



Health Inequalities Pool

FOOD RESOURCE PACK



USEFUL RESOURCES

Food is a massive subject, which effects everybody, and relates to many different areas of work and life. This paper attempts to provide information on a broad cross section of resources, that are available, locally and nationally, to support community based food initiatives. The various resources are categorised into the following sections:

- Adult Education and Training
- Campaigns
- Publications
- Support Agencies
- Web Sites

The focus of the paper is local, although some of the campaigns are national, as are the support agencies. Because of the extent of topic, it has been impossible to cover every resource, local or otherwise. If you are a provider, and are not currently listed, but would like to be included in future versions of this paper, please email your information to: wellbeing@macc.org.uk.

ADULT EDUCATION & TRAINING

Community Health Tutor Training (ChaTT)

North Manchester Primary Care Trust (PCT) provide support for individuals and groups interested in delivering healthy eating sessions. If you think you could benefit from learning how to run enjoyable, participative groups like this, contact Pia Feig, ChaTT Co-ordinator, at North Manchester PCT: phone 0161 882 2311 / email pia.feig@northpct.manchester.nwest.nhs.uk.

Cooking on a Budget

Classes are run at the Tree of Life Centre at St Mark's United Reform Church in Woodhouse Park. For more information phone Tree of Life on 0161 437 7623, or contact South Manchester Healthy Living Network on 0161 217 4101.

Healthy Cooking and Food Growing Courses

MERCi in partnership with Surestart are running healthy cooking and food growing courses in East Manchester:

- The cooking courses take place at Ashbury Meadow Children's Centre in Beswick and BESSARA Community House in Clayton. The sessions support people to cook healthy well-balanced meals and include free crèche places, and attendees receive free cooking instruments like woks.
- The food growing classes take place at Heybury Close Children's Centre every fortnight. Sessions include: growing fruit and vegetables in pots on windowsills and balconies, backyards, gardens and allotments; how to sow seeds, take cuttings, look after crops; and how to harvest them and cook them. All gardening classes, tools and equipment, seeds and plants for growing are free plus free crèche places are available for children under five.

For more information contact Geraldine Wall, the cooking and gardening trainer at MERCi: phone - 0161 273 1736 / email - geraldinew@bridge-5.org.

Grow Your Own Vegetables, Fruit and Herbs

This is a six week beginners Organic Gardening Course in Trafford, which offers practical help with growing your own vegetables and herbs. The course is held in a classroom, and on an allotment plot. For more information contact Broome House on 0161 912 4828.

Healthy Eating Workshops

Zest (the North Manchester Healthy Living Network) are involved in delivering 'Healthy Eating Workshops' in sheltered housing schemes in Harpurhey. They are also working with MERCi in Ancoats, to deliver tailor made courses, including basic cookery and healthy cookery. For more information on these projects phone Fiona at Zest - 0161 277 8816.

Manchester Adult Education Service

Information on courses provided by MAES can be obtained from the City Council web site: www.manchester.gov.uk (follow the links to 'Education' and 'Adult Learning' then 'courses'). Here you will find a searchable databases of courses. Information on several food related courses is accessible by searching under the subject of 'Food Hygiene':

- Cookery, Beginners
- Cookery, Intermediate
- Healthy Eating
- Healthy Eating on a Budget

Alternatively you can get information on these courses by phoning 0800 083 2121.

Organic Gardening

Courses are run at Cheadle and Marple Sixth Form College. For more information phone 0161 486 4602 or 0161 484 6602.

Permaculture Courses

Permaculture Manchester provide different education and training opportunities, including Introductory courses, Permaculture Design courses, and progression in Permaculture Diplomas, and specialised training. The courses are focussed around individual and community self-reliance, with a heavy emphasis on food production, regional food systems and community economics. For more information phone Rob Squires on 0161 227 8750 / 07974 658745.

Trinity Club for Disabled - Food Preparation

Food preparation sessions are held in a community kitchen at Trinity Club for Disabled in Ancoats. The average age of participants in these sessions is 60! For more information contact Walter Yeomans: phone - 205 5856 / email - walteryeomans@msn.com / Trinity Methodist Church, Butler Street, Ancoats, Manchester, M4 7JE.

WEA Online Gardening Course

Gardening Online is an internet-based course which is ideal for beginner gardeners and those who want to improve their gardening skills. Courses last 14 weeks and cover the essentials for creating a thriving organic garden or allotment. You can find out everything you need to know about the courses and how to apply via the website at: www.cgfl.org.uk (follow the link to 'Gardening Online', then login as 'guest'. Courses cost £85 per person, inclusive of all online materials and tutor support.

