



December 2012

About this e-bulletin



Welcome to the 24th 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. On behalf of the Food Futures Team and Public Health Manchester I wish everyone happy and peaceful holidays.

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

Local News:

Food Futures has produced the following advice for people who may be at risk during cold weather

Have you thought of stocking up your kitchen cupboards for winter?

In cold weather, it is more important than ever to ensure that you have regular hot drinks and eat at least one hot meal a day as eating regularly keeps your energy levels up. However, when the temperature drops and the roads and pavements get icy some of you will prefer to stay indoors until it gets warmer and safer to be out and about again.

You can prepare for bad weather by making sure you don't run out of food and drink even if you cannot leave the house for a week - just stock up your cupboards and the freezer!

- Depending on what you like to eat and how much cooking you can do yourself either buy the ingredients to prepare the meals or just get some ready meals that will be either canned or frozen.
- Make sure that you include all mealtimes and snacks in your shopping.
- Make sure that you buy products with a long shelf life - canned and frozen fruit and vegetables, cheeses and meats as well as sauces, soups, fruit juices etc.
- Remember that your milk may not be delivered during bad weather so do not forget about cartons of long life milk that you can use instead when you fancy that hot cup of tea.
- Think about what and how much you eat each day and base your “long life” shopping list using that.

Food Futures Forum on Food Poverty

On 23rd November 70 people came together to discuss food poverty in Manchester and what actions are needed to tackle it.

You can see the presentations from the event below

http://www.foodfutures.info/www/index.php?option=com_content&view=article&id=162:forum-on-food-poverty&catid=1:latest-news&Itemid=50

A number of important issues were raised and some clear themes for action emerged which would tackle food poverty at different levels:

- More networking and coordination across organisations providing emergency food to improve provision to those in need and to make better use of food donations
- Campaigning and lobbying to raise awareness of the causes and consequences of food poverty with supermarkets and food manufactures, the media, politicians and the general public
- Support, training and information for individuals at risk of food poverty to enable them to eat well for less
- Improving access to affordable good food in neighbourhoods

Our next steps will be to:

- Identify, complete and share mapping of organisations providing emergency food provision to support collaborative working and enable easier sign posting for people in need
- Facilitate a meeting for organisations who want to work together to coordinate their food distribution
- Encourage individual organisations to lobby directly and offer support in terms of research evidence to do this
- Continue to support cooking, food growing and food access projects through the Food Futures programme
- Consider the recommendations of the GM Poverty Enquiry when published

For more information contact Christine Raiswell
c.raiswell@manchester.gov.uk

Food is the new rock'n'roll at Manchester's celebrity Christmas Markets

Manchester's Christmas Markets are award winning, the original, the biggest and the best – but they are also the most rock n' roll in the business.

Front man of seminal Manchester band The Charlatans, Tim Burgess, has chosen a Christmas Markets stall, Mango Rays on Exchange Square to sell his very own brand of coffee, Tim Peaks Fairtrade Coffee – named as an ode to the coffee enthused cult television series, Twin Peaks, created by David Lynch.

Tim Peaks coffee is sourced from the best small scale fairtrade farms and supported by the Fairtrade Foundation, and blended through a range of beans from Uganda, Costa Rica, Brazil and Ethiopia.

All profits from the Tim Peaks Fairtrade Coffee will go directly to the David Lynch foundation. To find out which other famous faces have been seen at the market go to

<http://www.manchester.gov.uk/news/article/6512/food-is-the-new-rocknroll-at-manchesters-celebrity-christmas-markets>

The Christmas Markets run until Sunday 23rd December

Recycling all wrapped up in Manchester this Christmas

From wrapping paper to Christmas trees and even those leftover Brussels sprouts - it can all be recycled in Manchester.

Residents are being reminded that, as they tuck into their turkey and mince pies this year, recycling services across the city are just as easy to use. And to make sure that no-one misses a collection, stickers are being put on residents' bins, telling them when their rubbish and recycling will be collected over the Christmas and New Year holiday period.

Most residents will have their bins collected a day later than usual for the two week period, although anyone whose bins are emptied on Mondays (Christmas Eve and New Year's Eve) won't be affected.

Residents can double-check when their bins need to be put out by visiting www.manchester.gov.uk/bincollections.

