

June 2009 Gloucestershire Food Vision

ED04

Food & Health News



Gerry O'Brien

Welcome to the June edition.. This month's newsletter has a focus on 'grow your own'. My colleague Amy and I recently visited 'The Stable' company in Hesters Way to find out about their vegetable box scheme (see below). I also visited the Lower Kingshill Estate in Dursley to see how their community Garden is progressing. I met with Melanie Carver and Marion Lloyd and some very enthusiastic children who were keen to show me what they were growing. At the site there is a resource room where the children can take part in activities relating to food and growing. We hope to be able to help them in the future. There has been significant coverage in the media about encouraging schools to take up the challenge of a school garden to encourage a healthier lifestyle, whilst learning and having fun. We hope that you find these resources useful. Happy Growing!



Tewkesbury Food & Drink Festival.. The sun shone on both days which is always a bonus! The Count Me In stand was a huge success with over 2000 visitors over the 2 days. Leaflets and resources were available for the public and the balloons and colouring competition were popular with the children. The stand was run by Tracy Marshall and Phil Leigh (Healthy Towns Programme Board) and supported by Claire Proctor, (Communications Manager—NHS Gloucestershire), Rachel Cockayne (Tewkesbury BC) and Gerry. It was great to have Jo Worthy-Jones from the Gloucestershire Wildlife Trust who presented some fantastic and innovative ways of growing vegetables. It was also an ideal opportunity to promote Change4Life. Rob Rees visited the stand to give his support in between his well received cookery demonstrations. Thanks to Rob also for judging the Eat Well colouring competition, see below.



Thank you to everyone who took part in the Eat Well Colouring Competition. The standard of entries was extremely high but the prize, a large basket of fresh fruit, went to 8 year old Caitlin Lynam! Congratulations to you Caitlin!



James Martin

Up and Coming Events for 2009!

20th June
BNF: Nutrition Matters in Teaching, London



15-21 June
FSA: Food Safety Week

27-28th June
Children's Food Festival Oxfordshire

2-8th August
World Breastfeeding Week

25-26 November
UNICEF—The baby friendly initiative, Bournemouth



Food for Thought Conference.. GFV, NHS Gloucestershire and The Out of The Hat Heritage and Visitor Centre jointly planned and delivered workshops to KS2 children in six Tewkesbury Primary Schools in the run up to the Tewkesbury Food & Drink Festival.

Kay Orriss from 'Out of the Hat' led a session around food in the Tudor period with a focus on the different eating habits of affluent and less affluent people of that era. There was an opportunity for children to taste different herbs and spices which were used to flavour and preserve food, they also discovered why such rich flavours and poor oral health discoloured teeth.

Gerry and Rachel Cockayne (Health Improvement Facilitator) led a session on healthy eating in 2009! This covered the key healthier eating/lifestyle messages such as 'the eatwell plate', '5 A DAY' and 'Change4Life'. The children took part in a fruit & vegetable tasting session.

Interactive games followed and the children who took part went home with an NHS 5 A DAY bag and other resources to share with their families.

Evaluation of the workshops from children and staff was extremely positive. www.outofthehat.org.uk/

Food For Thought Workshop

What is your age? X Are you a Boy? Girl? X

Please Tick:

| | Yes | No | Don't know |
|---|-------------------------------------|--------------------------|--------------------------|
| I enjoyed today's workshop: | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I learned some new things: | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I could understand the things we saw and did: | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| The workshop has given me ideas for things I could do: | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I now know more about Change4Life: | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I now know more about choosing a balanced diet for good health: | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| The workshop has made me want to find out more: | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Tell us what the best bit was! *I just loved doing things but especially the people*



Health & Well-being Conference..

It was wonderful to see so many of you at the Health and Wellbeing Conference. We felt the day was extremely beneficial and a good opportunity to meet up and see all the work going on both locally and nationally to promote healthier lifestyles.

Food Safety Week 2009

'Free Fridge Thermometers'

www.food.gov.uk/safereating/hyg/germwatch

The FSA have a large range of free resources to help promote Food Safety Week

Please help spread the word!

To order these resources call 0845 606 0667 or email foodstandards@ecgroup.co.uk



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.

