



community
food and health
(scotland)



Knowing Me, Knowing You A Day in Drumchapel



**A Learning Exchange Visit to
Drumchapel, Glasgow
31st March 2015**

Following a learning exchange event in Glasgow on 3rd March 2015 a visit to three organisations based in Drumchapel namely 3D Drumchapel, COPE and Drumchapel L.I.F.E., took place on the 31st March 2015. Four visitors, three civil servants and one national NHS member of staff attended the visits to all three organisations: Claire Prentice, Senior Marketing Manager, Scottish Government, Lauren Docherty, Welfare Response Team, Scottish Government, Shona Bruce, Welfare Response Team, Scottish Government and Donna Burnett, Income and Welfare Reform Manager from NHS Health Scotland.

The three organisations visited are well known to each other and often work in partnership on a variety of issues.

3D Drumchapel

The morning started with a visit to 3D Drumchapel.

Since 1997 3D Drumchapel have been providing support to families in the Drumchapel area. With universal services offered, the programmes delivered by them complement other local services which tackle poverty and aim to advance the regeneration of the local community. Their work includes:

- Family work (workshops, play sessions, family trips, baby massage, support sessions)
- One to one support (parenting programmes, home visits, literacy support)
- Children and young people's work (children's clubs, transition groups, crèche, holiday clubs, befriending)
- Dads work (workshops, music sessions, baby massage, practical workshops)
- Pre-birth work (one to one support, bumps and babies drop in, mellow bumps, cooking sessions)
- Nursery liaison (parent and child sessions, support for parents, support for nursery staff)



The day started with a presentation and discussion of the work undertaken by 3D Drumchapel. The visitors were welcomed by Sharon Colvin, Project Manager, Gillian Middleton, Depute Manager, Sarah Williams, Pre-birth family support worker and three of their 11 board members, Henry Smith Chairperson, Tom Knox Treasurer and John Purves board member. The group heard about the sometimes life changing difference made to the lives of families in Drumchapel.



3D Drumchapel are currently supporting over 200 families and more than 80 primary school children with the support of volunteers who provided 2,578 hours of volunteering support last year.

The organisation also invests in structured Training & Support to Volunteers which includes – Induction, Support & Supervision, Training in Child Protection, First Aid, Team Building and Food Hygiene.

The group then had the opportunity to participate in one of the parent and child playtime sessions. This included song time, snack time and an Easter themed arts and crafts sessions. Lots of the families who were at the session expressed the value to them of meeting and connecting with other parents and families and the support they can offer each other through these enjoyable sessions.



For more information on 3D Drumchapel visit www.3ddrumchapel.org.uk

COPE

The second visit was to COPE, an organisation led by people with lived experience of mental distress and health inequalities. They work with individuals and communities in a spirit of mutual respect and are committed to tackling health inequalities. COPE believe there are factors relating to inequality which put some people at a disadvantage in relation to achieving good mental health. They believe that these issues need to be addressed and new ways need to be found to connect with people in a way that has meaning for them. They make accessing services easy and straightforward and have managed their waiting list to 0. The services offered include:

- One to one support on a range of issues
- Workshops (stress management, suicide prevention, change management)
- Training for other agencies
- Drop in sessions



Kathleen Robertson, Office Manager welcomed the group of visitors who had the opportunity to take part in a regular arts and crafts session using different art resources. The art work was relaxing and as well as providing practical activities, the people who used the service also enjoyed the opportunity to meet the visitors and exchange information and ideas with them. Some of the visitors were able to take part in the Dream Machine experience facilitated by Matt Lygate. This offered a very relaxing and unique experience used to combat stress and anxiety.



The group also met with Hilda Campbell who founded COPE. Hilda gave the group insight into the work happening at COPE and the people who benefit from their services. She was extremely passionate about the organisation and their ability to offer appointments quickly and effectively. As well as creating a very relaxing and welcoming atmosphere at COPE Hilda also highlighted the dedication of the team that works at COPE.

For more information on COPE visit www.cope-scotland.org.

Drumchapel L.I.F.E.

After a lovely lunch the group met Drumchapel L.I.F.E. which is a Healthy Living Centre based in Drumchapel who support individuals, groups and organisations. Their aim is to help improve health and well-being and make sure the communities people live and work in are healthy, happy, safe and working together. They offer a range of services with local partners in a number of areas including:

- Food and nutrition
- Active lifestyles
- Money advice
- Mental health and wellbeing
- Drugs, alcohol and tobacco

Amber Cully from Drumchapel L.I.F.E. came to the COPE building to discuss the work of Drumchapel L.I.F.E. introducing flatpack food to the community.



Flatpack Meals offers the community an easy and low cost way to cook a meal from scratch by giving all the ingredients and instructions. Amber started with a short video which highlighted the need for this service in the area and how they had achieved it using fresh local produce. Amber explained how they had established the idea to tackle health inequalities through making food packs available as a means to reduce the number of people eating only readymade meals. Each meal pack has all the ingredients measured out in advance, making it a cost effective option. By introducing families and individuals to cooking a meal from scratch this develops the skills and knowledge that will allow people to continue to do this on their own in the future.



The group then had the opportunity to see just how easy it was to use the flat pack meals and cooked a pasta meal and a rice soup. While cooking in the kitchen the group were able to hear more about the work that happened at Drumchapel L.I.F.E and the work that Amber and the team of staff and volunteers encountered on a daily basis and the reality of food poverty and other inequalities for many.

For more information on Drumchapel L.I.F.E. visit www.drumchapellife.co.uk

Additional Resources

A video clip of the event is available below:

<https://www.youtube.com/watch?v=uCKKCa-dX4k>

Previous reports from earlier events are available on CHEX, VHS and Community Food and Health Scotland's websites:

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