

Food & Health News



Gerry O'Brien

Welcome to the April edition.. the main focus this month is preparing for Breastfeeding Awareness Week in May and some vital information for Health Professional on Vitamin D.

The Early years training sessions on eating well and nutrition continue to go well. It was fantastic to see dads represented at the Coney Hill Children's Centre last month and to hear their experiences about cooking for their families. On March 18th I joined colleagues from Gloucestershire and the South West region at the regional 'Healthy Weight, Healthy Lives Conference' at Circomedia in Bristol. The day included a speech from RT Hon Dawn Primarolo (Minister of State for Public Health) on the Government response to the obesity challenge. The delegates were able to attend various workshops that celebrated Change4life innovation in the South West. These include 'Promoting and supporting breastfeeding locally', 'Active Travel and Health' and 'Preventing Childhood Obesity'. The presentations are available on the Healthy Weight for Children Hub website at www.healthyweight4children.org.uk. Lastly some local news – The Stable Company in Hester's Way is a community project run by volunteers. They are currently running a veg box scheme for boxes of fruit and veg which includes locally produced produce. If you would like to find out more, please contact Mike Hopkins at sonia.hopkins@virgin.net. I hope you enjoy the Newsletter and wish you all a very Happy Easter!

FSA Grants for hygiene and healthy eating initiatives.. The FSA has announced the launch of the 2009/10 grant scheme for local food hygiene and healthy eating initiatives.

Grants of up to £10,000 are available for local projects on food hygiene or healthy eating. This scheme forms part of the Agency's work to promote the safe handling of food in the home, by working with schools and providing support for local food safety initiatives.

Applications are open to local authorities, trading standards regional groups, food liaison groups and their equivalents in all four UK countries.

The grant scheme was launched in England in 2003 for projects on food hygiene and in 2005 the scheme was extended to include projects on healthy eating. The grants became available to authorities in Scotland in 2004 and Wales and Northern Ireland in 2007.

This year the Agency is welcoming initiatives based on the following themes: promoting good food hygiene among older people collaborative local action to deliver Agency priorities on saturated fat or salt.

The closing date for applications in all four UK countries is **24 April 2009** and all applications should be sent to: Jackie Spencer, Food Standards Agency, Area 3B Aviation House, 125 Kingsway, London, WC2B 6NH.



Early years.. There is now a cookery course specifically created for those catering for the Early Years, which is being held at the Food Centre, at the Royal Agricultural College.

The Food Centre is keen to improve cookery skills and encourage healthy eating throughout life. All courses are delivered by a professional chef and in a kitchen which is attractive, modern and efficient.

This course has been set-up as a result of the Early Learning project, which was created through a partnership with Rob Rees (The Cotswold Chef), Gloucestershire Food Vision, Gloucestershire County Council, Stroud College, the Food Centre in Cirencester and the British Nutrition Foundation.

The course includes:- Health & Safety, Hands on Practical cookery plus demonstrations, Menu Planning, Basic Nutrition, Special Diets.

Dates:- Saturday 25th April & 20th June (9.30am—3.30pm)

Cost:- £37.50

(Subsidised cost through The Gloucestershire Development Agency for first 50 places)

In you are interested in the course, please contact **Nikki Darlington on 01285 889873**

Health Visitor Event for two year olds.. In January the Cirencester Health Visiting team launched a new initiative to reach the two year olds on their caseload. A public health event inviting those children who had turned two in the previous three months, is being organised every quarter. The first one was held in January and had a real party atmosphere. Balloons, face painting and birthday cake gave it a light touch, but did nothing to distract from the health education stalls which included healthy eating, speech development, behaviour and play, PATA and BookStart amongst others. Children could get weighed and measured and then get dietary advice at the healthy eating stand! Parents really appreciated the event and gave lots of positive feedback. Watch this space for information on how this pilot scheme develops across the County..



Up and Coming Events for 2009!

2—3rd May
Tewkesbury Food Festival

11th May
NBAW 2009, London

10-16th May
National Breastfeeding Awareness Week

18-22nd May
Walk to School Week

18th-22nd May
National Allergy Week

26-28th July
NCT Annual Conference & Exhibition (Swansea)

2-8th August
World Breastfeeding Week

Vitamin D..

Important information for healthcare professionals. A new leaflet is available from the DH to view and order copies see link below.

www.wmpho.org.uk/infantfeeding/documents/Vit_D_Leaflet_March_09.pdf

National Breastfeeding Awareness Week Conference, 11th May, London..

The conference speakers will explain the growth charts in more detail and give practical advice on their usage. Details of the event are currently being developed and will be finalised shortly. For more details about this year's conference and to register your attendance at this year's event, please visit www.breastfeeding.nhs.uk from 10th April 2009.

About Us..

