

INFOOD

... food at the heart of the Community



Newcastle Community Food Initiative Infood Newsletter - Spring/Summer 2011 – final issue

Newcastle Infood: final edition 2011

This edition of In-food will be the last newsletter from the Community Food Initiative. I would like to thank all of you who have contributed to it over the last 10 years!

It has been a useful resource in celebrating the work of local food projects, promoting the work widely to community groups, statutory agencies, schools, GPs and private organisations.

The Community Food Initiative will continue to raise awareness of the food issues faced by people in Newcastle and the good work achieved by local food projects.

The initiative has undergone a few changes in the last couple of months and I'd like to take this opportunity to let you know what is happening and tell you how we can still work together in the future.

Keeping in the loop

The CFI will continue to signpost, offer advice and information to support the development of local food projects.

A key area of the work is information sharing, capacity building and strengthening partnerships - the CFI does this in a number of ways, this newsletter having been one of them and also the Food e-Bulletin and website www.healthycity.org.uk/newcastlefood/ -

both of which will continue. The CFI will use the Food e-Bulletin to update on local, regional and national food issues, funding opportunities, training, events, resources, consultations, campaigns etc. It can also be

used to promote the activities of local food projects! Any contributions are welcome!

If you are not already signed up to receive the monthly Food e-Bulletins please get in contact! They are free and you can unsubscribe at any time. You can see examples of the Food e-Bulletin on our website. Please send me an email with your details – I will need your name, who you work for, what your role is and your email address!

Don't forget the CFI have directory listings for local food activities in the city covering food access clubs, cooking skills, food growing, food provision and more – if you are looking for activities in your area please contact me.

Nicola Cowell

Community Food Initiative Co-ordinator

Direct line: 0191 211 3585

Main Office: 0191 232 3357

nicola.cfi@healthycity.org.uk

Newcastle Community Food Initiative

Newcastle Healthy City

14 Great North Road

Newcastle upon Tyne

NE2 4PS

Check out our website

www.healthycity.org.uk/newcastlefood

For the latest news, information, useful links. You can also read about local community food initiatives and food access clubs.

Sign up to our free Food e-Bulletins...

Monthly Food e-Bulletins keeping you up to date on what's in the news – locally, regionally, nationally and across the food and nutrition world!

Working together

The CFI attends various forums, networks and partnerships locally and regionally. The Food Network will still exist in some form but there is no longer a development worker for the food network. I will be working closely with the Change4Life West Newcastle Co-ordinator, supporting the partnership in the west. Similarly, with the current redevelopment of Lean East – I will work with the Co-ordinator when appointed and the re-established partnership in the east.

Meeting together

The CFI will not be hosting events or local food network gatherings in the future but will support the partnership events of Change4Life West Newcastle and the partnership events in the east of the city (currently Lean East). The

CFI will also support any future activities or events delivered by Eat Well Newcastle.

Making a difference together

The CFI is a member of the Newcastle Obesity Group and the newly established Eat Well Newcastle group, representing local food groups. Eat Well Newcastle will be responsible for joining together the resources and efforts of all organisations, including those of us in voluntary and community sector, to ensure that people of all ages and backgrounds can enjoy a healthy nutritious diet. The Community Food Initiative will be a 'bridge' between these groups and local food groups. Updates will be given through the Food e-Bulletin but local food issues can be taken to these groups through the CFI.

But what about the Community Food Initiative grant scheme?

There's very good news! The CFI will now have a pot of £10,000 to support the development of local food projects! The grant scheme will be bi-annual and with grants of up to £1500 available.

You can apply for a grant to improve access to healthy food in local communities and/or support local people to have a healthy, varied and balanced diet. Addressing barriers to healthy eating, such as affordability or availability, the possible negative impact of culture and lack of food skills. The work must benefit low income or disadvantaged communities.

Types of activities that would address the barriers to healthy eating:

- Cookery or food preparation skills workshops

- Increasing the availability of affordable healthy foods or meals
- Building the skills of staff and/or volunteers to prepare healthy food or meals
- Building the skills of staff and/or volunteers to provide healthy eating activities e.g. cookery workshops
- Increasing the affordability or availability of healthy foods by growing fruit and vegetables

The closing date of the first round is Friday 1st July 2011

For the Food Grant Guidelines and Application Form visit the CFI website at www.healthycity.org.uk/newcastlefood/pages/resources/food_grant_scheme.php

To be kept informed of future funding rounds you will need to register for the Food e-Bulletin!

Newcastle Nutrition Update

The past few months have seen a change in both personnel and work programmes delivered.

New Staff

Siobhan Winter Community Dietitian will be involved in a range of city wide nutrition education programmes in schools and the delivery of On the Go.

Lynsey Jewitt Community Nutrition Worker will be delivering the Cook and Eat sessions of On the Go as well as practical food activities across the city.

