

April 2012

About this e-bulletin

Welcome to the 20th edition of the Food Futures e-bulletin - a monthly 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**

Events and Training:

Register for the next Food Futures Forum

Event: Food Futures Forum – Children’s Food
Date: 20th June 2012
Time: 1.30pm – 4.30pm
Venue: Friends Meeting House

This is the second Forum and is open to anyone who wants to work to improve children’s food in the city. The Forum is an opportunity to hear about innovative food projects and meet and develop ideas and projects with other people. Everyone is welcome but places are limited. To register email c.raiswell@manchester.gov.uk

'Fresh Friday' at Wythenshawe Hospital and monthly Outdoor Market

There is now a fantastic fresh fruit & vegetable stall each Friday at Wythenshawe Hospital, enabling patients, visitors and staff to buy fresh fruit and vegetables to enjoy whilst in hospital or to take home with them. In addition, the first Friday in every month sees a larger food market take place, offering visitors a wider selection of food including freshly baked bread, cheese, pies, cakes, olives, nuts and fruit.

10 - 3pm every Friday

The Courtyard, Wythenshawe Hospital, Manchester M23 9LT

Contact: Caroline Johnson for more information:

caroline.johnson@uhsm.nhs.uk

Cooking up a storm with Didsbury Dinners

Didsbury Dinners are hoping to cook up a storm with our new free eco-cookery sessions, starting up in autumn.

<http://didsburydinners.files.wordpress.com/2012/01/community-cooking.jpg>

We piloted these recently with a free four-week course at West Didsbury Sure Start Centre. As well as teaching people how to make cheap, tasty meals, it was an opportunity to make new friends. Priority places on the course were given to people with below average cookery skills, a small regular income, and low savings.

We plan to teach 100+ more people how to cook in 2012, and are currently recruiting for a planning group to help us to reach this ambitious goal.

A warm welcome awaits you at the first planning group meeting:

Thursday 26 April
6.30-8pm
West Didsbury Sure Start Centre
The Manchester College Fielden Campus
Barlow Moor Road
M20 2PG

So, if you have a few hours spare and want to make a positive difference to the community, please email community.cooking@yahoo.co.uk (or just show up on 26 April)

Moroccan Market of Handicraft - 1-5 May, 2012

Visit St Ann's Square between 1 & 5 May and experience the tastes and sights of Morocco. Stalls will be packed with spices, exotic produce and tagine cooking pots and you'll also be able to pick up babouche slippers, gleaming golden lanterns and vibrant hand-woven rugs.

www.manchestermarkets.com

How will climate change affect BME communities in Greater Manchester?

Take part in our project to find out.

Our climate is changing. Here in the UK we're facing warmer, wetter winters and hotter, drier summers, with more chances of extreme weather such as heatwaves and heavy rainfall. As a consequence, we'll face greater risks of drought and flooding, and other knock-on effects. Meanwhile, other countries across the globe are facing their own climate change challenges.

What impact will all this have on the BME communities you work with? Manchester BME Network, One North West, Voice4Change England and the Black Environment Network are working with the National Council for Voluntary Organisations (NCVO) to find out more. We're looking for BME organisations working in Greater Manchester to join us on this project from May to November 2012. The programme includes a series of three one-day workshops in central Manchester and the chance to run your own project with some of your service users, plus £150 for taking part.

Places are limited to 20 organisations so to ensure your involvement, apply today! First workshop: Tuesday 1 May.

To find out more and apply, contact Kate Damiral at NCVO or visit the website.

Tel: 020 7520 2540 Email: kate.damiral@ncvo-vol.org.uk

www.ncvo-vol.org.uk/climatechange

Manchester Day Parade 2012 'The Sky's the Limit' **Sunday 10th June, 2pm**

Created by Manchester People, commissioned by Manchester City Council and produced by Walk the Plank, Manchester Day Parade celebrates the city's past, present and future, inspired by this year's theme 'The Sky's the Limit.' www.themanchesterdayparade.co.uk

The costumes and structures for the Manchester Day Parade are being made in the WoW workshop near the Museum of Science and Industry (off Liverpool Road / Water Street). There will be artists, community groups, parade organisers and many more people coming in and out of the workshop from 28th April to 17th June.

Can you provide catering?

