



April 2013

About this e-bulletin

Welcome to the 25th edition of the Food Futures e-bulletin - a regular update featuring brief articles on local and national news, events, funding opportunities and developments that relate to food. We hope you find it informative and useful and would welcome any comments or suggestions you may have for the next edition.

**Please send all copy to Christine Raiswell on
c.raiswell@manchester.gov.uk**

Local News, Events and Training:

Real Food Wythenshawe is looking for 3 coordinators

Real Food Wythenshawe is an ambitious five year programme to engage and excite the people of Wythenshawe in growing and cooking fresh, sustainable food. This is supported by the Big Lottery Fund with a grant of £1 million.

Growing Co-ordinator
Cooking and Behaviour Change Co-ordinator
Food Education and Skills Co-ordinator
£23,000

You'll help us transform attitudes to food and nutrition as you build productive partnerships with the horticultural and educational sectors and undertake community outreach. We're looking for proven project managers with a strong interest in environmental and health issues, plenty of initiative and drive – and a wealth of fresh ideas to make things happen every day. To apply, please visit www.willow-park.co.uk

Alternatively, please request an application pack by email:
recruitment@willow-park.co.uk or on
0161 946 9559.
Closing date: 25 April 2013

Update from Growing Manchester

The Food Futures Growing Manchester Programme will be running again this year after a successful second year where our training providers supported

many new groups to develop their community growing sites. Our main focus will be continuing to support the groups that are already part of the programme although there will be flexibility to support a small number of new groups. An evaluation of the programme has been completed by The University of Manchester. The report is currently being finalised and will be available on the Food Futures website in May. We have a new member of staff to coordinate the programme this year. Lindsay Laidlaw will be starting on 1st May and will be in contact with more information about the programme.

Esmee Fairburn Foundation – Food Strand Funding

The Esmee Fairburn Foundation has a long standing interest in food and in its impact on people, communities and the wider environment. The Food Strand supports work that demonstrates the important role food plays in wellbeing and that connects people to the food that they eat. As part of this primary aim the Strand seeks to bring about more sustainable food production and consumption policies and practices. The Strand is open to both large-scale strategic interventions and innovative local work. Its budget is £5million over three years, from January 2013 although it may be extended for a further two years pending a review during 2015.

There is a two-stage application process:

1. Make an online first stage application that will allow the Esmee Fairburn Foundation to make an initial assessment and decide whether to take your application to the second stage.
2. If your application is successful at first stage the Esmee Fairburn Foundation will contact you to invite you to make a second stage application and inform you of what further information is required.

For further information and to apply, visit:

<http://esmeefairbairn.org.uk/what-we-fund/sectors/food>

or contact 020 7812 3700, or email: info@esmeefairbairn.org.uk

Accredited Food & Health Courses

Healthy Eating for All Level 1

Duration: 2 day course

This is an introductory and practical course on food and health, exploring the basic principles of healthy eating, nutrients, eating well at different ages and special diets. It offers participants information about resources and support agencies.

This course is accredited by the Royal Society for Public Health. Participants will take the short multiple choice Level 1 Award in Healthier Food & Special Diets exam at the end of the course

Target Audience: Frontline workers in a health or social care setting e.g. health workers, support staff, community workers

Trainers: Rose Boyd & Bernie Murphy, Community Food Co-ordinators

Dates: 13th & 20th May 2013 (RB)

6th & 13th September 2013 (BM)

Healthy Eating for All Level 2

Duration: 3 day course

This course provides participants with knowledge and understanding of food and health and nutrition. This includes key messages for those of different ages, wanting to lose weight and on special diets. The course gives participants the confidence to discuss food and health issues with others.

This course is accredited by the Royal Society for Public Health. Participants will take the short multiple choice Level 2 Award in Healthier Food & Special Diets exam at the end of the course

Target Audience: Frontline workers in a health or social care setting e.g. fitness trainers, nursery nurses, community workers.