New Programme - Maternal Obesity

The Maternal Obesity care pathway called 'New Start' began in April. This new initiative will help women, and their partners, address weight management before, during and after pregnancy. There is currently Brief Intervention training being delivered to Community Midwives, Health Visitors and Sexual Health staff to help them raise the issues of weight with their clients. The nutrition education programme will consist of one to one appointments, group sessions and cook and eat. The staff currently delivering New Start are Louise Smith (Lead Dietitian), Lisa Li (Public Health Practitioner) and Gillian Bennett (Nutrition Practitioner).

For further information on referral into the programmes please contact Louise, Lisa or Gillian on 0191 282 3557.

Nutrition Training

Newcastle Nutrition continues to deliver its range of Open College Network accredited food and nutrition courses.

Healthy Eating and Cooking on A Budget (Level 1) is aimed at parents. It has recently been rewritten and reduced in length to 6 half days

Food and Public Health Nutrition (Level 2) is aimed at workers who have a remit to deliver practical food session as part of their job role. It is a 3 day course with course assessments.

We have piloted a course called Healthy Food and Special Diets as part of Change4 Life Newcastle West. After tutor and participant evaluation the course has been reviewed and awaiting confirmation of a name change and accreditation by OCN. For further details please contact Moira Hill, Louise Smith or Susan Bremner on 282 3557.

Please note our new postal address (to most it will still be 'The General')

Newcastle Nutrition, Building 15, Campus for Ageing and Vitality, Westgate Road, Newcastle upon Tyne NE4 6BE

Change4Life West Newcastle Partnership update

Change4Life West Newcastle is a partnership of providers linking up existing services and projects to encourage families to

Eat Well, Move More and Live Longer

It aims to improve the nutrition of families through healthy eating initiatives, increase participation in physical activity and improve the emotional health and well being of families in the West End of Newcastle. This will be

achieved by focusing on children, young people and their families to help reduce and prevent obesity. The partnership will work around the fourteen Primary Schools in the Westgate, Elswick, Wingrove, Benwell and Scotswood area.

Change4Life West Newcastle involves funding for a Co-ordinator (Kath English), Mini On the Go programmes for 0-5s and 5-7s, Newcastle Nutrition training and Newcastle

United Foundation's Match Fit Families. The main role of the Co-ordinator is to establish and support the Change4Life West Newcastle Partnership.

Organisations and schools in the area can sign up to be partners, have information in a pack which is shared with organisations and GPs, and have a window sticker to show they are a partner. Kath organises events for the partners to come together and find out about the programme and network with each other to promote services in the area. The next event is on Tuesday 21st June between 9.30am-12.30pm at Excelsior Academy. If you would like to attend or would like more information please contact:

Kath English
Change4Life (West Newcastle) Co-ordinator
HealthWorks Newcastle, Health Resource Centre
Adelaide Terrace, Benwell NE4 8BE
Tel: 0191 272 4244
Email: kath.english@hwn.org.uk

Lean East Programme Update

The organisations involved in delivering activities as part of the Lean East programme to tackle obesity around ten schools in the East End have received extended funding until the end of July 2011. In the meantime new tender documents will be made available soon for any organisation to tender for new projects to start in September 2011. Newcastle Primary Care Trust has identified funding for Lean East and the City Council has made an allocation of funding from the Children's Services Early Intervention Grant as their contribution to obesity work across the city. A decision will be

made as to how much of the Council's funding will be for Lean East and how much could be made available for other initiatives in the city.

There will be no cap on the amount of money organisations can bid for around Lean East but it will have to be realistic and fit with the total funding amount. Information and application forms will be sent out via networks. It will be possible to bid to host a Co-ordinator to encourage a community and partnership approach which will include the community, public and private sectors. Due to statistics indicating high numbers of overweight children coming into Reception year in schools work will be encouraged to target early year's settings.

If you would like further information please contact:

David Stobbs, Health Improvement Lead for Nutrition
Health Improvement Team, 3rd Floor, New Croft Centre, Market Street East,
Newcastle upon Tyne NE1 6ND
Tel: 0191 2292903
Email: david.stobbs@newcastle-pct.nhs.uk

This year will be one of change and uncertainty, many local food projects are struggling to continue their well established work. This is at a time when need is great and more people will suffer food related health inequalities.

The CFI will be looking to support existing food projects and support the development of new food projects according to local need – please contact me if you think the CFI can help your project or community!

Newcastle 
Primary Care Trust

Newcastle Community Food Initiative is funded by Newcastle Primary Care Trust'

Contact us: Newcastle Community Food Initiative, Newcastle Healthy City
14 Great North Road, Jesmond, Newcastle upon Tyne, NE2 4PS
Direct line: 0191 211 3585 Main Office: 0191 232 3357 www.healthycity.org.uk/newcastlefood

Newcastle Community Food Initiative is funded by Newcastle Primary Care Trust

The articles presented in this newsletter are not necessarily the views of Newcastle Community Food Initiative and the editors reserve the right to change punctuation and grammar.