The food offering nearby is limited so the WoW workshop manager is looking for 1-2 mobile caterers who would be willing to provide takeaway food to the workers in the workshop, on an ad-hoc basis, as well as lunch for around 20-30 people over 2 weekends (12/13 and 26/27 May)

We are interested in healthy food at reasonable prices made from ingredients sourced locally. We are particularly interested in salads, pasties, curry / rice offerings.

Please get in touch with jessica.symons@postgrad.manchester.ac.uk with menu details and prices.

Street2Feet 5-a-side Football Tournament

Title of event: Street2Feet

Date and Time: 15th May 2012 Team Registration 9.30-10.30 Event is 11.00-4pm

Location: The Pits 20 Union~St Ardwick

Five a Side Football ~Tournament for Homelessness – Play against teams from all over the country and show your hostel pride

For more information contact Dean: 0161 224 5883 or 07854868113

deana@ch1.org.uk website www.ch1.org.uk

Cracking Good Food

would like to thank everyone who came to see us at our 2nd Birthday Pizza session at the Chorlton Big Green Festival.

Cracking Good Food continues to run cooking programmes for the community and the public, sharing good, seasonal, locally sourced food and cooking from scratch. Good food isn't expensive if you know how to cook it.

For further details go to: www.crackinggoodfood.org, go to our Facebook page or our regularly updated Cracking blog for what we've been cooking where and with whom.

Community Programme

We are currently running the following cooking programmes:

- 5 week Cooking Course @ Buckthorn House, Nell Lane, Chorlton
Fabulous Food on a Budget! Tuesdays at 6-8pm.
April 17th & 24th, 8th & 15th May and Celebration for family & friends :
May 22nd. Free to all Southway Housing Residents. This MUST be
booked in advance with Sarah (please text) : 07930 898935
- 6 week Level 2 cooking programmes x 4 with the Probation Service
Focussing entirely on cooking healthy meals on an extremely tight
budget.
for more info: **Sean.Hunt@manchester.probation.gsi.gov.uk**
- 6 week cooking programme at Angel Centre, Salford as part of the GP
Prescribing Scheme. Starts 26 April. Further details:
emma@socialadventures.org.uk
- Breadmaking Masterclasses x 3 plus 3 other repeated sessions tba in
North, South & Central Manchester. Courses are open to community
cooks who currently run sessions for residents and would like to
improve their skills. Dates tbc. Contact:
c.raiswell@manchester.gov.uk
- Breadmaking Masterclass at Chorlton High 25 May with Shoots, a
community-based food enterprise in St Helens, Merseyside providing
access to fresh food at affordable prices.
- Love Food Festival – Public Engagement Event at the Manchester
Museum allotment: Saturday 28th April 2012, 11am-3pm.
Public Engagement event, part of the Love Food Festival, run by the
Sustainable Consumption Institute at the Manchester University.
We will be doing three 1 hour stir fry sessions with up to 8 people per
session Booking essential beforehand. Contact Ralitsa Hiteva:
rphb@hotmail.com. Aimed at 16-19 year olds and their families.
- Breadmaking day at Loreto College with students with learning
difficulties: 23 April 2012
- We continue to create bespoke teambuilding cooking and foraging
events for the wider public.

For further information about any of the above in indeed if you would like us to cook with your community, please contact Adele or **Juliet @ crackinggoodfood.org**

Public programme

Beginners' Bread with Rob
Saturday 19th May, 11am – 2pm, £35/£30
More great 100% organic bread

Food Foraging – Elderflower Special
NEW!
Chorlton Water Park
Saturday 26th May, 11am – 2pm, £20/£15
Elderflower cordial and champagne.

Cunning Cakes with Erika from
'Black Cat Cakery'
Vegan & Gluten free
NEW! Tuesday 12th June, £40/£35
Black Cat Cakery cakes can be bought at Unicorn, On the Eight Day and Jam
St regularly. Please bring a cake tin to take your cake home!

Summer Vegetarian Punjabi with Harjinder
NEW! Saturday 16 June, 11 – 2pm, £35/£30
Lebanese Mezze
Tuesday 19th June, 6 - 9pm, £40 / £35

To book a cooking or foraging session, please go to our website, and don't forget, if you have any booking problems, or indeed any other queries, you can contact fiona@crackinggoodfood.org.

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We look forward to cooking with you!
www.crackinggoodfood.org . Please join us on Twitter & Facebook too.

