Race & the Right to a Healthy Environment

Lived experience workshops and roundtable on access to greenspace and healthy and sustainable food

ERCS
January 2025

Acknowledgements

We would like to extend our gratitude to all the 36 participants who contributed to the lived experience workshops and the 12 community partners who continued to support the project. We would also like to express our appreciation to the participants who attended the roundtable discussion, lending their expertise and thoughtful perspectives.

Community partners

A special thanks to the 12 community partners who generously contributed to this project with openness and dedication: Aleena, Anwar, Aveen, Beauty, Elsie, Fatma, Okoyeh, Olive, Syeda, Unyimeobong, Wena and Zoe. We learnt so much, and we want to acknowledge the emotional labour involved in sharing personal experiences, as well as credit the safe, supportive and judgement-free environment they helped create and maintain.

You can watch their film at https://youtu.be/IxDClrhw_G8. Please contact the ERCS Rights Officer if you would like to speak to them directly at rights@ercs.scot.

Project team
Environmental Rights Centre for Scotland (ERCS) (SC050257) supports people to use the law to protect their right to a healthy environment, tackle climate change and hold public bodies and polluters to account. www.ercs.scot.
CEMVO Scotland (SC034104) is a national intermediary organisation with a mission underpinned by racial equality to build the capacity and sustainability of the ethnic minority voluntary sector and its communities. https://cemvoscotland.org.uk/.
Nourish Scotland (SC048239) is a charity focusing on food policy and practice. They work for a fair, healthy and sustainable food system that truly values nature and people. https://www.nourishscotland.org/.
The Poverty Alliance (SC019926) is Scotland's anti-poverty network. They bring together campaigners and communities to rebalance the distribution of power and resources. https://www.povertyalliance.org/.

A note on the term 'BAME'

Black, Asian and Minority Ethnic (BAME) groups is used throughout this report to signal a political and equalities lens. We want to acknowledge that people from Black, Asian and Minority Ethnic groups are not all the same but that they may share common experiences. These experiences may be different or similar to the majority communities in the same area, but this needs to be explored and better understood.

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1. Introduction

Background

In July 2022, the United Nations General Assembly declared access to a clean, healthy and sustainable environment as a universal human right. 164 out of 193 UN Member States already recognise this right.

The Scottish Government had previously committed to including this right in a new Scottish Human Rights Bill but in September 2024, this was dropped. Despite this setback, civil society will continue to campaign for this right. If done well, for the first time it would protect the six substantive features of our right to a healthy environment:

- clean air
- a safe climate
- access to clean water
- healthy and sustainably produced food
- non-toxic environments in which to live, work, study and play
- healthy biodiversity and ecosystems

This could be transformational for everyone in Scotland because it would encourage policies to tackle inequalities in our environments and our health. But little is known about the existing experiences of Black and Minority Ethnic communities in Scotland.

Aims of this project

- To understand the lived experiences and impacts of the lack of access to healthy and sustainably produced food, and to multifunctional, nature-rich parks and other greenspaces.

- To explore and further understand the common experiences of people from diverse Black, Asian and Minority Ethnic (BAME) groups and the differences and similarities to the majority communities in the same area.

- To explore what measures could be introduced to respond to the priorities of Black, Asian and Minority Ethnic groups in Scotland so that the right to a healthy environment can become a reality for our diverse communities: to create a fairer, greener and healthier Scotland for everyone.

2. Lived experience workshops 22 August 2024

Participants and structure of the lived experience workshops

The workshops were held on 22 August 2024 at the Maldron Hotel, Glasgow 10am – 3.30pm. **Appendix A** shows the organisations where invitations were circulated.

On the day **36 people attended.**

There were two workshops each lasting 1.5 hours:

- Access to multifunctional, nature-rich parks and greenspaces – facilitated by ERCS and The Poverty Alliance.

- Access to healthy and sustainably produced food – facilitated by CEMVO and Nourish.

Each participant attended both workshops with lunch provided in between.

Overall, the mood of the day was open, friendly and very supportive, with energy levels remaining high. A sense of trust in the facilitation process was evident and participants were able to share both positive experiences as well as experiences of interpersonal and institutional racism, the refugee and asylum systems and food insecurity.