****Participants should have attended the Level 1 introductory course or have a basic knowledge of food and health****

Trainer: Steffie El Hassan, Community Dietitian

Dates: 20th & 27th June and 4th July 2013

20th & 27th November and 4th December 2013

To apply for one of these courses, download an application form from the training section of the Manchester Public Health Development Service website www.mphds.org where you can also find details of many other courses.

or email mkbookings@mhsc.nhs.uk

or telephone Peter Stretton (Training Administrator) on 0161 248 1757.

Turf to Tum mies - Manchester Fayre's New Educational Toolkit

Manchester Fayre is receiving exceptional numbers of requests for the delivery of their new Turf to Tum mies educational toolkit.

The toolkit is based around a large interactive magnet display board which shows an animated country scene. The board is used to engage primary school aged children and educate them about where our food comes from, how it grows, where it appears on the Manchester Fayre menu and the importance of eating a healthy balanced diet. The children are encouraged to place magnetic pictures of various foods on the board whilst the rest of the group vote whether this is the correct place or not.

The sessions have proved to be great fun for all involved with everyone learning something, even questions such as “where does a kiwi fruit grow?” have provided some interesting answers.

Whilst the interactive board and the learning session is used as a standalone educational tool, it is most effective when the school to use this toolkit as part of their own Healthy Action Week, thus supporting a whole school approach.

For more information contact manchesterfayre@manchester.gov.uk.

Looking to grow? Get involved with the Land Army!

If you're keen to get out into the open, learn how to grow produce, meet new people and help out organic farmers in Greater Manchester, why not join the ranks of The Land Army?

With regular outings to learn about and help out with sowing new plants, harvesting crops and assisting with the upkeep of farms, it's a hands on experience that's fulfilling and informative.

We are looking for capable and motivated people to volunteer with Greater Manchester's Land Army on local organic farms. Land Army is made up of volunteers, placements and trainees helping to increase the production of sustainable food for Greater Manchester.

The idea behind Land Army was inspired by the women's land armies of the First & Second World Wars, and offers a solution to a number of challenges faced by local organic growers, such as labour issues and costs at busy periods e.g. harvest time.

The changeable and unpredictable weather we had last year means there's even more work than normal for growers to do to get ready for this season, so come and muck in!

Up and coming Land Army opportunities:

Wednesday 24th April - a day at Abbey Leys farm helping maintain the orchard and heel in recently grafted fruit trees (pick up at 9 am in Hulme, Drop off by 5.30 in Hulme)

Thursday 9th May – a day helping Glebelands City Growers on their organic market garden in Sale (pick up at 9 am in Hulme, drop off by 5.30pm in Hulme)

Practicalities on the day:

A day out with the Land Army is quite a physical day's work (though we'll look after you and make sure we get proper breaks!), but it's really satisfying and a great chance to get your hands dirty, experience and learn a bit about market garden/field scale food growing from the experts, and spend the day with a like minded and interesting bunch of people like you!

We'll provide lunch and hot drinks, and your transport from Hulme to the farm and back again.

Make sure you come prepared. Wear sturdy boots/shoes, and bring drinking water, snacks (if you like to nibble while you work!), waterproofs & sun cream/a sun hat (we can dream!)

To book on to one of these trips email us at: chloe@kindling.org.uk

**So get in touch to book on to one of these trips – the Land Army Needs You!
(and it's good fun too!)**

For more information visit the Land Army pages at:

<http://www.kindling.org.uk/projects/greater-manchester-land-army>

<http://www.feedingmanchester.org.uk/landarmy>

All the farms involved in the programme are also working alongside Manchester Veg People, a pioneering co-operative of organic producers and buyers in Greater Manchester.