More information about what can be recycled can be found here
<http://www.manchester.gov.uk/recycling>

The Big Dig in 2013

2013 is going to be a big year for the Big Dig, bringing together food-growing community gardens across Greater Manchester. As well as training in fruit tree pruning and grafting throughout spring, we're also offering a workshop on SPIN farming (www.spinfarming.com), organising a bulk seed buy and seed swap, a Community Gardens Question Time, and helping community gardens plan their growing to supply the Herbie veg van, to bring much-needed cash into the gardens. And the centre piece to all this is The Big Dig Day - 16th March – a volunteering open day run by Big Dig gardens to welcome in their local residents and show them the benefits of volunteering on food-growing gardens. Keep a close eye on www.kindling.org.uk/bigdig for what we're up to, and to get involved e-mail kirstin@kindling.org.uk

Update from the Community Food Coordinators

The project works across North, Central and South Manchester to deliver healthy eating programmes within local community settings. This includes hands on cookery skills courses, accredited nutrition courses and support to setup and run cookery clubs, all for free and at accessible locations within the local community. All courses are either bespoke for a particular community group, or open-access for the general public to attend.

The CFC project recently has been delivering a number of nutrition courses and cooking courses. The age ranges from 8 to 70. Some groups want to develop their cooking skills, while others want to study nutrition. We always take into account the specific needs of the group, including people's existing knowledge and skills, their cultural heritage and tastes. All sessions are planned to address people's budget limitations. Discussions are lively, and we benefit from one another's experience.

Upcoming Courses

North: Cook and Taste Higher Blackley Children's Centre, Victoria Avenue
Wednesday 30th January for 6 weeks to 13th March (1 week break for half term) 12 – 2pm

Priority given to North Manchester residents. Contact Rose Boyd
079719331539 r.boyd@manchester.gov.uk for more information

South: Cook and Taste Crossacres Resource Centre, Peel Hall road, M22
5DG

Friday 18th Jan until 22nd Feb 1 - 3pm

Contact Eleanor Murphy 079719331540 eleanor.murphy@mhsc.nhs.uk for more information

Cookery club training If you run a group or have access to a community kitchen and you want to setup your own cookery club you may be interested in this 2-day training course. 'How to Run Cook and Taste' training 24th January 9.30 - 5pm and 'Food Hygiene' training 31st January 9.30am - 5pm. Venue TBC.

Contact Eleanor Murphy 079719331540 eleanor.murphy@mhsc.nhs.uk for more information

This is not the place for toothache

Senior doctors and nurses across Manchester are concerned that cold and wintery conditions expected over the next few months could bring real health problems for local people living with illnesses such as heart disease, lung disease, cancer, asthma and other underlying health problems. Their biggest concern is that city's GP surgeries and Accident and Emergency (A&E) departments could be inundated with people suffering from common illnesses like coughs and colds that usually clear up by themselves in a few days and don't need to be treated by a doctor.

Jonathan Smith, Matron for Emergency Services in Central Manchester said, "People should attend A&E with serious illnesses and injuries. People who have fallen from a height, people who are experiencing central chest pain. Patients should not attend if they have something that could be seen by another service, if someone has a sore throat, they should see a pharmacist for advice. Toothache? This is not the place for toothache."

"Most common aches, pains and winter illnesses will clear up by themselves within a few days with a little rest and some over-the-counter treatments. If you need advice your high-street pharmacy is your expert and our Choose Well Manchester campaign includes really clear self-care advice."

Dr Martin Whiting, Chief Clinical Officer (Designate) for North Manchester said: "Every winter, we see more people with underlying health problems who need to be admitted to hospital. It's vital that our A&E departments are able to concentrate on the patients who are really unwell and aren't distracted by people with minor illnesses who should really look after themselves at home."