For information on food related older people's projects in general:

- Being run by PCTs
- Healthy Living Networks
- Five-a-Day
- 'Cook & Taste' and Community Health Tutors/trainers some of which specialise in promoting breastfeeding, and nutrition

Phone South Manchester Healthy Living Network: Nigar - 217 3035 or John - 217 3667

Or phone Zest (North Manchester Healthy Living Network): Fiona - 277 8816

CAMPAIGNS

Food and Mood Campaign

The campaign raises awareness about issues concerning mental health and poor diet. For general information about the campaign please contact Shamin Malik, Public Health Development Advisor (Mental Health) on 0161 882 2309. Or contact Nicole Tidmas, facilitator of the Food and Mood self help group based at Zion Community Resource Centre in Hulme: ansaphone - 226 3391 / mobile - 07951 715 601 / email: forrestbelle1971@yahoo.co.uk.

Manchester Food Futures challenge families to eat a better diet!

As part of the Manchester 100 Days Campaign, Food Futures challenges parents to improve their family's diet and see the difference in their health, well being, mood and behaviour. Families taking part receive a pack of information giving advice on health and nutrition, recipes, cooking, shopping tips and a food diary. Selected families receive intensive support to help them on the road to a healthy future. For more information about the campaign please contact Christine Raiswell, Food Futures Programme Manager, Joint Health Unit, Manchester City Council: phone - 0161 234 4268 / email - c.raiswell@manchester.gov.uk

The Chorlton Fairtrade Group

The aim of the Fairtrade Steering Group is to ensure Chorlton's ongoing commitment to Fairtrade. The steering group was formed in December 2004 with the support of Action For Sustainable Living. The group is made up of a cross-section of the Chorlton community and is now in the process of setting up strong links with local businesses, churches and schools. For more information contact Anna O'Sullivan, Sustainability Consultant: Action For Sustainable Living, PO Box 382, Manchester, M20 2ZU / phone - 0845 456 4468 / email - anna.osullivan@afsl.org.uk / www.afsl.org.uk/fairtrade.htm

Manchester Friends of the Earth Real Food Campaign

Access resources on local real food, the effects of supermarkets, and issues concerning food legislation, labelling and genetically modified crops. For more information contact Manchester Friends of the Earth: 6 Mount Street, Manchester, M2 5NS / phone - 0161 834 8221 / e-mail: office@manchesterfoe.org.uk / www.manchesterfoe.org.uk (follow link to 'Real Food' campaign)

Networking Newsletter

This is not a campaign as such, but an information service to support the vast array of campaign groups in Greater Manchester. For more information go to: www.networkingnewsletter.org.uk or email info@networkingnewsletter.org

People's Kitchen

A loose collective of community activists in Hulme. The People's Kitchen meets regularly and provides cheap, healthy, nutritious, vegan food for local residents. Food is cooked on a voluntary basis, and profits go towards supporting local community initiatives, such as Leaf Street Community Garden for example. The People's Kitchen offers a place to discuss social and political issues. For more information phone Bentley House Tenants Association on 0161 232 0538.

Vegan Organic Network

The Network advocates and campaigns for animal free systems for food cultivation. The Network has a strong membership in the Manchester community. For more information visit www.veganorganic.net

DoSummat

A Manchester based collective of activists that have their "fingers in many pies of activism" .. from street theatre to blockading .. from community actions to G8 mobilisations .. from social and information sharing events to squat parties. DoSummat organise evenings like Get Clued Up About Food, to educate people about local and global food issues. For more information go to: www.dosummat.org.uk

Tescopoly – Every Little Hurts

A campaign against supermarkets, to support farmers, workers overseas, local shops and the environment. Tescopoly have a local campaign based in Stockport and Trafford. For more information visit: www.tescopoly.org

Ethical Consumer

This organisation is based in the Work For Change co-operative in Hulme, and produces the Ethical Consumer magazine, which has a national circulation. The magazine, focuses on all aspects of ethical consumerism, and regularly covers food issues. For more information: visit www.ethicalconsumer.org / phone – 0161 226 2929 / Unit 21, 41 Old Birley Street, Manchester M15 5RF

Corporate Watch

This is a campaign and research group that keeps a watchful eye on the activities of corporations, and raises awareness about unethical behaviour / business activities. They have maintained the spotlight on supermarkets and GM food producers for many years. Corporate Watch produce an excellent booklet called What's Wrong With Supermarkets? Which provides an overview of the impacts of supermarkets on local communities, economies and ecosystems. For more information visit: www.corporatewatch.org.uk

Ban Cruel Farms.Org

Animals exploited for meat, milk and eggs are increasingly subjected to inexcusable abuse on industrialized farms. Cattle, pigs, chickens and other animals are genetically altered, crowded and confined in cages where they can

barely move, and subjected to cruel mutilations, harsh handling, and inhumane slaughter. For more information visit: www.bancruelfarms.org

Vegan Fitness

The Vegan Fitness organisation takes a new approach to veganism, by promoting this kind of diet as healthy and compassionate living. A good web site with lots of factual information: www.VeganFitness.net

LOCAL PUBLICATIONS

Cook Book Project

The Cook Book was produced by Zest Healthy Living Network in North Manchester. The book includes recipes from a wide diversity of different cultures, which were collected through a series of events and workshops, where local people exchange information on their recipes, in return for good food. For more information about Zest and the Cook Book, phone 0161 277 8808.

