget to cover this if we are allowed to use some of the savings from year one.

The main successes of year one

- A real success was the amount of community participation. The training courses and workshops have worked really well and the participant evaluations reflected this.
- The community garden has transformed the site of the community resource centre, with everyone commenting on how lovely the centre is now. It is attracting much attention, so much so that it has been entered into the Fingal Cleaner Community Award, although it is still in development.
- The school garden has been phenomenal, with the school children wanting to put into practice at home what they have learnt in the school garden. They have been keeping diaries about their activities in the garden, and they have been eating and tasting foods they would not normally try.
- The school orchard is another lasting resource. The biodiversity in the vicinity of the garden has improved, with some locals commenting on how many birds, butterflies, ladybirds, etc are present that they have not seen in a long time.
- A network of supportive and useful contacts for the continued and sustainable development of the CFI was established.

The main 'learnings' in year one

- The impact community gardens can have on an area are huge for the morale of that community. The wonder of adults when they see and taste fresh food growing in their area, when previously the attitude would have been one of lack of interest/apathy or distain towards healthy food, is a joy to see. Gardening and having an activity that shows results in a short space of time really do engage people.
- To allow the project to be in some way shaped by the community makes the growing and eating of healthy food more acceptable rather than them feeling guilt or fear around unhealthy eating habits.
- When people see results, they are motivated to continue.

Finally, each CFI was asked to identify any changes (if any) they noticed in relation to food habits and learning from participants, e.g. if they had reported any changes in the foods they eat or attitudes to food?

- People are not turning up their noses now to the idea of healthy food. They are asking questions and wanting to find out more, whereas before you could not mention the words 'healthy' and 'food' together. People did not want to know.
- Kids are jostling to get the ripest peas and freshest lettuce leaf in the school garden and wanting to bring home little handfuls to their mums. Members are eating more fresh salad. They are thinking about where their food is coming from and choosing to buy local where possible.
- They are making their own tomato chutneys, etc. and a lot more of their own home-cooked food, and buying fresh food from the shop.
- They are making their own bread and cakes.

4 Cloughmill's 'Incredible Edibles Project'⁶

Cloughmills Community Action Team was formed initially in 1999 to develop and deliver social, economic and environmental solutions for the local community. Their aim was to harness the imagination and enthusiasm of local people to both devise and implement programmes and initiatives which would impact positively on the quality of life for all. Since 1999, the Community Action Team has sought to give a voice and value to people of all ages, building relationships within and between generations and communities in the process. The Community Action Team increases the choices available to people, meets needs locally and is empowering a community to face the future with confidence. Incredible Edibles Cloughmills is a key campaign managed by the Community Action Team, which seeks to deliver effective change using food as the mechanism.

The vision of Cloughmills *Incredible Edibles* Project (Co. Antrim) is to reconnect people with each other, their community and the natural world by developing a sustainable fair and healthy food system in Cloughmills. The project aims to teach people where food comes from, to appreciate the seasonal diversity and environmental impacts of food, and how to be confident in cooking and celebrating the role of food in their lives. The organisers hope to improve diet-related ill health, reduce the impacts of poverty and make their community more resilient. There are three pillars to their project: community, learning and business.

⁶ <http://healthyfoodforall.com/initiatives/1247> (Antrim)

Total number of participants

During the first year of the CFI, an average of 48 individuals took part each month in a CFI activity organised by Cloughmill's *Incredible Edibles* project (Table 13).

Table 13: Total number of participants in any CFI activity in year one

Year one	Total number of participants
April 2013	-
May 2013	42
June 2013	41
July 2013	81
August 2013	102
September 2013	42
October 2013	65
November 2013	30
December 2013	21
January 2014	97
February 2014	43
March 2014	11
Average monthly attendance	48

Participation in CFI activities

During the first year of the CFI programme, the participants took part in a range of CFI activities, including gardening/growing food, developing cooking skills, and healthy eating. They also organised and attended a number of food and gardening related workshops (Table 14).

Table 14: Total number of participants in CFI activities in year one

Year one	Gardening/ growing	Cooking skills	Healthy eating	Planning & budgeting	Other
April 2013	-	-	-	-	-
May 2013	31	11	-	-	-
June 2013	27	14	-	-	-
July 2013	37	25	19	-	-
August 2013	29	41	-	-	15 Open Evening; 9 Beekeeping; 8 Foraging
September 2013	19	9	-	-	14 Clay oven building
October–December 2013	9	90	-	-	17 Souper Saturday
January–March 2014	6	145	-	-	-

Some of the activities undertaken by the CFI included a Grow-Your-Own course, Twilight Gardening (a drop-in gardening club), a healing garden (helping people to benefit emotionally and physically from gardening/growing food), baking classes in a primary school, family pizza and movie night, bread making, foraging, natural bee-keeping, making an outdoor clay oven with the help of volunteers, making a potluck supper, homemade soup making, how to grow in winter classes, Christmas cooking class, making funny fruit face pancakes, and slow cooking.

Other CFI activities

Each CFI is expected to engage in a range of activities over the course of the three-year programme. The following represents the range of activities, the number of participants in each activity during the first year of the programme and the value placed on each activity by the CFI.

Table 15: Cloughmills: Engagement in programme activities

Activity	Description of activity	Total Number involved from CFI	Rate value of activity for the CFI project
			Score 1-7 ⁷
1. Networking	Visit by Windsor Women's Group to Cloughmills.	11	7
	Fettercairn networking event.	2	7
2. Training	Hens @ Home – an introductory course on keeping hens at home.	19	6
3. Sustainability of project	Veggies @ the Mill – a market staff selling surplus produce.	20 customers weekly	7
	Meetings to develop partnerships with PHA and a local community chef.	3	7
4. Project management			
5. PR/advertising	Work on website to be launched in 2014.	6	7

Overall, the CFI organisers are quite satisfied with most aspects of the initiative's progress in year one, and they are largely satisfied that their objectives for that year have been achieved. They were particularly satisfied by the funding process and the support provided by the Development Worker. Conversely, they were less than satisfied with the number of participants, the support from the local community, the sustainability of the CFI and the capacity of the CF to resolve difficulties (Table 16).

⁷ This is a 7-point scale, where 1 represents the lowest score and 7 the highest. You can also choose any number in between.

Table 16: Satisfaction with the progress of the CFI in year one

	Very satisfied	Satisfied	Mixed feelings	Dissatisfied	Very dissatisfied
Overall progress in meeting your objectives for year one.		Yes			
Number of participants			Yes		
Profile of participants		Yes			
Range of activities and events		Yes			
Support from local community			Yes		
Funding process	Yes				
Support from Development Worker, e.g. budget changes, information sharing opportunities	Yes				
Technical support from safe food e.g. sharing campaign information		Yes			
Sustainability of the CFI			Yes		
Shared learning		Yes			
Networking opportunities		Yes			
Capacity of your CFI to resolve difficulties			Yes		

While participants believe that they started okay and they got some publicity, they are mindful of the need of the need to engage with more people, particularly those who need support. They are pleased with their capacity to engage with a wide range of age and social groups across their community. They would also like more sharing of information in different regions.

Main challenges and responses

Their main challenge is managing workloads and expectations. This is particularly tricky for volunteers working on a number of projects. They have a significant job on their hands developing the mill complex, but this is nearing completion. They realise that they are still very focused on doing things and that they need to improve their communications. They are currently working on a plan for this.