Access to multifunctional, nature-rich parks and greenspaces

Format of workshops

Facilitators provided context for the workshops and then asked four questions in succession:

1. **Accessibility: How close is your nearest greenspace and is it easy to get to?**

2. **Use: Do you use your local greenspace? If yes, what is enjoyable about it?**

3. **Barriers: What stops you from using your greenspace as much as you would like to?**

4. **Desired change: What could be better/what changes would make you want to use your local greenspace more?**

Overarching context provided by facilitators

- We have 1.5 hours to talk about the value of getting outdoors to our local greenspaces and this means any space which is green – this could be your local park, playground, garden, river or canal (sometimes also called green and blue space).
- We know how important being outdoors in nature is for our health and wellbeing, and we also know that there is less opportunity to be outdoors for people living in areas of deprivation, who often have more polluted, dirty or unkept greenspaces.

1. Accessibility

How close is your nearest greenspace and is it easy to get to?

Context

National Performance Indicator: proportion of adults who live within a 5 minute walk of their local green or blue space.[1]

Data taken from the Scottish Household Survey:

- *In 2022, people from minority ethnic groups were less likely to live within a 5 minute walk (59%) compared to people from White ethnic groups.*

- *In 2022, adults living in the 20% most deprived areas were less likely to live within a 5 minute walk of their nearest greenspace (57%) compared to adults living in the 20% least deprived areas (73%).*

Feedback from workshops:

- The majority of participants lived 5-10 minutes away.

- On the whole, participants felt that local greenspace was easy to access even if further away (with one notable exception who lived in Greenock).

- Access to community gardens was more challenging and often a bus drive away and therefore expensive (£6 - £13.50).

- Volunteering for community gardens also felt intimidating and not welcoming.

- Proximity to greenspace:

  - Close: "*I love it, it is a park that is absolutely flat, I went there every day because I didn't have any signal in my accommodation, so I had to go there to make a call*".

  - 5 mins: "*I go every day*".

  - 20 mins walk: "*I visit several times but due to the long distance I am able to go only on a weekly basis*", "*I'm not able to go every day because it's far from my home*".

Exceptions – accessibility depends on location and intersection with deprivation

- **Very negative experiences for Gypsy/Traveller People with no access to greenspace on residential sites and impacts of proximity to landfill.**

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[1] Scottish Government (2023) National Performance Framework: Measuring progress - Communities

2. Use

Do you use your local greenspace? If yes, what is enjoyable about it?

Context

National Performance Indicator: Visits to the outdoors[2]

- Adults in the 20% most deprived areas are more likely not to have visited the outdoors at all (15%) than those in the 20% least deprived areas (3%).[3]

- Public Health Scotland found the BAME population, women, and young adults (25 to 44 years old) were more likely to report that greenspace benefitted their mental health during the COVID-19 lockdown period, but these individuals visited greenspace less frequently than other demographics.[4]

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[2] Scottish Government (Jan 2024) National Performance Framework: Measuring Progress - Environment
[3] Scottish Government (Dec 2023) Scottish Household Survey 2022: Key Findings
[4] Public Health Scotland (Oct 2020) Change in use of green and open space following COVID-19 lockdown 'stay at home' phase and initial easing of lockdown

Feedback from workshops:

- The majority of participants really valued their greenspace and used it often.

- Participants appreciated that local spaces were free with no restrictions.

- Parks were great for children and were safe play areas.

- Adults valued the mental health and wellbeing benefits of being outdoors (particularly as an escape from poor accommodation).

- Participants often got to know other park users which made them feel safer. There is a clear sense of collective ownership in Alexander Parade, supported by a social media group.

- "Therapeutic space", "it makes my heart tranquil", "outside gym", "take time to listen to the birds and watch the flowers".

- Healthy greenspaces are appreciated in contrast to polluted urban towns of some participants' home countries in Africa and Asia.

- *"It's not just for kids, it's for us also".*

- *"It affects your mental health, when you spend time outside you feel a freshness. When you are at home, or in a hotel you feel alone. A park makes you feel better. Those who have green close to their home are lucky".*

- *"When people have something always, they don't appreciate it. Us as Iranians, we come from a high pollution country when you can't see the clouds due to the factories and cars. Here the fresh air I think is the most valuable thing that people may not appreciate because they have had it always".*

- *"What is a culture shock for me is that these greenspaces are free. In my country you have to pay for a park. Here you can go in there if you don't have money, it's equal. I am pleased to experience that".*

Exceptions – experiences and fear of discrimination impacts the use of parks

- ***"When there are scares… there are concerns for safety. Being a person of colour, you can be an easy target. Have to be very careful. Even if you are not causing the problem, you will be pointed fingers to and be blamed, as a person of colour".***

- ***"Don't have equals access to green space. Concerned about safety, concerned about being pulled over. Especially as an asylum seeker".***

Observations:

- In contrast to previous research, the majority of participants used their greenspaces a lot and valued them greatly for a range of reasons.

