

Community Food Projects: a directory



**A directory of projects on the
Food Poverty Projects Database**

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This directory lists over 260 community projects from the Food Poverty Projects Database. The database is managed by Sustain's Food Poverty Network, in collaboration with the Health Development Agency.

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Community Food Projects: a directory

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Food Poverty Projects Database**

Compiled by Catharine Courtauld

January 2003



NHS Health Development Agency

Contents

Introduction	1
Projects on the Food Poverty Projects Database	
England	
Bedfordshire, Bristol	5
Cheshire.....	6
Co Durham, Cornwall	7
Cumbria, Derbyshire, Devon.....	8
Dorset, East Sussex	9
Essex	11
Greater London	12
Hampshire	18
Hertfordshire, Kent	20
Lancashire	21
Merseyside	23
North Yorkshire	24
Northamptonshire, Northumberland	25
Nottinghamshire	26
Oxfordshire	28
Somerset, South Yorkshire	29
Staffordshire	31
Surrey, Tyne and Wear	32
Warwickshire, West Midlands	35
West Sussex, West Yorkshire	37
Wiltshire	39
Scotland	
Aberdeenshire, Edinburgh	40
Glasgow, Midlothian	41
North Ayrshire, North Lanarkshire, Renfrewshire.....	42
Wales	
Anglesey, Blaenau Gwent, Bridgend	43
Caerphilly	44
Cardiff	45
Carmarthenshire, Ceredigion	46
Conwy, Denbighshire	47
Flintshire, Gwynedd	48
Merthyr Tydfil	49
Monmouthshire	50
Neath Port Talbot, Newport, Pembrokeshire	51
Powys, Rhondda Cynon Taff	53
Swansea	54
Torfaen, Vale of Glamorgan	57
Wrexham	58
Republic of Ireland	
Co. Meath, Co. Westmeath.....	60
Other useful contacts	61
Regional Development Agencies	63
Strategic Health Authorities	64
Alphabetical index of projects	67
Index of projects by activity	70

Introduction

Welcome to *Community Food Projects: a directory*, the first printed directory of projects on the Food Poverty Projects Database. The Database is maintained by the Food Poverty Network, part of Sustain: The alliance for better food and farming, in collaboration with the Health Development Agency. It contains a great variety of projects, all working at the local level to improve access to healthy food for people on a low income.

The projects include food co-operatives, community cafés, school breakfast clubs, cooking clubs, food growing projects and farmers' markets. This directory will be useful for anyone with an interest in local food initiatives, especially anyone running or trying to start a community food project. We hope it will encourage you to contact people already working in the field. We cannot over-emphasise the importance of networking and learning from other people's experience.

The directory gives an excellent overview of the huge range of projects currently running. We hope you will find the examples here inspirational, as well as useful in giving you the information you need. By reading the project summaries, you should get a feel for the amount of energy and imagination that goes into these projects.

We have also included a list of Regional Development Agencies, Strategic Health Authorities and the Primary Care Trusts within their remit, plus a list of other useful contacts.

What is the Food Poverty Projects Database?

The Food Poverty Projects Database was formerly called the Food and Low Income Database. It was launched in 1996 to enable people working on local food projects to find out about each other, make contact and pool experience in a way that had never been possible before. There are currently more than 267 community food projects on the database, from across the UK and the Republic of Ireland. Between them they carry out more than 700 activities, ranging from growing and selling food to cooking and eating it.

What is the Food Poverty Network (FPN)?

The Food Poverty Network exists to support local food projects, and campaign on their behalf for changes to government policy that would help to end food poverty. Food poverty can be briefly described as the inability to obtain an adequate, nutritious diet. It comes as a surprise to many people that even in the midst of the apparent wealth and abundance of our society, the effort to eat well and feed the family is a daily struggle for millions of people. The problems they face include insufficient funds, difficulty in reaching shops which sell appropriate, nutritious foods at affordable prices, and lack of time, skills or information. Food poverty can affect many people at some stage in their lives - for example adults and children living on benefits, lone parents, the elderly, the disabled, and students. The Food Poverty Network, whose members include members of local food groups, local authority workers, health workers, dietitians, nutritionists and researchers, works to raise awareness of these issues and campaigns for policy changes that would alleviate them.