Other challenges encountered by this CFI include the initial getting of information out to the community and ongoing promotion of the project, finalising the work plan, finding ways to engage people most at risk from poverty, such as what language to use and which methods, and planning for quiet periods during the year, such as the winter and summer months. The organisers are addressing issues of sustainability and promotion in a number of ways. First, they are developing partnerships with other organisations and individuals within the public and community sector to leverage additional funding and also to make additional programmes available. Some events, such as Pot-luck Suppers and Souper Sundays, have generated a lot of interest in the community and encouraged people to think about other ideas. The co-ordinators believe that they are creating space for these conversations to happen.

The main successes

The special events have been very successful. These include Twilight Garden, Souper Sundays, Pot-luck Suppers and family pizza night. The garden continues to attract volunteers, and people are using the site in different ways. Above all, the organisers believe that they are beginning to engage the community and to get to the core of food poverty.

The main learning

Publicity and communicating with the local community is very important to the success of the project. The organisers believe that they need to 'up their game' in relation to tackling food poverty by introducing more initiatives which extend beyond growing and begin to tackle the underlying causes of food poverty. They also believe that they need stronger and more strategic relationships with other bodies, and underline the benefits of engaging more long-term volunteers. During the year, they found that greater integration of age groups worked well at special events.

5 Doras Buí ‘CHANGE’

Doras Buí is a community resource centre for one-parent families located on the north-east side of Dublin city. The staff work with local community groups and statutory agencies to build a strong and vibrant community, where people of all ages can enjoy a safe and secure environment, and enjoy a good quality of life. Their work with one-parent families encourages social and economic independence and personal empowerment. They are committed to promoting equality and diversity. Their CFI project, CHANGE (creating health around nutrition, growing and eating) is a multifaceted programme, which seeks to transform the way lone parents think about food. The programme focuses on education, health and the affordability of healthy food for lone parents as a particularly disadvantaged low-income group. The key aspects of the initiative comprise training programmes for lone parents and the establishment of a sustainable community garden to engage the wider community.

Total number of participants

During the first year of the CFI, an average of 22 individuals took part each month in a CFI activity organised by Doras Buí CHANGE (Table 17).

Table 17: Doras Bui: Total number of participants by month

Year one	Total number of participants
April 2013	-
May 2013	-
June 2013	40
July 2013	5
August 2013	-
September 2013	39
October 2013	65
November 2013	29
December 2013	14
January 2014	17
February 2014	18
March 2014	38
Average monthly attendance	22

Participation in CFI activities

During the year, the participants took part in a range of CFI activities, including gardening/growing food, developing cooking skills, and healthy eating. They also organised and attended a number of food and gardening related workshops (Table 4.18). The majority of participants are adult females.

Table 18: Dora Bui: Total number of participants in CFI activities*

Year one	Gardening/ growing	Cooking skills	Healthy eating	Planning & budgeting	Other
June 2013	-	-	18	-	7
July 2013	-	-	-	-	11 Steering group and networking
September 2013	16	-	17	-	8 Steering group planning community garden
October– December 2013	52	-	10	-	6
January– March 2014	40	-	-	-	3 Steering group 2 Networking event

The CFI organised a ‘Grow Your Own without a Garden’ course, which is a 10-week course introducing participants to container growing. It involved propagation, taking cuttings, learning soil and pests, ‘upcycling’ materials, etc. The organisers also ran a 10-week Healthy Eating programme and three volunteer days in the community garden. In January, they began a 10-week Community Gardening Volunteer training course for adult women, and twice a week, they run open sessions in the community garden for a range of children and adults.

Other CFI activities

Each CFI is expected to engage in a range of activities over the course of the three-year programme. The following represents the range of activities, the number of participants in each activity during the first year of the programme and the value placed on each activity by the CFI.

Table 19: Doras Bui: Engagement in programme activities

Activity	Description of activity	Total number involved from CFI	Rate value of activity for the CFI project Score 1-7 ⁸
Networking	CFI launch in Belfast.	2	7
	CFI networking event in Fettercairn	2	7
	Networking event in Dunmanway	2	7
	Active participation in Dublin 17 Healthy Communities consultation	1	5
	Attended OPEN Garden Celebration event in Finglas	1	4
	Linked in with Connect4 Project	1	5
	Linked in with local colleges	2	5
	Linked in with two local large businesses		
	Linked in with Dublin City Council	1	6
	Participated in HFFA conference	3	6
	Participated in cross-border work placement with Groundwork NI and Colin Glen Allotments, Belfast	1	7
	Participated in planning stage of HSE and Northside partnership's 'Healthy Communities' initiative for NE Dublin	2	4
	Ran a stall at the 'Health Heroes' event in local school		
	Participation in Northside Community Forum and Northside Healthy Communities Working Group	2	5
		2	3
	Training	One-day course with ECO-UNESCO on starting up community gardens	1

⁸ This is a 7-point scale, where 1 represents the lowest score and 7 the highest. You can also choose any number in between.

Table 20: Doras Bui: Engagement in programme activities (continued)

Activity	Description of activity	Total number involved from CFI	Rate value of activity for the CFI project Score 1-7 ⁹
Sustainability of project	Researched additional funding sources, such as Local Agenda 21	2	5
	Discussions with city council	3	6
	Community engagement – informal meetings with participants and volunteers	8	6
Project Management	Steering group meetings on community garden planning	7	7
	Day-to-day management Additional hours allocated to development worker	1	7
PR/advertising	Information meeting on CHANGE for Doras Bui clients	32	5
	Press release to local media on community garden – newspaper articles and radio interview	1	3
	Facebook page for community garden	2	4
	New logo for CHANGE CFI	2	3

Overall, the CFI organisers are quite satisfied with most aspects of the CFI's progress in year one, and they are largely satisfied that their objectives for year one have been achieved. They were particularly satisfied with the profile of the participants, the range of activities and events, the support provided by the Development Worker and the networking opportunities created. Conversely, they were less than satisfied with the funding process (Table 20).

⁹ This is a 7-point scale, where 1 represents the lowest score and 7 the highest. You can also choose any number in between.

Table 21: Doras Bui: Satisfaction with the progress of the CFI in year one

	Very satisfied	Satisfied	Mixed feelings	Dissatisfied	Very dissatisfied
Overall progress in meeting your objectives for year one	Yes				
Number of participants		Yes			
Profile of participants	Yes				
Range of activities and events	Yes				
Support from local community		Yes			
Funding process			Yes		
Support from Development Worker, e.g. budget changes, information sharing opportunities	Yes				
Technical support from safefood , e.g. sharing campaign information		Yes			
Sustainability of the CFI		Yes			
Shared learning		Yes			
Networking opportunities	Yes				
Capacity of your CFI to resolve difficulties		Yes			

They explained their dissatisfaction with the funding process as follows:

The initial process was fine; however, we feel further flexibility is needed in relation to budget changes. As long as proposed changes did not affect the nature of the service, the expected outcomes or overall budget, our suggestion would be to grant a margin of approximately 10 per cent per budget line for small changes that could be made without written consent. While we appreciate **safefood** is open to requests around changes, it can be time-consuming to obtain permission, especially if it were

to be a frequent occurrence. Furthermore, it is not clear if permission is required for very small changes, so maybe some clarification around this would be beneficial.