Gloucestershire Food Vision is the UK's first integrated countywide food policy framework. It brings together food issues across health, education, industry, access and food safety. Approved by the Gloucestershire Strategic Partnership (GSP) as a key Task Project it will help deliver all the themes within its Community Strategy over the next 15-20 years. It is managed by Gloucestershire First, the County's Economic Partnership.

April 2009 Gloucestershire Food Vision

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GBSN

Gloucestershire Breastfeeding Supporters' Network



Gloucestershire Breastfeeding Supporters' Network (GBSN).. All groups are free for pregnant or a breastfeeding mothers who want information, support, coffee & a chat. Peer supporters (local mothers who have breastfed their own baby and have been through a short training course to learn how to support new mothers) offer support, and easy access to breastfeeding councillors. They also offer a library of books and videos for borrowing. Some groups offer electric breast pump hire, as well as nursing bras, feeding pillows, and Doidy cups for sale. For more information, please visit the website www.breastfeedingsupporters.org.uk/index.php

HEALTHY START

For people receiving benefits or are pregnant and under 18, or have children under four they could qualify for Healthy Start.

With Healthy Start they receive free vouchers every week which they can spend on milk, fresh fruit, fresh vegetables and infant formula milk. They can also get free vitamins. You can check online who is eligible for this.

Healthy Start replaces the Welfare Food Scheme.

www.healthystart.nhs.uk/index.asp

NEW BABY? SureStart Maternity Grant

Sure Start Maternity Grant of £500.. This is a one-off payment to help pay for things for a new baby if you are on a low income. The grant is tax-free and does not have to be paid back. They may be able to get one of these grants if their baby or their dependant's baby is due soon, or was born

in the past 3 months. They can also claim if they have: recently adopted a young baby, in certain circumstances, been granted a residence order for a baby, or been granted a parental order for a surrogate birth.

Who can claim?

Themselves or their partner must be getting one of these benefits: Income Support, income-based Jobseeker's Allowance, income-related Employment and Support Allowance, Pension Credit. Working Tax Credit which includes a disability or severe disability element, Child Tax Credit, at a higher rate than the family element.

When can they claim? If they or their dependant are expecting a baby or have recently had a baby, they must claim during the period from 11 weeks before the baby is due until the baby is 3 months old. If they are adopting a baby or have been granted a residence order in respect of a baby, they can apply for a grant as long as the baby is not more than 12 months old when they apply. They must apply within 3 months of the date of the adoption or residence order. If they have been granted a parental order for a surrogate birth they must apply within 3 months of the date of the parental order. If they have claimed one of the benefits that they need to be on to get this grant and they are waiting for a decision, they must still claim within the time limits above.

How can they claim? Download a Sure Start Maternity Grant form from the website www.jobcentreplus.gov.uk/JCP/Customers/WorkingAgeBenefits/Dev_013950.xml.html

jobcentreplus

Useful Websites & Resources

Breastfeeding Network
www.breastfeedingnetwork.org.uk
Support line: 0844 412 4664

Department of Health
www.breastfeeding.nhs.uk/
Support line: 0844 209 0920

Sure Start
www.surestart.gov.uk

Le Leche League (GB)
www.laleche.org.uk
Support line: 0845 120 2918

Association of Breastfeeding Mothers
www.abm.me.uk
Support line: 0844 412 2949

Journal of Family Health Care
www.jfhc.co.uk/

Boobie Buddies
www.boobiebuddiesbfdolls.co.uk/

N.C.T
www.nct.org.uk/home

Campaign Update—Change4Life

DH website: Information targeted at healthcare professionals is available at www.dh.gov.uk/change4life. You can also download materials or order materials for events on this site.

NHS website: Supporter and consumer information is available at www.nhs.uk/change4life. This includes help, tools, advice and support as well as partner guidance and supporter materials. The Change4Life team recommends that all supporters (including healthcare professional) register on www.nhs.uk/change4life to receive regular updates. Alternatively, you can call the NHS workforce helpline on 0300 123 1004.

Branding: You can use the Change4Life branding (and sub-brands such as Swim4Life) to create your own local materials for healthy living activities. To access logos, typefaces and images, call 0300 123 1004 to register and receive details of how to download them.

Sub-brand launch schedule: There will be a number of Change4Life sub-brand launches in 2009, for which toolkits will be developed and made available via the websites above.

March 09 - Breakfast4Life **April 09**- Swim4Life **May 09**—Walk4Life **June 09**—Bike4Life **August 09**—Play4Life **September 09**—Cook4Life **October 09**—Dance4Life

Other resources: There will be an opportunity to use the Change4Life juice bars and food throwing games at local events later in the year. The Change4Life team will send further information on how these can be booked (probably via regional obesity team leads).



Boobie Buddies.. Doll sets helping to promote breastfeeding & cloth nappies in a positive but fun way!

Ideal for Home, Educational, Medical & Health Sectors.

Offers & Discounts
Just enter code **WAHMPACK08**
-09 at checkout, and receive a discount off your order!

www.boobiebuddiesbfdolls.net/

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