Besides maintaining the database, the Network produces a quarterly members' newsletter, Let Us Eat Cake!, which is also sent free to all projects on the database. It has also produced a range of publications (available to Network and Database members at a discount price), and organises local seminars to bring together people working on food-related issues in different regions.

Using the database online

The database can be accessed online at www.foodpovertyprojects.org.uk. Using the database online gives access to more information than is listed in this directory, including a list of any materials a project produces, project opening times, how many users it has, when it started and how it is funded, managed and evaluated. The information is also updated regularly, as new projects are added.

There are two main ways of searching the database: by location or project type. Searching by location allows you to find projects in a particular county, or in a particular type of location (eg all projects in inner cities). Searching by project type can either list projects by activity (eg all food-growing projects) or by type of user (eg all projects involving primary school children). Under the advanced search option you can carry out a more detailed search, for example by material type (eg all projects producing recipe books).

If you do not have access to the internet, and would like to see the latest entries on the database or obtain fuller details on a particular project, Sustain runs a telephone enquiry service on 020 7837 1228.

How To Use This Directory

We hope this directory will allow you to find out about initiatives in your region, so the projects are listed by county. However, there are also two indices at the back showing the projects listed alphabetically by name and by activity, so you can also find all the projects which include, for example, a breakfast club.

Each entry contains contact details, a summary of the project's aims and activities, and user groups.

We decided not to include email contact addresses as, apart from the problems of junk email and viruses increased by publishing email addresses, they often go out-of-date when contacts change jobs. If you have access to the internet, you can see if the project you are trying to contact has an email by searching the online directory.

We have included only projects which are running at the time of going to press (February 2003). However, funding in this area is scarce and there is a high turnover of projects: you may therefore find that unfortunately some projects are no longer active. Please be aware, too, that this directory provides an overview of the different types of work going on, but is by no means a comprehensive list of all the projects currently active in the UK.

One of the most effective ways to learn about different types of work is through direct contact. Please do not hesitate to get in contact with any of the projects listed, to have a discussion or arrange to visit.

We hope you find the directory useful. Whatever your experience of using it, we'd like to hear from you. Any comments - positive or negative - will help us to improve future editions.

The Food Poverty Team
Sustain: The Alliance For Better Food and Farming
94 White Lion Street
London N1 9PF
Tel: 020 7837 1228
Fax: 020 7837 1141
Website: www.sustainweb.org
Email: foodpoverty@sustainweb.org

England

BEDFORDSHIRE

Asian Cookery Club Project

Contact Stephanie Cash
Nutrition and Dietetic Service
c/o Luton & Dunstable Hospital
Main Stores
Lewsey
Luton LU4 0DZ

Tel 01582 497 162
Fax 01582 497 361

This is a cook and eat' project specifically aimed at South Asian women. It focuses on adapting traditional recipes to reduce fat and salt intake.

Activities Training
Nutrition/health education
Cookery class

User Groups Black and minority ethnic groups

BRISTOL

Federation of City Farms and Community Gardens

Contact Jeremy Iles
The Green House
Hereford Street
Bedminster
Bristol BS3 4NA

Tel 0117 923 1800
Fax 0117 923 1900
Website www.farmgarden.org.uk

A community gardening and city farming federation which supports existing community gardens or farms and advises people who are considering starting one. The federation encourages food-growing and education projects to improve health and the environment. A project for growing food in schools was recently started.

Activities Growing food
Information/advice/support
Transport/Delivery

User Groups Low-income groups
Homeless
Single parents

Hartcliffe Health and Environment Action Group

Contact Wendy Harris
The Gatehouse Centre
Hareclive Road
Bristol BS13 9JN

Tel 0117 946 5285
Fax 0117 935 9863

This food co-op sells wholefoods, environmental products, and organic fruit and vegetables. The project also includes a nutrition and cooking project, a community food-growing project and a market garden.