They believe that almost all of their expected outcomes have been met and even superseded, with two small exceptions. Firstly, the number of lone parents participating on the 10-week volunteer training programme between January and April 2014 was less than anticipated. The target was 14 and the actual number was 11. Feedback from service users suggests that the timing of the course was a factor. In hindsight, the course may have been better left for the spring/summer term as it is an outdoors activity and people were a bit apprehensive, this being the first time we'd run something in the garden itself. Availability was another factor – two women expressed interest in signing up but were unfortunately unavailable on the day the programme was scheduled for. We did, however, facilitate these women at an alternative time once the gardener was in place and the garden was open to the public.

Secondly, the content of the volunteer training programme was changed according to the needs of the participants and the programme. It was initially envisaged that this programme would include sessions on community development, group dynamics and conflict resolution. However, given there were only 20 hours of class time and the participants' self-reported a 'lack of knowledge and confidence' around growing things, it was decided the best use of the time would be to focus on gardening skills and basic horticultural theory and practice as well as building the group's confidence. At the current stage of the programme, there is a stronger and more relevant need for group dynamics training to help the growing volunteer base to be self-organising and sustainable – but we can try to facilitate this need in the form of a workshop in the coming months.

Main challenges and responses

- The lack of horticultural expertise was an issue for us in the early stages in terms of trying to plan and develop a community garden.
- The collaborative approach we have taken often adds to the workload as the process is more complex; however, it also makes the process more meaningful and brings many benefits.
- Managing interpersonal relationships between volunteers and having the time to positively manage group dynamics was a challenge.
- The workload involved, particularly in establishing the community garden, has been far greater than anticipated.
- Community engagement was a challenge and, again, was very time consuming, but rewarding.

- Engagement with our Local Authority: This hasn't really come to fruition yet. While there has been a small level of interest from two local councillors, we have found it difficult to engage with DCC staff and managers.
- The Community Gardening training programme had a lower than expected sign-up (11 instead of 14); however, the completion rate was excellent for those who did attend.

How the CFI resolved problems encountered in year one

- They sourced a horticultural advisor who then joined the steering group.
- They brought an extra Doras Buí representative onto the steering group and made the structure and roles clearer for everyone. This structure emphasises Doras Buí's role as the lead organisation, having full powers of authority over the development of the garden within the context of the current funding.
- They allocated additional staff time to building community engagement and established a volunteer structure to facilitate volunteer input into planning and decision-making.
- They opened the garden up as a space for families and have started to develop additional facilities and activities, which are child and family friendly. The level of community engagement has increased strongly in the last two months as a result of these measures.
- They had hoped that the management/staff of Dublin City Council would accept invitations to the official launch, and that this would be a good opportunity to start a dialogue with them about working together. Unfortunately they did not attend. CFI intends to follow this up and will be trying to set up meetings in the near future.
- As the Community Gardening training course had a lower than anticipated sign-up, they worked hard to ensure that retention rates were high by making weekly contact with each participant and offering supports where needed.

Anticipated changes to year two

The launch event was brought forward and took place on May 22nd as the garden development happened at a quicker pace than planned and they felt summertime was a more appropriate time of year for an outdoor launch event. They also plan on having a second event, an 'Open Day' in July, which will be targeted more at the local community and families and will be informal and celebratory in nature. The amount budgeted for the launch event will not cover both the formal launch and the open day. (Note: The cost of the formal launch was supplemented by resources and benefits-in-kind obtained from members of the steering group).

The main successes of year one

The level and rate of development in the Community Garden has met their expectations and there has been a really positive reaction to it from the local community. A significant volunteer effort has enabled the garden to be developed from the bottom up, and they have had almost 30 people volunteering (not including the CSR volunteers from local businesses, many of whom do so on a regular basis). There has also been great engagement with local groups, and they work regularly with local mental health services, youth services, autism services and a disability service.

The Healthy Eating programmes had very good uptake also and seem to have been a great starting point for service users to begin making changes to their diet. They have had coverage in two local newspapers and have been on local radio station NEAR FM twice.

The main ‘learnings’ of year one

- The value and importance of ‘meeting people where they are at’, recognising that people have different levels and type of interest in the garden and opening it up for people to use in a way that is appropriate to their needs. This meant making the garden more family friendly and welcoming people of all ages and abilities.
- The value of networking and of ‘piggybacking’ on health-related events happening in the area as a space/platform for creating awareness about the programme was recognised.
- Meaningful engagement takes time and is human resource heavy. While it is a big ask of resource-poor community organisations, it does pay dividends. People and not money will be the key to sustaining the project in the long-term.

Change in food habits in year one

Finally, the CFI organisers were asked if they noticed any changes in relation to food habits and learning from participants. Overall, there was increasing awareness of a wider variety of foods, for example squashes, radishes and oriental salad leaves. Participants are trying new foods because they are growing them or because they tasted them during the Healthy Eating programme. Some garden volunteers have expressed an increased interest in food and cooking since taking part in the garden, along with a sense of having improved goals for healthy eating as a result of spending more time outdoors (less likely to eat a takeaway after working in the garden as opposed to being inactive at home) and growing vegetables.

6 Dunmanway ‘Grow it, Cook it, Eat it – Growing Together Project’

Dunmanway Family Resource Centre operates under the Family and Community Services Resource Centre (FRC) Programme. Its aim is to combat disadvantage and improve the function of the family unit. As a family resource centre, it engages with, and focuses on, providing supports to low-income families in their community e.g. lone parents, unemployed men and women, disabled people, disadvantaged families and marginalised youth. The organisers hope that their CFI project will engage local families and groups in sharing and learning skills (including inter-generational co-operation) to promote healthy eating and wellbeing and to provide opportunities for growing and cooking food together in a fun, sustainable and inclusive way. They hope this will promote positive family and community relationships, which will reduce isolation, promote wellbeing and reflect cultural diversity. They propose to develop the community garden in conjunction with their Hairy Men’s Shed project, on previously unused land leased from Cork County Council.

The objectives of the Dunmanway FRC *Grow it, Cook it, Eat it Growing Together* CFI are:

1. To break down the barriers that families on low incomes experience in accessing affordable, healthy food, and to increase the resilience of low-income families
2. To provide/contribute food for their meals-on-wheels service
3. To provide opportunities for participants to share their existing knowledge and learn new skills in growing and cooking fruit and vegetables, composting etc.
4. To utilise the skills and experience of, and work collaboratively with, local projects, including Cork Environmental Forum, the Hollies Centre for Practical Sustainability and the Irish National Forestry Foundation to provide facilitated workshops and experiences
5. To reduce isolation and promote wellbeing

6. To help participants learn practical skills in the provision of wholesome, healthy food options attractive to the whole family (from babies to adults into old age) and associated skills of planning and budgeting
7. To promote positive family and community relationships in growing, cooking and eating together to reduce isolation, promote wellbeing and reflect cultural diversity and the valuing of difference
8. To have fun learning and sharing together.

Total number of participants

During the first year of the CFI, an average of 24 individuals took part each month in a CFI activity organised by Dunmanway's *Grow it, Cook it, Eat it* community garden project (Table 22).