- Participants who had experiences of discrimination and anti-social behavior, consequently stopped using parks and spoke about missing the benefits for their health and wellbeing.

- There were very good examples of accessible parks in Glasgow e.g. Elder Park, Alexander Parade, Pollock Park, Glasgow Green and Springburn Park including community clean-ups and opportunities for participation.

- Participants enjoyed talking about the different cultural experiences of using greenspaces in different countries, urban and rural areas.

- Engagement often depended on support from local organisations and councillors.

- Participants noted they were a self-selected group who had chosen to attend the workshops because they were already interested in the topic.

3. Barriers

What stops you from using your greenspace as much as you would like to?

Context

Identified barriers to greenspace access include:

- proximity
- lack of confidence
- safety concerns
- social isolation (more prevalent in deprived areas)
- perceptions of parks as dominated by unsupervised children and anti-social behaviour
- experiences of harassment
- lack of inclusion in planning processes. [5]

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[5] Groundwork UK (2021) Out of Bounds: Equity in Access to Urban Nature

Feedback from workshops:

- Considerable fear of dogs.

- General maintenance needs to be improved including litter, dog fouling and bins not emptied.

- Sometimes feeling intimidated if there are lots of White ethnic groups "dominating the park" and "unruly behaviour".

- Parks are unsafe at night and more lighting is needed– although the cost implications and impacts on nature were recognised.

- Lack of information about the location of the nearest greenspaces to participants (Google maps are difficult for some people to understand).

- Lack of information on "the culture of using parks" – which is different for many asylum seekers/refugees and "not knowing what you can do there and where it is safe".

- Lack of amenities - *"Springburn park there are no public toilets, it's a big park. There is a cricket club, and my son plays there & after playing they need to wash hands, use facilities but there are no toilets".*

- Some experiences of racism and microaggressions (e.g. White families leaving the area).

- *"Very scared of recent events of hate and discrimination. For the last month scared to go to the park…get looks from different people".*

- Experiences of frightening racism, *"Even in parks and green space, write abusive things, swear words. In the evening time, see teenagers around. They start shouting, swearing, screaming, my kids and I don't feel safe".*

Observations:

- Participants who had experiences of discrimination and anti-social behavior, spoke about how this had prevented them from using parks more often and how they missed the benefits for their health and wellbeing.

4. Desired change

What could be better/what changes would make you want to use your local greenspace more?

Feedback from workshops:

- Clear information from housing associations on the location of local parks and information that it is free and open to everyone and the "cultural rules". This should be part of the tenant induction pack. "Simple infographic on park entrances showing toilets and exits".

- Targeted 'nature sensitive' lighting on main pathways.

- Manage spaces for wildlife but also keep separate areas for play with maintained grass cutting. Have a mix of nature areas and 'programmed' spaces for social and active use.

- More planting of edibles in open parks e.g. fruit trees.

- Regular maintenance.

- More seating in small parks as well as the bigger parks and some shelter from the rain.

- Toilets.

- Separate dog areas and awareness raising/education for dog owners.

- 'Park confidence' group sessions (including how to respond to dogs and unruly behaviour) similar to cycling confidence sessions).

- More organised trips to greenspaces.

- More community gardening opportunities.

- More inclusion of BAME groups/ different ages in designing local parks and activities.

- *"I am looking forward to other meetings, it's good to see people from different places come together and talk about our spaces and the safety of our spaces. I would like to do this again in future".*

- Participants were mainly from the Glasgow area, with one person from Dundee, and all rated their local parks highly (at least 8/10 for the most part). This is a testament to some good initiatives by the local authority.

- Participants were wanting more nature-friendly and climate adaptation actions and were keen to have more active travel opportunities.

- Participants were keenly aware of budget constraints but also looking for 'win-win' solutions.

- There is a need to simplify and explain what 'greenspace' means and how to access and use different spaces.

Reflections from facilitators

The initial welcome at the start of the day referred to the recent increase in horrific hate and racism experienced by many people across the UK. Facilitators wanted to ensure that the day was a safe space to acknowledge any feelings participants might have towards these events, and we were all mindful of how these events might shape the discussions.