Local News:

FREE rice for people in need

FareShare North West is a charity fighting food waste and food poverty. They redistribute 200 tonnes per year of surplus food to 60 local organisations working with people in need. They have received a massive donation of pre-cooked rice and need to find additional charitable organisations who can use it or give it away to people in need. The rice is in bags making up 2 servings and only needs to be reheated. The expiry date is end of April and all 7,000 packets need to go before then! So if you work with people in hardship please contact Seb at FareShare on **07917237537** or **01612238200**. Minimum order of 50 bags

North of England Horticultural Society (NEHS) - new Grants Scheme

NEHS are offering grants from £100 - £2,000, to community groups and organisations within the North of England to fund gardening projects and activities. The first cycle of the grant scheme is now open, all applications must be received by 5pm on 31 July 2012 to be considered. Groups must be constituted with a bank account. <http://www.flowershow.org.uk/about-nehs/nehs-grants-scheme/>

Job opportunities with Tameside, Oldham and Glossop Mind

Tameside Oldham and Glossop Mind is a local mental health charity that employ a range of innovative approaches to improve the general well-being of local communities.

We currently run an award winning vegetarian café and are now in the process of opening a non-vegetarian café and developing an outside catering service. We have vacancies for catering roles. The closing date for applications is 11th May 2012. For more information and to download an application form go to:

<http://www.togmind.org/about-us/job-opportunities/paid-vacancies>

Lessons from across Spain

Kindling co-founder Helen Woodcock, via a Winston Churchill Memorial Trust travelling fellowship, recently spent eight weeks on a tour of sustainable food projects across Spain.

Read Helen's report, filled with case studies, lessons learned and ideas gained from her time spent with organisations and communities in Spain.

<http://kindling.org.uk/lessons-across-spain>

Making local food sustainable in Manchester

The results of a recent study into the relocation of food in Manchester has been published as a book chapter by the Open University. The study was part of a European Union-funded FAAN project. To find out more about the project go to <http://www.faanweb.eu/>

To request a copy of the article go to <http://oro.open.ac.uk/33143/>

Pupils help roll out living green roof on their new school

Pupils at the Creative and Media Academies in north Manchester have mucked in to help roll out the living green roof of their brand new £38 million school building that is currently under construction

The usefulness of the living roof goes far beyond its green credentials, as it will be fully accessible, so that it can be used by students as a learning environment during lesson times. The roof combines a green sedum blanket

with sections of a brown plug plant roof system designed to attract biodiversity.

As well as a living green roof, the academies will also have an allotment area accessible to pupils, a courtyard with a performance area, and other external teaching and dining areas.

For more information go to

http://www.manchester.gov.uk/news/article/6258/pupils_help_roll_out_living_green_roof_on_their_new_school

National News:

Top tips to avoid the tap

Using and managing water in your garden and on your allotment is essential to grow healthy plants that better withstand the attacks of pest, disease and periods of drought. A better understanding of how and why plants need water will help you water at optimum times and use your water more efficiently.

http://www.gardenorganic.org.uk/factsheets/gg55.php?dm_i=4UO,QZWI,5V07NY,26H9A,1

10 easiest veg to grow

Garden Organic have produced a useful guide for growing your own vegetables – focusing on the ten easiest vegetables to grow. So if you have never grown anything before why not give these a go? It's easy!

http://gardenorganic.org.uk/growyourown/easiest.php?dm_i=4UO,QZWI,5V07NY,26H98,1

'Vegging out' in school is good for children

In a report published today a government-backed Taskforce has proven, for the first time, the benefits to children who experience food growing in England's schools.

The Food Growing in Schools report, by a Taskforce led by the charity Garden Organic alongside 25 members, including Morrisons Supermarket, Forestry Commission and the Royal Horticultural Society highlights compelling evidence that proves food growing in schools helps support

children achieve, builds life and employability skills, and improves their health and well-being.

To find out more go to: <http://www.gardenorganic.org.uk/organicgardening/food-growing-in-schools.php>

Understanding Well-being – research into policy

Over the last 30 years, there has been a considerable growth in academic research on the causes of well-being. In general, this literature gives a fairly consistent picture of which factors have associations with subjective well-being. However, it is only in the last few years that there has been the corresponding level of interest from policymakers at national level. This is seen, for example, by the start of a programme of work at the UK Office for National Statistics, commissioned by the Prime Minister, on Measuring National Well-being. This document aims to provide the tools necessary to transfer this academic knowledge into a practical format for policymakers. To read go to http://neweconomics.org/sites/neweconomics.org/files/Well-being_Evidence_for_Policy_final.pdf