Table 22: Dunmanway: Total number of participants in any CFI activity in year one

Year one	Total number of participants
April 2013	-
May 2013	-
June 2013	19
July 2013	-
August 2013	66
September 2013	40
October 2013	12
November 2013	34
December 2013	50
January 2014	13
February 2014	14
March 2014	42
Average monthly attendance	24

Participation in CFI activities

During the first year of the CFI programme, the participants took part in a range of CFI activities, including gardening/growing food, developing cooking skills, and healthy eating (Table 23).

Table 23: Dunmanway: Total number of participants in CFI activities

Year one	Gardening/ growing	Cooking skills	Healthy eating	Planning & budgeting	Other
April 2013	-	-	-	-	-
May 2013	-	-	-	-	-
June 2013	15	-	-	-	3 Programme launch 4 Networking event
July 2013	-	-	-	-	-
August 2013	10	-	-	1	55 Summer camp
September 2013	7	-	-	2	41 Open day
October– December 2013	7	15	16	3	20 Open day
January–March 2104	9	-	-	-	33

Some of the activities undertaken by the CFI during year one included gardening courses and activities, converting derelict land into a community garden, holding open days and summer camps, Hairy Men’s Shed cookery course, Munch Bunch (low income families cooking together) and holding steering group meetings. Overall, the CFI is satisfied with the value of the various activities for the project.

Other CFI activities

Each CFI is expected to engage in a range of activities over the course of the three-year programme. The following represents the range of activities, the number of participants in each activity during the first year of the programme and the value placed on each activity by the CFI

Table 24: Dunmanway: Engagement in programme activities

Activity	Description of activity	Total number involved from CFI	Rate value of activity for the CFI project
			Score 1–7 ¹⁰
1. Networking	Networking event in Fettercairn.	2	7
	Hosting overnight CFI network meeting	22	6
6. Training	-	-	-
7. Sustainability of project	-	-	-
8. Project management	Steering group meetings	5	5
	Financial reporting	3	7
9. PR/advertising	Facebook updates, posters, visits to local schools.	1	6
	Breaking down infrastructure tasks	3	2

Overall, the CFI is quite satisfied with most aspects of the project's progress in year one and is largely satisfied that their objectives for year one have been achieved. The organisers were particularly satisfied by the profile of the participants, the support provided by the Development Worker and technical support from **safefood**. Conversely, they were less than satisfied with the number of participants and the sustainability of the CFI (Table 25).

¹⁰ This is a 7-point scale, where 1 represents the lowest score and 7 the highest.

Table 25: Dunmanway: Satisfaction with the progress of the CFI in year one

	Very satisfied	Satisfied	Mixed feelings	Dissatisfied	Very dissatisfied
Overall progress in meeting your objectives for year one.		Yes			
Number of participants				Yes	
Profile of participants	Yes				
Range of activities and events		Yes			
Support from local community		Yes			
Funding process		Yes			
Support from Development Worker, e.g. budget changes, information sharing opportunities	Yes				
Technical support from <i>safefood</i> , e.g. sharing campaign information	Yes				
Sustainability of the CFI			Yes		
Shared learning		Yes			
Networking opportunities		Yes			
Capacity of your CFI to resolve difficulties		Yes			

While the organisers believe that they achieved most of their year one objectives, they overestimated the number of cookery classes they could offer and the volunteers become frustrated because of the low numbers involved. Many of the same people are involved in the design and building of the garden and with class participants, with the result that progress was slower on the construction side of things when they attended classes.

Main challenges and responses

The main challenges the organisers encountered during year one were:

- Decision-making held up a number of projects.
- The weather made accessing the site very difficult for nearly three months at the beginning of 2014.
- Keeping the neighbours happy and informed was an issue.
- They experienced some communication problems where volunteers perceived they were being left out of decision-making. As the project has grown, the way in which the organisers organise themselves, manage the space, support the participants and further the aims of the CFI requires careful organisation and listening. They are looking to move away from an all-participant steering group and to set up a local management group and an agency/funder steering group to allow decisions to be made in a more relevant setting, and to keep everyone happy in the process.
- They struggle to keep on top of the administration.
- While their administrator has a very firm understanding of the budget, they, as planners, are not confident about make quick decisions re the finances. As a number of staff are working on the CFI, they risk under-spending due to a fear around over-spending in certain areas. They need to work on this to be more effective.
- They have had scheme workers who showed great promise but really struggled with motivation issues. This held up a number of projects.

They are addressing these challenges on a number of fronts. They appreciate that it is a learning process and they have reached a stage where the management of the CFI needs to be tweaked by setting up a local volunteer management group that is supported by them. They have not lost one volunteer through being unable to resolve these differences, even though they have had many misunderstandings. They are at the stage where they need to draft policies for usage. They are much clearer in providing worker job descriptions. They believe that they are very fortunate to have volunteers who are happy to share their time and skills to create a community garden. All are firmly behind the 'shared by all, owned by no-one'.

When asked if they had achieved their objectives for year one, they noted the following gaps.

- The infrastructure required for the garden took much longer to put in place than anticipated for a number of reasons, including weather, availability of machinery and operators, and motivating some of the scheme workers.

- They have been unsuccessful using a social work student placement to co-ordinate and manage the Hairy Men's Shed volunteers and scheme workers to build a small structure in the garden. This project has been held over until September in year two. They rely on placement students to carry out a number of tasks and normally, with support and supervision, this works well. The lesson is not to assume that a task delegated is necessarily an easy one for some students.
- They held over some cookery classes, and these are taking place in year two.
- They did not anticipate requests from organisations that support adults with intellectual disabilities and mental health and they had not included this element in the CFI. Accordingly, they have planned a therapeutic gardening group that will support those facing isolation in the community.

The tasks not achieved in year one have been transferred to year two. They made a mistake in the budget for the gardener's wages but immediately alerted **safefood** of the issue. They appreciated the support and flexibility offered by **safefood**. They have decided not to run all the cookery classes planned for year two as they may not get enough participants.

The main successes of year one

- The amazing work that the volunteers have achieved by working together to create a happy and peaceful garden that is 'shared by all, owned by no-one'
- The welcome that is extended to anyone who comes into that space
- A culture of sharing and inclusion that is deeply rooted in the community garden and in the minds of those who volunteer

The main learning from year one

The three main 'learnings' from Year one were:

- To do everything in manageable chunks
- To listen, listen and listen and then follow up quickly
- To Finally, when asked if they had noticed any changes in relation to the food habits and learning of their participants, the CFI replied in the affirmative with the following comments.

‘As a centre we are more conscious of our role as a health promoter. The men’s cookery classes were very successful and have given those men greater confidence to participate in feeding their families. The Munch Bunch continues to serve as a powerful way to encourage families to see the social and health benefits of eating nutritious food together. We have added a number of food and gardening elements to other non-CFI programmes. Our parent and toddler group used to involve parents bringing a not-always healthy snack for their children; we now provide fresh fruit, cheese and water to the children, who also prepare a simple baking exercise each week (bread rolls, fruit scones, oat cookies), which is shared by the parents and children. This process creates more work and preparation for us as staff, but the benefits in terms of seeing the children prepare and eat well, and the reduced chaos due to consuming foods and drinks with no additives are wonderful. The sharing of food is also a very valuable process. The community garden project has become central to much of our three year work plan.’