One of the morning workshops raised significant issues of intersectional injustice and racism. Experiences of feeling unsafe, stared at, and avoiding or leaving parks were voiced and shared. While the fear of potential racial abuse or targeting may have been heightened because of the far-right riots at the time, there was a shared sense that these experiences/concerns have always been there.

In contrast, the other two greenspace workshops were very positive about local greenspace experiences.

Learnings/key messages/recommendations for the roundtable

- People support the work that Glasgow has done on improving greenspace.

- Greenspace and access to nature are deeply important to people who recognise the benefits to their mental health and wellbeing.

- Racism, poverty and the housing crisis create intersectional injustice that can prevent people from using greenspace as much as they would like to – and this is different in different areas and for different ethnic groups.

- Environmental justice is a health issue: an accessible, high-quality greenspace with appropriate public amenities can help support people to improve their mental health.

- More exploration and understanding are needed on how experiences of racism affect people's views, concerns, and aspirations towards greenspace and sustainable food. The intersectional disadvantages are apparent and need urgent addressing.

- Valuing the expertise from lived experience to inform the policymaking processes and not assuming a 'deprivation' model – throughout the day there were many excellent solutions, existing and emerging.

Access to healthy and sustainably produced food

Format of workshops

Facilitators let the participants lead the depth of discussions and asked the following probing questions:

1. **Perception: What does healthy and sustainable food mean to you?**

2. **Access: How do you access healthy food? If not, how do you access food in general?**

3. **Desired change: How can your access to healthy food be improved?**

Overarching context provided by facilitators

Facilitators from Nourish shared their principles and objectives in how they work:

Nourish Scotland has a Right to Food approach, where food should be available, reliable and accessible for all, without having to sacrifice anything else.

- Work with people rather than for people. It is important to understand people's experiences and their realities, rather than assuming what is best for people.
- Recruit community advisors to inform policymakers.
- Asylum seekers project
    - Co-develop resources to raise awareness about the asylum process and build empathy within community food provisions.
    - Highlight the importance of Culturally Appropriate Food.
- Dignity in Practice project
    - Work with people with lived experience of food insecurity.
    - Support the Scottish Government plan to end the need for food banks and encourage a cash first approach, so people can afford to buy the food that they want and need with dignity and choice.
    - Take a food system approach in all strands of work.

After discussions, facilitators from CEMVO shared their previous learnings from engagement with people from BAME groups who:

- Tend to eat more vegetables and fruit in their diet.
- Feel a somewhat greater sense of dissatisfaction with their local grocers.
- Struggle more with finding the 'right' food, and make more compromises in their daily lives.
- Feel a general sense of fear for the diets of the younger generations.
- Feel a sense of exclusion in the provided food options.
- Feel a sense of exclusion when wanting to share their food choices with wider community.
- Feel a need to integrate to avoid being excluded.
- Generally want to talk about food but don't find safe spaces.
- Are more likely to find ways of reducing food waste due to cultural practices.
- Feel their needs are not properly met or even heard (in some circumstances).

Facilitators asked the participants to respond to these previous findings and there was unanimous agreement in both workshops.

1. Perception of healthy food

What does healthy and sustainable food mean to you?

Feedback from workshops:

- Participants generally avoided non-refined oils, processed, deep-fried, tinned and GMO foods.

- Cooking from scratch was considered healthy and ready meals were seen as unhealthy.

- Generally, participants desired a plate of protein and a variety of vegetables.

- The perception of healthy food varies from one family to another.

- Some participants said food had to be tasty, spicy, with meat and rice always.

- Some participants said palm oil was considered healthy in their country but was seen as unhealthy and bad for the environment in Scotland.

- *"Healthy is what we inherited as people with culture"* - sourcing in-season foods directly from farms in their countries of origin.

- *"Healthy food is about eating together with friends and family"*

- *"The source is very important to me - from planting to harvesting to packaging."*

- *"You cannot get anything 100% natural here so be aware of what you eat."*

- *"I want all the nutrients, fruits, balanced, should be tasty, influenced by culture, enjoyable food, sharing that plate with other people"*.

- *"Food is more special when you are involved in the production process"*.

Observations:

- Culture had a heavy influence on the perceptions of healthy food with many participants feeling that food from countries of origin provided healthier food.

- There was a sense of feeling confused and deceived by foods labelled as 'healthy' and 'natural' in supermarkets.

- The source of their food was important in distinguishing between healthy and unhealthy foods.

- Fresh vegetables were important to most participants.