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Supported by
Waitrose

Waitrose is delighted to announce its support of the RHS Campaign for School Gardening. The aim of the campaign is to help show children where food comes from, helping them to enjoy growing vegetables and eating healthily. The new sponsorship will help the RHS reach its targets to get 80 per cent of UK primary schools growing fruit and vegetables by the end of 2010. www.rhs.org.uk/SCHOOLGARDENING/default.aspx

Continuing Professional Development (CPD) —Courses for 2009 CPD courses are available to teachers, support staff, school governors and others who are involved in teaching and inspiring children about plants and gardening. A wide range of topics is available, encompassing the use and development of school grounds, giving you practical experience, activities and ideas for utilising horticulture in all areas of the curriculum.

For further information email: schoolgardening@rhs.org.uk or write to School and Family Learning, RHS Garden Wisley, Woking, Surrey GU23 6QB.



FSA: Lunch Box Ideas for all ages..

A whole range of lunchbox ideas have been put together to make sure they balance over the week for energy, total fat, saturated fat, carbohydrate, protein, salt and sugar.

www.eatwell.gov.uk/agesandstages/children/lunchboxsect/



The Stable Company Vegetable Box Scheme.. is a non profit making, volunteer organisation based in Hesters Way, Cheltenham. The scheme provides work and training to individuals from the local community. Many of the volunteers have learning difficulties or disabilities or are just looking for friendship and social interaction. Anyone can join the band of volunteers. The Stable also provides a Garden Maintenance Service, for a charge of tea & biscuits or whatever you can afford.

The seasonal vegetable boxes can be pre ordered and can be collected on Fridays between 10am—12pm and 4pm—6pm from St Aidan & St Silas Church on Coronation Square. They cost £5 or a larger family box costs £7.50.

For more information contact Mike Hopkins 01242 263205 or email sonia.hopkins@virgin.net



Fruity Friday.. is a fundraising campaign, held by World Cancer Research Fund (WCRF UK). On May 15th staff at Gloucestershire First wore something yellow in support of the event. Fruit bowls provided a healthy snack for staff and helped them achieve their 5 A DAY. It was easy to organise and fun, all proceeds went to charity. www.wcrf-uk.org

Useful Websites & Resources

Growing Schools

www.growingschools.org.uk

Every Child Matters

www.everychildmatters.gov.uk

National Trust Events: Food Glorious Food

www.foodgloriousfood.org.uk

Sustainable Schools

www.teachernet.gov.uk/sustainableschools/

The Growing Schools Garden

www.thegrowingschoolsgarden.org.uk

Farming & Countryside Education (FACE)

www.face-online.org.uk

British Nutrition Foundation

www.nutrition.org.uk

The Grain Chain

www.grainchain.com

You and Yours—Radio 4 'Edible Playgrounds'

www.bbc.co.uk/radio4/youandyours/

The Food Magazine

www.foodmagazine.org.uk



Grow to Work.. is a project for the unemployed or single parents and provides a great opportunity to learn new skills, gain a reference, and meet new friends.

The project will run at two sites in Cheltenham: Hayden Road Allotments (near Springbank) and St. Marks Community Centre. All participants should attend at least 2 sessions a week for a minimum of 6 weeks. The project will run from 1st June until 14th November. Newcomers are welcome to join throughout. To learn more/sign up, please contact Vision 21 on 01242 224321 or email office@vision21.org.uk

For anyone who wants to learn how to grow, they can volunteer with the 'Get Up and Grow Project'. This way they get to help others but learn at the same time. There are often experts on site who can be asked questions which are appropriate to their own gardens. www.vision21.org.uk

Vision 21 is a friendly, lively, independent registered charity that provides support and information about climate change and sustainability.



Change4Life Update.. The statistics for brand recognition are looking very positive for the campaign.

Nearly two-thirds of mums (63%) have heard of Change4Life

Over three quarters (77%) recognise the Change4Life logo

Nearly three-quarters of mums (74%) have seen the Change4Life TV ads, 73% now saying that they stuck in their minds.

The number of mums who said that the ads made them think about their children's health in the long term has jumped up to 81%.

81% of mums said they made them think about the link between eating unhealthily/not doing physical activity and serious diseases.

Contact Us

Rob Rees MBE

Policy Director

Adrian Jevans

Policy Manager

Gerry O'Brien

Health Improvement Practitioner

Amy Murfin

Project Support Officer

Gloucestershire Food Vision

Chargrove Business Centre
Main Road, Shurdington
Cheltenham, Glos. GL51 4GA

Tel: 01242 864157

info@gloucestershirefoodvision.com

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