7 Fatima Groups United Food Project¹¹

Fatima Groups United (FGU) Family Resource Centre is the representative body of residents and community groups through which the grassroots energy, needs and views of the community are represented and supported. It was formed out of a process that began in 1995 to address and make sense of the chronic social problems in Fatima Mansions. FGU works according to the principles and practice of community development. The Fatima CFI project aims to address food poverty, ill health related to bad nutrition, and the lack of education and awareness around nutrition among local residents, and to explore if a long-term CFI is feasible. The target audience for the CFI are the residents of Rialto, Fatima and Dolphin, and others who are part of FGU's programmes.

They plan to fulfil this aim by achieving the following objectives:

- To identify barriers that residents face to making healthy food choices through a series of food events
- To look at the barriers and develop a localised pilot food programme in response
- To work with existing and new groups in understanding food, nutrition and the impact of food on physical and mental health
- To support and influence local residents to change their food choices within their low income budget through workshops and through their involvement in local programmes
- To run a series of 'Healthy Food Made Easy' courses in conjunction with the HSE Health Promotion programme
- To influence local cafes and shops in promoting accessible healthy choices that are cheap, especially the café based in Fatima itself
- To influence catering at local community events
- To develop a grow-it-yourself culture in Rialto
- To source cheap fresh food locally
- To include dietary information in any health and fitness programme, such as Fatima Operation Transformation

¹¹ www.fatimagroupsunited.com (Dublin)

Total number of participants

During the first year of Fatima’s food project, an average of 96 individuals took part each month in a CFI activity (Table 26).

Table 26: Fatima: Total number of participants by month

Year one	Total number of participants
April 2013	-
May 2013	-
June 2013	-
July 2013	-
August 2013	657
September 2013	71
October–December 2013	223
January–March 2014	204
Average monthly attendance	96

Participation in CFI activities

During the first year of the CFI programme, the participants took part in a range of CFI activities, including gardening/growing food, developing cooking skills, and healthy eating (Table 27).

Table 27: Total number of participants in CFI activities in year one

Year one	Gardening/ growing	Cooking skills	Healthy eating	Planning & budgeting	Other
April–August 2013	7	34	30	14	415 Community Festival lunch and barbeque 30 Community breakfast 7 Men’s fitness 105 Senior citizens’ dinner 15 Operation Transformation
September 2013	-	-	12	5	46 Community breakfast in Fatima and Dolphin 8 Men’s fitness
October– December 2013	-	79	15	19	70 Christmas lunch 30 Community breakfast
January–March 2014	15	40	46 Nutrition workshop 18 Breakfast workshop 14 Food support grp	15	42 Community breakfast 14 RTE consumer show meeting

The CFI engaged in a wide range of community-based activities during year one, including the following:

Table 28: Fatima: Description of CFI activities

CFI activity	Description of activity
Gardening/growing food	A three-day workshop held during the Fatima summer festival, 'Growing food in a small space'
Cooking skills	Separate women's and men's cooking groups
International cooking course – three weeks	This three-week course was a demonstration cooking course used as a taster to draw people into the centre and to learn about food. It was used to encourage people to cook for themselves instead of takeaways. From this and the HFME courses, the men's cooking group and the Wednesday cooking group started.
Healthy eating courses – HFME	The January course was run in parallel with operation transformation.
Planning and budgeting	This 8-session course was run by St Vincent de Paul on money and budgeting, which had a large food budgeting element to it. All 14 participants started and completed the course.
Community festival lunch	This was a family festival lunch which charged €5 for two adults and two children. Participants and volunteers cooked the food.
Community breakfast – weekly	Healthy breakfast cooked by men's fitness and health group for local people and staff of the F2
Men's fitness morning and Men's Friday group.	This group evolved from Operation Transformation and from the HFME course.
Senior citizens' dinner	An evening meal with entertainment and lifts home for senior citizens as part of the Fatima summer festival. The food was cooked by participants and volunteers.
Community barbeque	This was a beach trip with a barbeque. The participants and volunteers cooked the food.
Nutrition workshops	Workshops held to link healthy food with exercise as part of Operation Transformation.
Healthy breakfast, Dolphin House	Healthy breakfast cooked by health workers for local people
Cooking for children	Five session course to teach children basic skills in cooking

Other CFI activities

Each CFI is expected to engage in a range of activities over the course of the three-year programme. The following represents the range of activities, the number of participants in each activity during the first year of the programme and the value placed on each activity by the CFI.

Table 29: Fatima: Engagement in programme activities

Activity	Description of activity	Total number involved from CFI	Rate value of activity for the CFI project
			Score 1–7 ¹²
Networking	CFI launch in Belfast	9	6
	Networking event in Fettercairn HfA conference.	6	7
	Dunmanway networking event	2	7
Training	HFME	26	7
	Introduction to gardening	12	7
Sustainability of project	-	-	-
Project management	Evaluation and planning sessions	19	7
PR/advertising	Texting and brochure	1	6

Overall, the CFI organisers are quite satisfied with most aspects of the CFI's progress in year one, although not all of their objectives were met. Three out of four expected outcomes were achieved: a group of people interested in learning more about food and forming a group; terms of reference roles and responsibilities; and an action plan to guide the CFI. The organisers were unable to gather evidence of the gaps and barriers to accessing and using healthy food and draft an action plan for residents. This will need an outside person to do this and they hope to achieve this through research in year two. They were particularly satisfied with the support provided by the Development Worker, but less so with the technical support from **safefood** and the sustainability of their CFI (Table 30).

¹² This is a 7-point scale, where 1 represents the lowest score and 7 the highest.

Table 30: Fatima: Satisfaction with the progress of the CFI in year one

	Very satisfied	Satisfied	Mixed feelings	Dissatisfied	Very dissatisfied
Overall progress in meeting your objectives for Year one			Yes		
Number of participants		Yes			
Profile of participants		Yes			
Range of activities and events		Yes			
Support from local community		Yes			
Funding process		Yes			
Support from Development Worker, e.g. budget changes, information sharing opportunities	Yes				
Technical support from safe food, e.g. sharing campaign information			Yes		
Sustainability of the CFI			Yes		
Shared learning		Yes			
Networking opportunities		Yes			
Capacity of your CFI to resolve difficulties		Yes			

Overall, they believe that Year one was a very successful year for their CFI, although they acknowledge that some of their objectives have not been met. The food project developed mainly through the establishment of cooking groups, with participants taking an enthusiastic interest in cooking food from scratch. These groups arose out of HSE Healthy Food Made Easy courses and the Fatima Operation Transformation programme. Towards the end of the 2013, they brought participants and facilitators together to evaluate and plan ahead. They found this process to be extremely powerful,

and there is now an ownership of the food project, with many ideas arising. In addition, the men's cooking group took a lead role in cooking for community events.

The gardening group took a while to establish itself and will only develop properly in year two. While they had hoped to link in with Flanagan's field community garden, this only started to happen at the end of year one. Although they acknowledge that collective training took place at the various networking events and that it is valuable when it happens, they get most of their support from HFFA. They would like to see a greater presence by **safefood** in the programme. Sustainability is a source of concern for them, which they will address in year two. The following objectives were not met in year one: regular inputs from a dietician (due to HSE cutbacks); they did not link up with Flanagan's field but hope to do so in year two; they did not have a harvest event as this was intended to happen with Flanagan's field; and they did not start work on a café.