2. Access

How do you access 'healthy food? If not, how do you access food in general?

Feedback from workshops:

- There was unanimous agreement that groceries have become much more expensive in the past few years and participants shared meticulous budgeting methods.

- Farmers markets were not accessible to most participants because of high costs, transport needs, and awareness of where and when they take place.

- Families with higher meat consumption have had to reduce their intake over the years or buy more affordable meats which were almost always processed.

- Participants buying their food from more affordable stores and 'reduced sections' found it harder to access healthier food items and that these foods were often considered 'inedible'.

- Six participants agreed that the food banks they had accessed had mostly tinned items or out of date/ stale vegetables and fruit.

- Most participants shared they could not cook the foods they consider healthy because of high costs and are having to make changes to their diets.

- Participants shared fears about the quality and availability of food for their children and how the situation is worsening.

- *"Scottish people will not understand my feelings about food. I have heard many times (from Scottish people) that if food is so good in your country why did you come here".*

- *"We won't even need to buy veg and fruits back home as we would have a garden".*

- *"African food and ingredients in this country is very expensive. It is especially challenging for asylum seekers. Need to ration, living on £50 a week."*

- *"Buying halal food in stores is more expensive than food in supermarkets".*

- *"My greatest challenge is vegetables, I miss buying cheap vegetables".*

- *"If you want to buy 5 things together, you cannot".*

Observations:

- Participants worried about future generations, having easier access to processed foods and the influence from schools and their peers.

- The lack of transparency of where and how food was produced, particularly vegetables, was unusual to participants who were used to knowing this in their countries of origin.

- The number of frozen foods available over fresh foods was unusual to most participants.

- Many participants have had to find alternatives to what they usually considered healthy meals due to availability.

- The cost of culturally appropriate food was a significant barrier to participants who wanted to eat the food they saw as healthy.

3. Desired change

How can your access to healthy food be improved?

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Feedback from workshops:

- Culturally inclusive messaging on healthy diets from public bodies and media.

- Clearer and up-to-date information on where to get hot meals for asylum seekers in hotels.

- Consult with asylum seekers to reduce food waste resulting from unfamiliar foods being provided to people from different cultural backgrounds.

- Having affordable places, like community food hubs, to eat together.

- More opportunities for community food growing with a focus on different cultural produce.

- *"It can be planted here, give space and incentives for people to grow culturally diverse food".*

- *"Spaces like Asian corners, African corners should be created in big shops. There are big monopolies in this market which discourage people in this business".*

- *"If we want truly sustainable, we need to move down to community, we need to ask the community what they want. Allow us to plant our own vegetables. Nobody wants junk food or tinned food. Plucking your own vegetables is a good feeling and we want that".*

- *"Policymakers assume that we have no idea or don't understand what healthy sustainable food is, they need to come to speak to locals and local organisations and make better policies. They cannot speak about me, they don't know anything about me, bring in local communities to make decisions."*

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Observations:

- Participants felt that the food sustainability narrative needs to shift from the consumers to producers as changes to sustainable foods was often unaffordable and unrealistic.

- Participants wanted more autonomy in growing produce and wanted to share their cultural foods and learnings of food systems with others.

- Participants wanted more support for small ethnic grocers.

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Reflections from facilitators

Throughout the day participants often expressed that they felt they needed to integrate into the Scottish food culture and that there was a lack of desire to learn from them and their cultures. Food as a form of cultural identity was important to participants, and they noted the differences in food production and accessibility in Scotland compared to their countries of origin. The perception of quality food varied between participants.

Learnings/key messages/recommendations for the roundtable

- Culture has a significant influence on what is perceived as healthy food and obtaining healthy, culturally appropriate and affordable food is very difficult.

- More transparency in the source production and food supply chain is strongly desired, as many participants were used to either growing their vegetables or knowing where they came from and who grew them.

- Food provisions for asylum seekers are poor in quality and variety and are often not culturally appropriate. Engagement with asylum seekers is a crucial step in addressing this.

- There is a strong desire to grow food and share cultural knowledge of food growing systems.

- There is a strong agreement that food sustainability starts at the production level and not at the consumer level. Thus, the narrative needs to shift from budget consumers being pushed into making unaffordable choices for sustainability towards pressuring large food production systems to produce ethically and sustainably. It was felt that this narrative change would increase sustainability in the long term while acknowledging the food decisions people must make for their families on budget.