Food For Us

Book produced by JNR8 (pronounced 'generate') Youth Club in Whalley Range. Documents several months of cooking and gardening sessions with younger people, and includes a wide selection of recipes and practical tips for healthy eating. For more information: JNR8 Youth Club, Cromwell Ave, Whalley Range, Manchester / phone - 0161 881 3744

Manchester Food Futures newsletter

Currently produced quarterly, informing people about food issues in the City. Available from Food Futures Strategy team. Contact Christine Raiswell, phone 0161 234 4268, or email c.raiswell@notes.manchester.gov.uk

Reports by MERCi (Manchester Environmental Resource Initiative)

- Fresh Evidence - A major report investigating access to fresh food in the Ancoats and Miles Platting areas.
- Urban Harvest - A short report on the opportunities and potential for growing food in urban communities.

Both reports available from www.imaginemanchester.org.uk

A Compost Strategy for Greater Manchester

A short report produced by the Fairfield Composting Group: Greater Manchester needs to adopt a 'zero waste' strategy in order for the conurbation to become more environmentally sustainable. As part of such a progressive waste strategy Greater Manchester needs to be composting a significant

proportion of its waste as close to source as possible. Available from www.imaginemanchester.org.uk

The Human Ecology of Urban Food: Understanding Environmental Justice Through Participative Research in Community Projects

Including case studies on community projects in and around the Manchester area. Researched and written by Graeme Sherriff, PhD Thesis, University of Manchester, 2005. Available for download in various formats from www.edibleecosystems.net

Bentley Bulk Local Food Project

Report produced on the Bentley Bulk Healthy Local Food System (HeLF System), which was pioneered in Hulme. The HeLF System is an innovative model for community economic engagement, which enables people on low incomes to access affordable, healthy, local produce. The project integrated local food growing and distribution, and provided residents with practical training and education in local economics and community food issues. For more information phone Rob Squires on 0161 227 8750 / 07974 658745.

Fairtrade Guide to Manchester

This guide has been compiled to provide local people with step by step instructions to becoming fairtrade friendly. For more information contact the Manchester City Council Campaigns Team:
phone – 0161 953 2599
email – campaignstream@manchester.gov.uk
www.manchester.gov.uk/environment/fairtrade

Manchester Friends of the Earth – Real Food Guide

The Real Food Guide is available as a booklet and as a web site. The Guide is packed with factual information about healthy food providers in the region, and discusses issues around health and environment. For more information: visit the website at www.realfoodguide.org.uk / email - info@realfoodguide.org.uk.

Self Help Guide on Food and Mood

The self help guide on food and mood is available from Manchester Public Health Development Service at Victoria Mill, Lower Vickers Street, Miles Platting on 0161 861 2900 and from the South Resource and Information Library, Main Drive, Withington Hospital, Nell Lane, West Didsbury / phone - 0161 611 3642.

Five A Day Resource Pack

For information about the Resource Pack, campaign and local activity, email Lucy or Naheed at North Manchester Primary Care Trust - 0161 882 2300
email - Lucy.Nobes@northpct.manchester.nwest.nhs.uk
email - Naheed.Akhtar@northpct.manchester.nwest.nhs.uk

Food Matters

To discuss Food Matters in more detail please contact Lucy Nobes, Public Health Development Advisor: phone - 0161 882 2300 / email - lucy.nobes@northpct.manchester.nwest.nhs.uk.

Copies of Food Matters are available for loan from the Manchester Public Health Development Libraries, North 0161 203 4101, or South 0161 611 3642.

Just Eat More (Fruit and Veg)

The NHS Five A Day booklet. Available from Dept. of Health Publications, PO Box 777, London SE1 6XH / phone 08701 555 455 / email doh@prolog.uk.com

MCHIP - Manchester Community Health Information Profiler

The new community health information profiler for Manchester. Contains lots of information and statistics about health, and service providers. Also has a list of allotment associations in the city. Visit www.healthprofile.org.uk

South Manchester Healthy Living Network

SMHLN have their own website, with a good listing of food related projects and organisations in south Manchester, ranging from diet and nutrition, to luncheon clubs and market gardens. Visit www.smhln.net (to access the list click on 'useful links', 'member groups' and 'healthy eating').

North West Food and Health Task Force

This web site is operated by the North West Food & Health Task Force as a resource for anyone working or interested in the public health issues of food and diet. They provide useful information and resources and a point of contact and communication for all food and health workers across the Northwest and beyond. Visit www.foodandhealthnw.co.uk.



**Produced by
Manchester Alliance for Community Care
Swan Buildings, 20 Swan Street, Manchester, M4 5JW.
Tel: 0161 834 9823
Fax: 0161 832 2352
www.macc.org.uk**