Main challenges and responses

- How to contain the breadth of possibilities available that this project offers, the great enthusiasm that was provided by participants and the ideas that arose with the realisation that not every expectation could be met.
- The cost of food for the programmes. They had received local support for this up to November 2013. However, when this was taken away, they were unable to provide the same level of food for cooking groups as was done previously.
- Managing local partnerships around aspects of the programme.
- Managing the budget with the wide range of programmes.
- Trying to make links with a local community garden, which was not initially interested.
- Involving the HSE in the project.

They addressed these issues in the following ways:

- They brought participants and facilitators together and shared out responsibility.
- They tried different ways to secure affordable food, e.g. Foodbank, Foodcloud and community garden.
- A partnership agreement is being drawn up with the local community garden for year two.
- They continually invite the HSE to be involved but unless **safefood** can put the pressure on at a higher level for HSE involvement, it will not happen. The lack of involvement is not because of

lack of support from the senior dietician; She just has no resources to do so due to funding cuts and an embargo on staff recruitment.

The main successes of year one

Their main success is the involvement and buy-in from a strong grouping of men and women to the food project. The second success is the beginnings of a partnership that could offer lots of opportunities to local people.

The main Learning from year one

- Work such as this cannot be done in isolation. This type of work is only successful when it weaves in and out of other programmes and work happening in the community.
- This project has been enhanced by the involvement of new partners, and this will help the project progress.
- It would be very helpful if the HSE were involved and backing in a practical way the functioning of the project. This project has grown legs and there are enormous possibilities for the health of this community through this project continuing.
- Food is a great for bringing people together. It would be great to see a long-term investment in communities to develop these types of projects as they are very accessible to the majority of the community and a very easy way to link with more socially isolated people and get them involved in the community and in their own health.
- In the long term, if projects like this were measured, they may prove to have a massive impact on the health of communities and save money for public services.

Year two will begin with a coming together of the food project and two new partners for the project – Geosystems Geodesic Dome and Flanagan’s Field. In addition, they are working with a volunteer who is assisting them to develop a comprehensive plan for sustainability under a new working partnership called Green Shoots. This is very exciting: The intention is that a local plan will cover the ‘field to fork’ journey and will offer education and training in the area of nutrition, healthy food, food production and waste management, access to locally grown food and, possibly, job opportunities. It is also hoped to carry out research on gaps and barriers to accessing healthy food. As this is only in its infancy, it is difficult to assess the changes needed for our resources. Ideally the project needs to hire someone to carry out this basic needs analysis.

Finally, they were asked if they had noticed any changes in relation to food habits and learning from participants. They made the following observations.

There are many instances of people talking about the changes they have made. Many of the participants are:

- Eating breakfast
- Eating more vegetables.
- Eating less processed food.
- Eating less takeaway food. One young dad who learned how to make a curry said that he is saving a fortune every week on takeaways.
- After the workshop with Dorcas Barry, a couple of the women said that they were eating lots of kale.
- An increasing number of local people are calling to the community garden to get the fresh salad and vegetables on offer.
- There is an increase in the number of participants eating fruit.
- Three participants started to eat three meals a day after attending the nutrition workshop. They started to lose weight and they feel healthier. They then let that slide and they began to put weight back on again. They have just said they are going back to three meals a day and smaller portion sizes, and have asked for more nutrition workshops to keep them on track.

8 Fettercairn Growing Community Roots Project¹³

Fettercairn Community and Youth Centre (Dublin 24) host an array of different activities, ranging from youth clubs to senior citizen groups. The Fettercairn & Brookfield Local Committee was established in 1995 and is made up of representatives from a number of local schools, Brookfield and Fettercairn community centres, Tallaght Youth Service, Fettercairn Estate Management and South County Dublin Partnership. This group share expertise, resources and best practice. The CFI programme is geared towards benefitting school-going young people (primary and second level), their older siblings, parents and grandparents, and other interested members of the wider community in west Tallaght, particularly new residents.

The objectives of the *Growing Community Roots*' CFI project are:

- To provide participants with a better understanding of exercise, healthy eating and nutrition
- To provide space for families to grow their own crops
- To provide cookery demonstrations using seasonal produce from the gardens
- To provide an opportunity for participants to exchange skills, knowledge, recipes and food
- To provide training for participants in literacy and computer skills through the use of a journal/diary
- To provide employment opportunities, promote social inclusion and provide a focus for the area

¹³ <http://healthyfoodforall.com/initiatives/fettercairn-growing-community-roots> (Dublin)

Total number of participants

During the first year of Fettercairn’s *Growing Community Roots* project, an average of 218 individuals took part each month, including a large number of participants from local schools (Table 31).

Table 31: Fettercairn: Total number of participants by month

Year one	Total number of participants
April 2013	-
May 2013	-
June 2013	700
July 2013	128
August 2013	-
September 2013	91
October 2013	1,528
November 2013	-
December 2013	-
January 2014	30
February 2014	45
March 2014	95
Average monthly attendance	218

Participation in CFI activities

During the first year of the CFI programme, the participants took part in a range of CFI activities, including gardening/growing food, developing cooking skills and healthy eating (Table 32).

Table 32: Fettercairn: Total number of participants in CFI activities

Year one	Gardening/ growing	Cooking skills	Healthy eating	Planning & budgeting	Other
June 2013	290 Gardening course		450		
July 2013	76	166	66		52 Shopping skills
September 2013	91				
October 2013	-	15	1438 Healthy Living week in schools	-	885 Intergenerational art/story project based on healthy living in schools 1218 Fitness classes in schools
January– March 2014	100	45	30	-	15 Cookery demonstration in school 50 Potato seed sowing in school

Some of the activities undertaken by the CFI during year one included gardening courses, healthy food made easy courses, Italian cookery courses, drama and exercise based projects, healthy living weeks, and after-school classes.

Other CFI activities

Each CFI is expected to engage in a range of activities over the course of the three-year programme. The following represents the range of activities, the number of participants in each activity during the first year of the programme and the value placed on each activity by the CFI.

Table 33: Fettercairn: Engagement in programme activities

Activity	Description of activity	Total number involved from CFI	Rate value of activity for the CFI project Score 1–7 ¹⁴
Networking	Launch of CFI programme Networking event in Fettercairn	10	7
Training	-	0	0
Sustainability of project	Identifying leaders in local schools Promoting the brand of the project	10	7
Project management	-	0	0
PR/advertising	-	0	0

Overall, the CFI organisers are very satisfied with most aspects of the CFI's progress in year one, and they are largely satisfied that their objectives for year one have been achieved. A large number of young people from the local schools participated in activities in 2013. They plan to identify potential leaders in 2014 who will work to embed the ideas and skills learned in year one. Many of their current leaders are teachers, who find it difficult to get time off for training or meetings away from their schools.

¹⁴ This is a 7-point scale, where 1 represents the lowest score and 7 the highest.