3.Roundtable on 27 November 2024

Background to the Roundtable

Following the lived experience workshops held on 22 August, the 22 participants who said they would like to continue to be involved in the project were invited to two follow-up meetings. The meetings were attended by 12 participants who agreed to be the project's community partners and co-produce a roundtable event. The community partners inputted into the Summary of the workshops and participated in a short film to share their key experiences and recommendations.

On 27 November 2024, an online Roundtable was held and was attended by 21 people from public health, greenspace, environmental, local authority and funding sectors (for full list see **Appendix B**). The aim was to hear more from the community partners and consider how to use their expertise and recommendations to improve access to healthy food and greenspaces.

The Roundtable started by screening the film which all participants found very powerful. Afterwards Lorraine Tulloch, Chief Executive, Greenspace Scotland and Pete Ritchie, Executive Director, Nourish Scotland each responded to the film and how it related to their organisation's work.

Participants were then placed in breakout sessions so that they could reflect on the four questions below concerning both healthy food and greenspaces. Each of the four breakout sessions was co-facilitated by three community partners which made the sessions especially interesting and engaging (see **Appendix C** for feedback from the Roundtable participants post-event).

Roundtable questions

1. What are your immediate reflections from the Summary of the workshops and the community partners' film?

2. Do they reinforce your own experiences and understanding/ or what is new?

3. How are you going to use this information moving forward?

4. What can we do next?

The following key messages from the community partners were shared with the roundtable participants during discussions:

Access to healthy and sustainably produced food – to promote dignity

1. Costs are unaffordable.

2. A diversity of cultural appropriate food needs to be made accessible.

3. People need access to fresh food.

Access to multifunctional, nature-rich parks and greenspaces – to improve accessibility

1. Greenspaces are valued and crucial for wellbeing.

2. More facilities are needed such as toilets and seating.

3. Increased safety and maintenance are needed, particularly lighting.

Access to multifunctional, nature-rich parks and greenspaces – Roundtable summary

Roundtable Q1: What are your immediate reflections from the Summary of the workshops and the community partners' film?

Roundtable Q2: Do they reinforce your own experiences and understanding/or what is new?

Observations:

- **Over the last 20 years there have been many improvements in access to greenspace, but some people are still being left behind.**

- **The film was very powerful**, reinforcing awareness of issues but more powerfully and viscerally.

- **For many, there were aspects they were previously not aware of**, reinforcing the importance of not making assumptions about what's important to diverse people and communities.

- **Having CCTV was seen as helpful for crime prevention, especially racism and anti-social behaviour** - this was a new/surprising idea to participants as this has previously been seen as over-surveillance.

- **The community partners' concerns about dogs surprised some participants and resonated with others**. A participant shared a personal incident with a dog and sentiment with the community partners. Research in parks in Leith, Edinburgh, identified White middle class dog walkers as the primary users – participants questioned whether this results in other groups being excluded? The knowledge that the touch of dogs nullifies prayers made on the day for followers of Islam was new to almost all participants.

- **More work is needed to welcome BAME groups to parks** and explain the 'cultural rules'. Some people came from countries where parks were private, gated and ticketed.

- **Community park associations and a lot of community growing projects are not diverse** – we need to get the messaging right so that people who want to get involved feel able to do so.

- **Fears of racism/discrimination** have grown in the past year following the English riots.

Roundtable Q3: How are you going to use this information moving forward?

Roundtable Q4: What can we do next?

> Moving forward:
>
> - **Create a space to take the message further and share learning. Invite community partners to a park managers forum.**
>
> - **Bridge the gap between communities and policymakers/local authorities/park managers. Talk to local councillors on key issues.**
>
> - **Improve information and awareness raising on local greenspaces/events** - flyers through people's doors as well as social media.
>
> - **Address concerns around dogs and dog owners.** Separated spaces for dogs and dog-free areas. Sessions to increase confidence being around dogs, similar to cycling confidence sessions.
>
> - **Ringfence funding to improve the quality of greenspaces, including facilities and maintenance,** as a core part of contributing to health and wellbeing, especially for more marginalised BAME groups.
>
> - **Share positive/celebrate good practices from local authorities responding to community concerns.**

Access to healthy and sustainably produced food – Roundtable summary

Roundtable Q1: What are your immediate reflections from the Summary of the workshops and the community partners' film?

Roundtable Q2: Do they reinforce your own experiences and understanding/ or what is new?

Observations:

- **Participants expressed that there were no surprises but there was also frustration – it should not be expensive to eat healthy and culturally appropriate food**. We need to take this to the next stage.