Birchfields Park Forest Garden near Dickenson Road, M14-5JZ

A forest garden mimics nature in its design based on distinct layers/storeys of the natural forest and guilds of plants that support each other in a low maintenance, productive and sustainable ecosystem. Help plant, mulch, prune, support and harvest edibles and combat invasive plants etc. Gardening

sessions 3rd Sundays each month 1-3pm. Tools provided (use own if preferred). Bring lunch/refreshments and weather-appropriate wear! For further information contact Barry, Jane or Yasmin Barry Johnson: 01612252913; jane.morris1@btinternet.com or Yasmin Quayyum: 07801817457

Spring update from Cracking Good Food (at least we hope it's Spring.... finally)

More courses with GM Probation Trust

We've completed our Home Office-funded project rolling out 6-week cooking, nutrition, sustainability and healthy eating courses with high risk ex-offenders, in collaboration with The Manchester College, and we've managed to get some further funding to roll out 3 more courses, 2 in Chorlton & one in Stockport, through the European Social Fund. The first one starts this week with the other two running in September. We're also working on getting the course accredited through Open Awards. For more details, contact juliet@crackinggoodfood.org

3 years of Cooking in the Community

Cracking Good Food has been cooking with vulnerable, disadvantaged and hard to reach community groups for over 3 years now. We've worked with over 40 community groups, cooked with over 4000 people and delivered nearly 300 different events & courses. All our community cooking is free to the beneficiaries, although of course it's getting harder & harder to find the funding. For more information on who we've cooked with & what we got up to, please visit our Cooking Summary on the website <http://www.crackinggoodfood.org/about/cracking-good-food-cooking-summary/>. For further information, please contact adele@crackinggoodfood.org.

Breadmaking with DEP

We're currently working in partnership with DEP (Development Education Project) in Chorlton, which works to promote global education and education for sustainable development (<http://www.dep.org.uk/>), in delivering a series of 10 breadmaking sessions, where the participants have been making everything from a standard loaf to bagels, focaccia and soda bread. For further information, please contact adele@crackinggoodfood.org or claire@dep.org.uk

Other Community Events

We're running a 'Picnic in the Precinct' community event at Chorlton Precinct on Saturday 18 May, 1-4pm, funded by Manchester City Council, where we'll be running cooking workshops where people will learn how to cook up delicious stuffed pancakes with a variety of filling, as well as growing workshops, where people will take away their own potted seeds or seedlings to grow at home. For further information, please contact kim@crackinggoodfood.org

We'll be cooking up a storm with the beneficiaries of Mosaic Young Peoples Drug & Alcohol Services in Stockport on Thursday 23 May (<http://www.stockportdrugsandalcohol.org/treatment-services/mosaic>). This is a taster session, with a view to applying for funding to roll out a cooking course. For more information, please contact tracey@crackinggoodfood.org

We've been invited to participate in this year's Manchester International Festival – we'll be running cooking workshops on 15 & 16 July at the Biospheric Project in Salford (<http://www.mif.co.uk/event/the-biospheric-project>). For further information please contact adele@crackinggoodfood.org

We'll be continuing our work with Southway Housing, working with the residents of the Arrowfield Road estate in Chorlton. For further information, please contact adele@crackinggoodfood.org

Our Cookery Schools & Wild Food Forages

We've got plenty of events planned at our cookery schools in Chorlton & Altrincham over the next few months, as well as lots of wild food foraging events with our resident wild food specialist Jesper Launder. Please visit our website for further details <http://www.crackinggoodfood.org/our-cookery-schools/about/>

Impact Measurement Survey

And finally, we're putting the final touches to an extensive online survey which will be going out soon to all the people who have attended our cooking sessions and courses, to find out as much as possible about the impact of our work on people's eating habits and behaviours. Once we've got the results in, we'll tell you all about it.... Please look out for it and forward to relevant participants. For further information please contact Juliet@crackinggoodfood.org