Table 34: Fettercairn: Satisfaction with the progress of the CFI in year one

	Very satisfied	Satisfied	Mixed feelings	Dissatisfied	Very dissatisfied
Overall progress in meeting your objectives for year one	Yes				
Number of participants	Yes				
Profile of participants		Yes			
Range of activities and events	Yes				
Support from local community		Yes			
Funding process	Yes				
Support from Development Worker, e.g. budget changes, information sharing opportunities	Yes				
Technical support from safefood , e.g. sharing campaign information	Yes				
Sustainability of the CFI		Yes			
Shared learning	Yes				
Networking opportunities	Yes				
Capacity of your CFI to resolve difficulties	Yes				

Main challenges and responses

Overall, the response they received from the various schools, community organisations, youth groups, etc. has been excellent. They had a fantastic take-up for all the events that they ran throughout the year, with the numbers exceeding what was originally forecast. The challenge is to make people aware of the brand – Growing Community Roots – and ensuring sustainability for the project when funding comes to an end. To that end, they are focussing on working with smaller groups of parents over a longer period of time, encouraging them to become the trainers for further groups. As previously mentioned, they will also train leaders from the large number of participants.

In their original application, they intended to run a series of workshops that would be led by a dietician. The person they identified was, in the end, not available and this element was not completed as a result. They did not approach the HfFA to see if they knew of an alternative person, and this is now on the list of actions for the second half of 2014. They also have not had any direct involvement from St Mark's Schools (primary and second level), which is being followed up, and they intend to bring them on board in the next school year. They do not envisage any changes or difficulties for year two, as the plan has always been to build on year one in year two.

The main success from year one

The large numbers of participants in each activity was wonderful to see, as was the willingness of parents to actively involve themselves in the cookery and garden workshops.

The main learning from year one

There has been a great openness by young people to become involved in community – and not just food-related – activities. Parents have been very supportive: Once they commit to a 'course', they follow through with their involvement. Initially they assumed it would be a struggle to meet the targets they set but it has been a pleasant surprise.

Finally, they were asked if they had noticed any changes in relation to food habits and learning from their participants. They found that for many people, trying, tasting or cooking something new was very restricted for budgetary reasons. In the various courses and gardening programmes, they attempted to add in ingredients that might normally be outside of their experience. To do that, they

put together goody bags with store cupboard essentials that people might not normally purchase, allowing them the opportunity to make changes to their diet and taste or cook with new flavours and ingredients.

Overall, they found their involvement in the CFI to have been very positive and the support received from the HfFA very helpful.

9 Owenkillev ‘Gortin Seasonal Eating Project’¹⁵

The Gortin Community Seasonal Eating Project is run by the Owenkillev Development Company Ltd in the rural village of Gortin (Co. Tyrone). Gortin is situated on the southern edge of the Sperrin Mountains and serves the catchment areas of both the Owenkillev and Gortin wards. These wards are in the lower quartile in terms of access to services, with their populations suffering from rural isolation as retail and other opportunities have increasingly move to larger areas of population.

Their aims are:

- To improve access to and availability of healthy food options through community growing and harvesting of fruit and vegetables and eating locally produced and procured ingredients
- To educate parents through targeting both the children and parents of local schools and play/toddler groups
- To use community networking through social media such as Facebook and Twitter, and the community newspaper
- To use its twinning with St Drezero, a village in France, to discuss and demonstrate these issues
- To promote awareness of healthy eating and challenge public policy on food poverty both at the regional and national level .

¹⁵ <http://healthyfoodforall.com/initiatives/gortin-community-seasonal-eating>

Total number of participants

During the first year, an average of 38 individuals took part each month in a CFI activity organised by Owenkillew's *Community Seasonal Eating* CFI project (Table 35).

Table 35: Owenkillew: Total number of participants

Year one	Total number of participants
April 2013	-
May 2013	-
June 2013	-
July 2013	53
August 2013	24
September 2013	93
October 2013	102
November 2013	24
December 2013	55
January 2014	25
February 2014	65
March 2014	15
Average monthly attendance	38

Participation in CFI activities

During the first year of the CFI programme, the participants took part in a range of CFI activities, including gardening/growing food, developing cooking skills and healthy eating (Table 36).

Table 36: Owenkillew: Total number of participants by month

Year one	Gardening/ growing	Cooking skills	Healthy eating	Planning & budgeting	Other
July 2013	53	52	-	-	-
August 2013	24	-	24	-	-
September 2013	93	20	30	-	54 Fun Day 28 Open Cookery Day
October– December 2013	64	120	120	150	30 Shopping skills
January–March 2014	55	35	35	25	60 Halloween cookery demonstration 20 Over 50s in community garden 20 Open public meeting 12 Food hygiene course 30 Christmas trip to Belfast 20 Christmas cookery event 25 Cook it Parent and Toddler course 15 Cook it Valentines

Some of the activities undertaken by the CFI during year one included polytunnel training, a community summer scheme, tending to the community garden, healthy eating discussions and sharing of recipes, cookery classes, a village fun day, a Halloween cookery demonstration, over 50s in the community garden, a Christmas trip to Belfast and a Christmas cookery event.

Other CFI activities

Each CFI is expected to engage in a range of activities over the course of the three-year programme. The following represents the range of activities and the number of participants in each activity during the first year of the programme, and the value placed on each activity by the CFI.

Table 37: Owenkillev: Engagement in programme activities

Activity	Description of activity	Total number involved from CFI	Rate value of activity for the CFI project Score 1–7
Networking	Visit to Drapertown community initiative to explore mutual events	2	5
	Networking with local schools and community groups to encourage use of garden	2	7
	Working with TCVNI and WWOOF	2	6
	CFI networking events	2	6
Training	Organic training in Leitrim	13	6
	Conservation volunteers regularly give training in gardening skills	2	7
	TCVNI and WWOOF	2	6
Sustainability of project	Local restaurants use produce from community garden. Demand continues to grow.	3	6
Project Management	More cookery class and demonstrations organised for more groups Difficult until new manager appointed	2	6
PR/ Advertising	The community garden is advertised in local newspapers. Events are advertised in local papers, Facebook, flyers, emails and phone calls, and by word of mouth.		

Overall, the CFI organisers are less than satisfied with a number of aspects of the CFI's progress in year one (Table 38).

Table 38: Owenkillew: Satisfaction with the progress of the CFI in year one

	Very satisfied	Satisfied	Mixed feelings	Dissatisfied	Very dissatisfied
Overall progress in meeting your objectives for year one		Yes			
Number of participants			Yes		
Profile of participants		Yes			
Range of activities and events			Yes		
Support from local community		Yes			
Funding process			Yes		
Support from Development Worker, e.g. budget changes, information sharing opportunities		Yes			
Technical support from safe food, e.g. sharing campaign information			Yes		
Sustainability of the CFI		Yes			
Shared learning		Yes			
Networking opportunities		Yes			
Capacity of your CFI to resolve difficulties			Yes		

Some reasons for their dissatisfaction included the relatively lengthy time it took for the garden to be established, with the result that it was difficult finding volunteers. A community lunch had to be cancelled, and the funding process was cumbersome at times and did not follow the organic growth of the project. There was a steep learning curve, and staff found the form filling to be frustrating at times. They were reluctant to network and look outside their own project.

Main challenges and responses

Their main challenge was getting the project started, coping with a late start and yet having to meet targets. We understood the reasons for the delay and that made it easier to accept. They plan to establish the Farmgate shop and foraging in year two. They are now on course and coping with the large number of garden activities. Winter is a difficult time for the garden and for keeping people interested. Form filling can be difficult at times.