- **We are not utilising all the knowledge and skills from the diversity of society when it comes to food, particularly from BAME groups.** Participants highlighted the insightful experiences they gained from community partners and noted the importance of lived experience. It is evident we need to co-produce solutions.

- **Sustainability in terms of food systems means different things for different groups of people**. Participants felt this was articulated well in the film.

- **Being inclusive** must be a priority when it comes to food.

- **Significantly higher prices for African/Asian foods** – there was some surprise from participants at learning this.

- **Highlight initiatives that are examples of positive practice.**

- **We think healthy food is a combination of specific nutrients, but healthy may mean a different thing for different people**. Community sharing of food, home cooked meals – these are important for some people, and this must be recognised.

- **We have an ethnocentric way of viewing what sustainability is**. We are biased when we think about sustainable/healthy food, and this needs to change.

- **Lack of choice and dignity when it comes to emergency food provisions**.

- **Growing food is considered very important by some groups**. - we need to do more to use the arable land in Scotland, of which only a fraction is community held.

- **We need to think about food systems as a whole and think about how food affects people on an individual level**.

Roundtable Q3: How are you going to use this information moving forward?

Roundtable Q4: What can we do next?

Moving forward:

- **Engage with minority groups when thinking about our own work.** We need to reach out directly and have a more active process of listening.

- **Share these lived experiences with decision-makers** - they are an example to others that their voices matter.

- **Be more intentional towards the people who can bring more diversity to the community voice as a whole**.

- **Expand the definitions of the terms we use and what a good food nation actually means for Scotland** – raising aspirations for healthy food.

- **Be more aware of the intersection between race, poverty, and how this affects our food system**.

- **Need to address the unavailability of cultural food.** This can be done through:

  - **Growing food locally**

  - **Price controls/ subsidies**

  - **Awareness raising of the disproportionate impact of expensive cultural food.**

  - **Looking at the right to food in a more expansive and community based approach**.

- **Fore front dignity, affordability and access to fresh and culturally appropriate food**.

Next steps

There was tremendous interest from the roundtable participants to take the discussion further (see feedback in **Appendix C**).

The project team will be meeting in early 2025 to agree what more we can do to ensure the voices of community partners are heard by decision-makers.

Appendix A: Invitations and participants

Invitations were sent to all the organisations listed below.

The team were delighted at the level of interest in the workshops and extended the number of registrations to 55, which were quickly filled with a waiting list. Even though there was follow-up correspondence with all registrations, there is learning on improving confirmations for future events. On the day there were 36 attendees.

- Age Scotland/Wing Hong Chinese Centre
- Artisan Growers
- BEMIS
- Coalition for Racial Equality and Rights
- Equality and Human Rights Portfolio
- Friends of the Earth Scotland
- Friends of Romano Lav
- Glasgow Community Food Network
- Glasgow Council for the Voluntary Sector, Glasgow Gardens
- Glendale Women's Café
- Human Rights Consortium Scotland
- Inspiring Families
- Interfaith Food Justice Network
- Making Rights Real

- Maryhill Integration Network
- MECOPP
- Migrants Organising for Rights and Empowerment
- Public Health Scotland
- Rights and Equality Councils – CSREC, ELREC, GREC, WSREC
- Saheliya
- Scottish Communities Climate Action Network
- Scottish Communities Alliance
- Scottish Refugee Council
- Stop Climate Chaos Scotland
- Third Sector Human Rights and Equalities
- Unity Sisters
- Women's Integration Network

Appendix B: Roundtable attendees (n.21)

There were 21 attendees at the roundtable. Attendees included representatives from the following organisations:

- Community Land Scotland
- ECCAN
- Green Councillor - Glasgow City Council
- GroundsWell Open Space
- Independent Food Aid Network
- Inspiring Scotland
- Joseph Rowntree Charitable Trust
- Keep Scotland Beautiful
- New Philanthropy Capital
- Obesity Action Scotland
- Propagate Scotland
- ScotLink
- Scottish Community Alliance
- RSPB
- William Grant Foundation
- WSREC
- WWF

Appendix C: Roundtable feedback (n.10)

1. How would you rate this roundtable:

    - Average rating – 4.7/5

    - Seven 5-star ratings and three 4-star ratings.

2. Were the topics covered relevant?

    - Average rating – 4.8/5

    - Eight 5-star ratings and two 4-star ratings.

3. Was the content organized and easy to follow?

    - Average rating – 4.9/5

    - Nine 5-star ratings and one 4-star rating.