"Our local Choose Well campaign gives patients lots of clear information on which conditions can safely be looked after at home, which symptoms need to be seen by NHS services in your area and what signs to look out for that mean it's time to call 999 and head to A&E. The information is available in 64 languages and includes downloadable leaflets as well as 17 short animations covering everything from sprains and strains, to what you should have in your medicine cabinet. "

For more information go to the Choose Well Manchester website
www.manchester.nhs.uk/choosewell

An update from Cracking Good Food

Cracking Good Food will have been going for 3 years in January! We have delivered 285 cooking sessions in the last 3 years, reaching 4346 people in total, and of that figure 947 people have attended our public events and we have reached 3399 people through our community outreach work. We are growing year on year and hope to be cooking with even more people next year, funding permitting. Because our public programme (cooking sessions for the paying public) is what people often see – booking information on the website, details of sessions on all the leaflets we circulate etc., not everyone is aware that in fact, the majority of our work (71%) is in the community with vulnerable, disadvantaged and marginalised community groups. We have recently compiled an in-depth summing up of the last 3 years of our community cooking. Please click the link to see what we've been up to – <http://www.crackinggoodfood.org/about/cracking-good-food-cooking-summary/>

What's in the pipeline?

From January we're going to be running 2 x four week cooking courses with parents at Benchill Primary School in their kitchen facilities. The funding for this has come via a cash grant from Wythenshawe Regeneration Team. The first course will start with a big 'cook & taste' event in the school hall, and the second course will end with a big celebratory 'cookathon' where parents who have completed one of the courses will all cook together for parents & kids of the school, helping to cement and celebrate their new skills and confidence.

In January & February we will be rolling out our fourth 6 week level 2 cooking programme with ex offenders in a local Approved Premises, which will bring the project funded by the Home Office to a close. We are happy to report that we have now secured further funding through ESF to roll out this programme another 3 times in 2013, and we will of course be addressing funding for it for 2014 and beyond. We were Commended in this year's Greater Manchester Probation Trust Staff Recognition Awards in the Successful Collaboration category and the managers of the Approved Premises are keen for us to keep the programme rolling.

In the Spring we're running a full day food growing and cooking session, funded by Cash Grants, in Chorlton Precinct. Participants can take part in a growing workshop and also learn how to turn seasonal local produce into a tasty feast.

Our public programme continues in the New Year, with more breadmaking sessions, wild food forages, cooking with venison, pies, Japanese cooking, pasta making from scratch, Punjabi cooking, to name but a few, plus we are also launching a new public programme to be based at Altrincham Grammar School for Boys. For more details, visit our website –

<http://www.crackinggoodfood.org/our-cooking-sessions/upcoming-events/>

<http://www.crackinggoodfood.org/our-cooking-sessions/upcoming-events-altrincham-grammar/>

And don't forget that if you're short of ideas for what to get your loved ones this Christmas, our gift vouchers are available online.

<http://www.crackinggoodfood.org/book-online/gift-vouchers/>

Events and Training:

MPF Cooking Club

Every Friday from 18th January 2013 at 10.30 till 1pm for 12 weeks.
For learning disabled people to learn creative and healthy cooking skills and join in with a fun activity.

Manchester People First, 3 Broughton Street, Cheetham Hill. M8 8RF
Contact Stephen or Andy for more details on 0161 839 3700

FREE Love Food Hate Waste training

Would you like to pass on the Love Food Hate Waste message?

Are you interested in receiving free Love Food Hate Waste training with the aim to share your knowledge with others?

Recycle for Greater Manchester will be holding Love Food Hate Waste training in 2013 which will cover the background to, and issues around, food waste; the key behaviours to help reduce food waste and support on engaging with others/passing the messages on.

For more information, then please contact the Communications and Communities Officer at Recycle for Greater Manchester
rebecca.sutcliffe@gmwda.gov.uk.

Certificate in Nutrition – Level 3

We are pleased to announce that the Community Nutrition Service will be running another Certificate in Nutrition Level 3 course in spring 2013.

This is for those who have completed a level 2 'Healthy Eating for All' course, or have equivalent knowledge, and are looking to develop knowledge and skills further.

Dates: Thursdays 28th February – 28th March and 18th April – 2nd May (8 days in total). You will need to attend all dates.

Time: 9.30am – 2.30pm

Venue: Friends Meeting House, 6 Mount Street, M2 5NS (central Manchester, near Town Hall and St Peters Square tram stop)

Content: The course covers many areas including:

- * Factors affecting food choice,
- * healthy eating and how to promote this,
- * macro and micronutrients,
- * energy balance and healthy weight,
- * different needs at different ages,
- * dental health and alcohol awareness,
- * Food advertising,
- * menu planning,
- * digestion of food,
- * changes to the food and catering industries

The course is accredited by the Royal Society for Public Health. It is at 'A' level standard and is assessed by a written exam of 2 ½ hours. If you think you may require any extra support for this level of study please let us know so that we can decide together if this support can be given.