The main successes of year one

Their main successes for year one were getting the project off the ground, getting people interested in it and working with TCVNI. People are definitely talking about food and exchanging recipes.

The main learning from year one

The importance of involving people and spreading the word that good food can be tasty, fun and economical to buy.

10 Windsor Women's Centre 'Food For Thought'¹⁶

Windsor Women's Centre is situated in the Village area of South Belfast and has been operating since 1990. The centre works within a community development framework to develop and promote equality of opportunity and champion practices and policies to better the lives of women and their families. Situated in an area of high social and economic deprivation, Windsor Women's Centre provides much-needed services to meet the diverse needs of women and their families from the surrounding communities. Through its educational and training programmes, the centre offers women opportunities to acquire skills and qualifications, gain confidence and increase their prospects of meaningful employment. Through these various programmes and services, the centre contributes significantly to community cohesion and social inclusion in empowering women to become proactive and vocal members of the community.

The aim of their CFI project *Food for Thought* is to provide the means through which women and their families in their community can improve their environment, health and wellbeing. Their objectives are to provide a multi-functional, inner-city green space, which will facilitate activities for participants that will empower them with the knowledge not only to recognise healthy lifestyle choices but also to equip them with the means to access them. Their project comprises three elements¹⁷ – Grow, Share and Eat.

¹⁶ www.windsorwomenscentre.com

¹⁷ **Grow:** a community garden created by all participants. "Gardening by prescription" will be used for stress reduction, and a children's zone and sensory section will be designed by our crèche and after-schools children. A sanctuary garden will provide a quiet corner for reflection. **Share:** a multi-cultural cookery club that will provide a bridge between local and ethnic minority women, where food that has been grown can be cooked and enjoyed, and learning circles can be established for exchanging ideas on health and actions for maximising limited resources; and **Eat:** a Breakfast club for Crèche children, Daily "Fruit Fix" for children and "Pot Luck" lunch for the elderly.

Total number of participants

During the first year, an average of 77 individuals took part in a CFI activity organised by the Windsor Women’s Centre *Food for Thought* CFI project each month from July 2013 (Table 39).

Table 39: Windsor Women: Total number of participants by month

Year one	Total number of participants
July 2013	84
August 2013	84
September 2103	67
October 2013	67
November 2013	72
December 2013	69
January 2014	75
February 2014	88
March 2014	88
Average monthly attendance	58

Participation in CFI activities

During the first year of the CFI programme, the participants took part in a range of CFI activities, including gardening/growing food, cooking and healthy eating (Table 40).

Table 40: Windsor Women: Total number of participants in CFI activities

Year one	Gardening/ growing	Cooking skills	Healthy eating	Planning & budgeting	Other
April–July 2013	26 Gardening club (weekly)		58 Healthy eating for children / elderly		
August 2013	26		58		
September 2013	9		58		
October–December 2013	11		197		12 Christmas wreaths
January–March 2014	8	13	230		13 Healthy International cookery

Some of the activities undertaken by the Windsor Women’s Centre CFI during year one included, a weekly gardening club, a breakfast club for crèche children, a healthy fruit break for after-school children, an elderly lunch club, and six sessions of a course on healthy cookery from around the world. The after-school club got involved in a one-off gardening session with adults during the summer holidays. The level of interest and engagement from children was very high, resulting in the Childcare Manager extending these sessions throughout the summer.

Other CFI activities

Each CFI is expected to engage in a range of activities over the course of the three-year programme. The following represents the range of activities, the number of participants in each activity during the first year of the programme and the value placed on each activity by the CFI.

Table 41: Windsor Women: engagement in programme activities

Activity	Description of activity	Total number involved from CFI	Rate value of activity for the CFI project Score 1–7 ¹⁸
Networking	Project staff attended networking events in Belfast, Fettercairn and Dunmanway.	10	5
	Gardening volunteers visited two gardens for ideas on garden design.	14	6
	Project staff worked closely with target groups of children, women and the elderly during the centre enrolment days in August to raise awareness about the Food for Thought project.	3	5
	The new CFI garden was highlighted to visitors of the new Health and Wellbeing Centre TATE, which opened in September.	40	5
	Visit to the centre by Gortin Community Centre in December.	36	5
Training	Project staff and gardening group leader attended OCN Assessment training session on horticultural skills.	3	6
Sustainability of project	-	-	-
Project Management	-	-	-
PR/advertising	-	-	-

Overall, the CFI organisers are quite satisfied with most aspects of the CFI's progress in year one, although there is room for improvement in some areas (Table 42).

¹⁸ This is a 7-point scale, where 1 represents the lowest score and 7 the highest.

Table 42: Windsor Women: Satisfaction with the progress of the CFI in year one

	Very satisfied	Satisfied	Mixed feelings	Dissatisfied	Very dissatisfied
Overall progress in meeting your objectives for year one	Yes				
Number of participants			Yes		
Profile of participants		Yes			
Range of activities and events	Yes				
Support from local community			Yes		
Funding process		Yes			
Support from Development Worker, e.g. budget changes, information sharing opportunities	Yes				
Technical support from <i>safefood</i> , e.g. sharing campaign information	Yes				
Sustainability of the CFI		Yes			
Shared learning	Yes				
Networking opportunities		Yes			
Capacity of your CFI to resolve difficulties	Yes				

They were dissatisfied with the number of participants because they struggled to maintain numbers in the gardening club during the winter months. This has improved as the garden has taken shape and with the change of seasons. They organised indoor growing activities and Christmas crafts during these months to keep the group interested. In future, they would like to have a regular programme of outdoor and indoor activities for the gardening group to pursue, perhaps alternating the activities of growing and cooking according to the seasons so that the group can be engaged meaningfully when the weather is bad. They would also like to offer a course in horticulture during this period. Support from the local community is mixed, with some people preferring to walk past the garden rather than getting involved. However, they are getting more interest and enquiries as the garden develops.

Main challenges and responses

Their main challenges during year one were obtaining the land for the garden to be built on, getting the garden off the ground and beginning planting before the growing season was over, and sustaining the interest of the participants during the winter months. The CFI was very supportive in resolving some of these issues. Obtaining the land was not in the CFI's remit. The Project Officer was instrumental in negotiating the under-spend amount in the garden from year one to year two owing to the delay in starting the project. This has enabled us to take advantage of the full growing year in year two.

The main successes of year one

- The creation of a lovely garden from a piece of wasteland
- Providing a healthy breakfast and break to 47 children every day, five days a week
- Providing a healthy, hot lunch to 20–23 elderly residents each week
- Involving women from eight different ethnic and cultural backgrounds in the cookery club along with local women
- Achieving all their planned outcomes for year one

The main Learning from year one

- To plan enough interesting activities for the winter
- To let people participate at their own pace
- To create opportunities for group to bring their ideas into the garden
- To give the group opportunities to visit other gardens so that they will aspire to improving their own garden

Finally, when asked if they noticed any change in relation to the participants' food habits, they highlighted the following:

- Children in the breakfast & after school club are eating more fruit, wholemeal bread and cooked breakfasts like porridge and scrambled eggs.
- Elderly women eat a home-cooked hot lunch every week, and the social aspect of this lunch club is highly valued by them.

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