And if you're hot on Social media...please like our Cracking Good Food Facebook page for a regular feed (no pun intended) of our cooking activity. Or join us on Twitter at #Crackingfood. All sessions are blogged so check them out too on <http://crackingcooks.blogspot.co.uk/>. We now have a Factsheet to give people who don't know us information about what we do and we've

launched a bi-monthly newsletter. If you'd like to be added to the mailing list please email tracey@crackinggoodfood.org

Launch of Sidney St Community Cafe:

The Sidney Street Cafe is opening on Weds 8th May 2013, and will open every Wednesday and Thursday from 11-4pm

For hearty, home cooked food, fresh coffee and teas, and delicious cakes served in a welcoming and friendly atmosphere. Our food is made-from-scratch every day from wholesome ingredients, including produce grown on our allotment.

Sidney St Café is at the Joyce Layland LGBT Centre on Sidney St, just off Oxford Road (facing the MMU Student Union).

To get your voucher for the opening, visit <http://www.lgbtcentremcr.co.uk/cafe.php>

Contact: strategic@lgbtynw.org.uk for more details

Training at Debdale Eco Centre

Event: An Introduction to Organic Gardening
Date: 17 May 2013
Time: 10am to 4pm
Location: Debdale Eco Centre, 1075 Hyde Road, Gorton, Manchester, M18 7HB

This introduction course is for anyone who is interested in Organic Gardening. Participants will learn the basics of organic food growing and will be shown how to grow your own fruit and vegetables in the organic way. For more details: <http://debdale-ecocentre.org.uk/course> or contact Marva Lashley 0161 220 9919

Sow a seed for Primary schools

It's easy to forget where our food comes from and how it gets to our plate. This course is designed to engage children in organic gardening through a series of three weekly interactive sessions. Learn how to sow a seed, make compost and then transport your seedlings to watch them grow. The course is designed to encourage local food growing and promote healthier lifestyles. Each weekly session lasts two hours. If your primary school would be interested in it, please get in touch. To find out more, go to:

<http://www.debdale-ecocentre.org.uk/what-we-do>

Update from Community Food Coordinators

Eleanor Murphy the food co-ordinator in south Manchester will be taking a 12 month career break from 1st May 2013. Emma Farrell will be the new co-ordinator and can be contacted on 0161 217 3951 or Emma.farrell@mhsc.nhs.uk

The community food co-ordinator project will be running cooking club leader training throughout the year. This training:

- allows you to experience a cook and taste session in action.
- shows you what's needed to set up and run a community cooking course and plan your own.
- helps you gain a level 2 food safety qualification
- develops your group work skills
- and gives you access to ongoing support in setting up and running your cooking club in Manchester after the course finishes.

So far 20 cooking club leaders have been trained between November 2012 and March 2013 across the city and the next course in April is fully booked. For more information please contact Emma Farrell the new co-ordinator in south Manchester (see above for contact details).

National News

Review into FSA response to horse meat incident

The FSA Board has just agreed that a review will be carried out into the Agency's response to the recent incidents of adulteration of processed beef products with horse and pig meat and DNA.

This work will be conducted independently of the Agency, headed by Professor Pat Troop with a secretariat provided by the FSA.

Professor Troop will have unrestricted access to all documents held by the FSA that are relevant to the scope of the review. She will also have access to FSA Board members and officials. The secretariat will aim to secure access to any external people or organisations as necessary.

The findings of the review will be presented to the Board at its open Board meeting on 4 June 2013, with a formal report to be submitted to the FSA by the end of June 2013 for publication.

This project will feed into a larger Government review of this issue. For more information go to <http://www.food.gov.uk/news-updates/news/2013/apr/review>

Growing Success: The impact of Capital Growth on community food growing in London

Launched in November 2008, Capital Growth was established to increase the amount of land used for growing food in London, and in so doing encourage Londoners to grow their own, gaining and sharing expertise on how to do this. This report summarises the first phase of the campaign until the end of 2012, and the benefits of Capital Growth to London, its communities and individuals. To read the report go to

<http://www.sustainweb.org/publications/?id=264>