4. Did the timing of the roundtable work well for you?

    - Average rating – 4.8/5

    - Eight 5-star ratings and two 4-star ratings.

5. How will you take the information from the roundtable forward in your work?

1	Connect ERCS with my partner at Scottish Refugee Council, share the information with the LINK network, and change parts of the Nature for All Resource Hub to reflect what I've learnt today.
2	I will share across our networks - when ready and with permission. I'd also encourage the community partners & ERCS to consider the SCA Community Learning Exchange fund for any future follow-up for sharing learning to influence LA's or to visit other groups and organisations.
3	We represent a Scotland wide network of 400 community projects across Scotland that have food growing and green spaces and can support action on the ground.
4	Further consideration of issues relating to accessing nature spaces.
5	Integrating perspectives into current thinking/work. Connecting with individuals/orgs to drive change.
6	Centering Lived Experience is a key aspect of how we work, and how we construct proposals. It will feed directly into our current policy-related work.
7	I am not directly involved in this work but hearing from those with lived experience was useful to my thinking in general.
8	Would like to share the film with the park managers we support through our Green Flag for Parks award program, and get the message across that our community groups should ensure they are welcoming the whole community to join in.

6. How can ERCS support you to use the findings of the roundtable in your work?

1	Perhaps as part of the EDI Fortnight next year to deliver a talk on how you collaborated with others to bring this project into fruition? It might help other member organisations get started on collaboration and amplify EDI.
2	Please let us know what would be helpful next- our door is always open.
3	Developing key messages for our network that will be a voice of the people involved today. Developing pathways that support people to use existing policy and their rights on land, including Community empowerment act.
4	Will follow up separately.
5	An open dialogue/ sharing ongoing learning to ensure my work is relevant and can drive change.
6	We are looking forward to collaborating on this in the future - the learning received in August, written up in the summary and discussed today will hopefully be central to our proposals.
7	Access to the film; links to where people from ethnic minority groups look for information - so our community groups/park managers etc know where to promote and publicise opportunities
8	Alot.

7. Is there anything else you would like to share with us?

1	I am really glad to be a part of the community member with ERCS.
2	Brilliant session, really well organised, felt that all voices were heard, and tangible things to take away and implement!
3	help@growgreenscotland.org provides community groups with one-to-one support for community growing for groups. https://getgrowingscotland.org/ This includes the Community Land Advisory Service for food growing, which provides expert and technical advice on policy, legal and planning to get and secure land for food and nature. Social farms & gardens map of food growing spaces https://www.farmgarden.org.uk/ and karen@farmgarden.org.uk can support people and groups to link with a group. Our members in o across the UK have a lot of experience in supporting cultural diverse. We would like to link with other organisations to develop and promote services so everyone in Scotland can participate. Action on the ground through existing support and networks can be activated.
4	Will do in due course, thanks.

Appendix D: Monitoring and evaluation from lived experience workshop participants

We received 31 feedback forms from 36 participants.

1. Evaluations of workshops from participants

- The average rating participants gave for the greenspace workshop was 4.5 out of 5.

- The average rating participants gave for the food workshop was 4.2 out of 5.

- The average rating participants gave for their capacity to contribute in a way they wanted was 4.4 out of 5.

2. Quotes from feedback forms

- "Great facilitation".

- "Thank you for the opportunity to share knowledge".

- "The food workshop was essential".

- "It was very beneficial and added information to my previous knowledge".

- "Very educational, informative and inclusive"

3. Equalities monitoring

- Participants by ethnic background: African (17), Asian (4), Arab (2), Kurdish (2), Black-Scottish (1), Sri Lankan (1), Pakistani (1), Gypsy/Traveler (1), European (1), Prefer not to say (1).

- Participants by age: 22-44 (15), 45-64 (15), Prefer not to say (1).

- Gender identity: Woman (23), Man (8).

- Identified as disabled: Yes (2), Don't know (1), Prefer not to say (1).

4. How participants found out about the workshop

- The Poverty Alliance (9), Springburn Unity Network (4), NotAlone Empowerment Centre (3), Inspiring Families Development Network Scotland (2), Centre for Contemporary Arts (Glasgow) (2), Friend (2), Eventbrite (2), Refugee Sanctuary Scotland (1), Maryhill Integration Network (1), MECOPP (1), Food for all (1), ERCS staff (1), Fairlie Organic Growers Community Garden (1), Did not specify (1)