Cost: The course and course book are free to those living or working in Manchester, but we will ask you to pay the exam fee of £45 on the first day. We have a limited number of subsidised places available. If you are from outside Manchester the course fee is £250 which includes the book and exam fee.

For further information and for an application form please contact Steffie ElHassan, Community Dietitian: steffie.elhassan@cmft.nhs.uk 0161 861 2316

Rusholme Film Club- All Welcome

Rusholme Film Club is a local and friendly film club showing a variety of films including classics, latest DVD releases, world cinema and more. The film is free with refreshments available for a charge- all proceeds go to fund future showings.

The Film Club will take place on every 3rd Sunday of the month, 5.30 doors open for a 6pm start at The Birch Community Centre, Brighton Grove, M14 5JT. The first showing is on Sunday 16th December and the film is Joyeux Noel- a story of humanity set against the backdrop of World War 1 on Christmas Eve. (Cert PG-13) http://www.rottentomatoes.com/m/joyeux_noel/

No need to book, just turn up. For more information please contact Rich Browning on 07913 540680 or richbrowning@healthymehealthycommunities.co.uk

Follow our blogspot for future showings: <http://rusholmefilms.blogspot.co.uk/>

National News:

FFLP receives prestigious Public Health award

We are delighted to announce that The Food for Life Partnership has been presented with a Health Promotion and Community Well Being Award by the Royal Society for Public Health (RSPH).

The awards recognise good practice and achievement in the development and implementation of health promotion and community wellbeing strategies and initiatives. Our independent evaluation, which demonstrates FFLP's proven impact on children's health, community engagement and tackling inequalities, underpinned our successful application. You can read the evaluation report here

<http://www.foodforlife.org.uk/LinkClick.aspx?fileticket=YyUBCvfUWCc%3d&tabid=310>

If you would like to find out more about how FFLP can support Health & Wellbeing priorities, please contact Amanda Donnelly (FFLP Commissioning Manager North) on 07824 635810 or adonnelly@soilassociation.org

NICE Guidance on obesity and working with communities published

NICE guidance sets standards for high quality healthcare and encourages healthy living. Guidance can be used by the NHS, Local Authorities, employers, voluntary groups and anyone else involved in delivering care or promoting wellbeing. This new guidance aims to support effective, sustainable and community-wide action to prevent obesity. It sets out how local communities, with support from local organisations and networks, can achieve this. For more information and to read the guidance go to

<http://guidance.nice.org.uk>

Food businesses pledge to increase fruit and veg

More fruit and veg will be added to ready meals and supermarket fruit and veg sections will be expanded as part of a new drive to encourage people to get their 5-a-day.

The move comes as part of the latest Public Health Responsibility Deal pledge that aims to encourage action across the food industry to help increase the amount of fruit and vegetables – including fresh, frozen, canned, dried as well as juices – used in pre-prepared food, such as ready meals.

Eating 5 portions of fruit and veg a day helps to lower the risk of serious health problems, such as heart disease, and some cancers. But figures show that two thirds of people aren't eating enough fruit and veg.

To read more go to <http://www.dh.gov.uk/health/2012/11/food-businesses-pledge-to-increase-fruit-and-veg/>

E-consultation on Hunger, Food and Nutrition Security

Facilitated by the United Nation World Food Programme (WFP) and Food and Agriculture Organisation (FAO) , this is your opportunity to help identify the actions, goals, targets and indicators needed to achieve food and nutrition security, and the eradication of hunger, in a post-2015 world. Many food security and nutrition policies, strategies and action plans have been written over the past number of years. Challenges and opportunities towards achieving food and nutrition security in a sustainable way have been identified, and many countries are making good progress. Nevertheless, close to 870 million people around the world remain undernourished and do not have access to a healthy diet. It is time for everyone to take urgent action – in a concerted manner – and to elaborate a new development agenda around lasting concerns of hunger, food insecurity and malnutrition.

To take part in the consultation go to <http://www.fao.org/fsnforum/post2015/>
The deadline is 10th January 2013