Activities Growing food
Information/advice/support

User Groups All Groups

Oasis Cafe

Contact Pat Biggs
Southville Centre
Beauley Road
Bristol BS3 1QG

Tel 0117 923 1039
Fax 0117 907 7198

A community cafe serving the general local community and users of the Southville Centre - not specifically aimed at people on a low income.

Activities Community café
User Groups All groups

The Rock Community Centre

Contact Sue Hale
St Peters Hall
Ridingleaze
Lawrence Weston
Bristol BS11 0QF

Tel 0117 938 4636
Fax 0117 938 4636

This project provides a community facility for the people of Lawrence Weston. Activities are aimed at older and disabled people, and include a lunch club, a gardening club and a disabled youth club.

Activities Luncheon club
User Groups Disabled
Older people

CHESHIRE

Community Food and Health Programme

Contact Deborah Williams
Centre for Health Promotion
188 Buxton Road
Stockport SK2 7AE

Tel 0161 456 3101
Fax 0161 419 9499

This project aims to improve the health of the residents of Stockport through diet. The project's activities include health promotion in schools, community cafes, and support for producers, markets and small and medium sized enterprises to aid the local economy in areas of deprivation. The project also hopes to introduce a community purchasing group. Based in the Primary Care Trust, the project works with health advisers, nutritionists and dietitians.

Activities Community café
Information/advice/support
Nutrition/health education

User Groups Low-income groups
Practitioners/professionals

Community Food Workers (Cheshire)

Contact Lynzie Porteous
Highfield Hospital
Highfield Road
Widnes WA8 7DJ

Tel 0151 495 2951
Fax 0151 495 2951

This project employs local residents trained as community food workers, who work with local people to overcome barriers to healthy eating through cook and taste sessions and food co-ops. Other activities will be developed depending on local needs.

Activities Cookery class
Food co-op

User Groups All groups

Hattersley Market Garden

Contact Niamh Carey
4th Floor Cheethams Mill
Park Street
Stalybridge SK15 2BT

Tel 0161 303 1336
Fax 0161 303 0985

This is an organic food and plant growing project on a housing estate. It sells vegetables and herbs to the community and provides local employment under the New Deal for Communities scheme.

Activities Training
Tool library
Food growing

User Groups All groups

Co DURHAM**Hands on Health Courses**

Contact Mo Dobbie
Park House
Station Road
Lanchester DH7 0EX

Tel 01207 529 621
Fax 01207 529 619

This project plans to run cookery classes in all areas of County Durham.

Activities Cookery class
User Groups Children
Low-income groups
Learning disabilities
Older people

Rossy Diner

Contact Diane Fraser
Rossmere Centre
Rossmere Way
Hartlepool TS25 5EB

Tel 01429 273 741
Fax 01429 405 989

This is a lunch time facility providing healthy food for children from nearby schools in a youth centre during term time. Set up because during the school day children were mainly eating foods high in fat, sugar and salt, such as chips, pastries & sweets.

Activities Community café
Luncheon club
User Groups Secondary school children

Skerne Park Community Cafe

Contact Dave Appleby
1 Hammond Drive
Skerne Park
Darlington DL1 5TT

Tel 01325 464632
Fax 01325 464632

This community café offers cheap meals and snacks, provides a social meeting place and offers a catering service on a disadvantaged estate. A training budget is available for volunteers and staff.

Activities Community café
Breakfast club
Food provision
User Groups All groups

CORNWALL**Trevithick School Breakfast Bar**

Contact Stephanie Thomas
Trevithick CP School
Mount Pleasant Road
Cambourne TR14 7RH

Tel 01209 713460
Fax 01209 710028

This is a breakfast bar providing food during the school term, for children and parents.

Activities Breakfast club
User Groups Secondary school children

CUMBRIA

Age Concern Get Cooking!

Contact Amanda Davis
20 Spencer Street
Carlisle CA1 1BG
Tel 01228 536 673
Fax 01228 597 039

A cookery club for older people who have either limited skills or have lost the motivation to cook for themselves.

Activities Transport/delivery
Nutrition/health education
Cookery class
User Groups Older people

DERBYSHIRE

The Jericho Project

Contact Rev. Christine Rowberry
The Geoffrey Allen Centre
Winster Mews
Gamesley
Glossop SK13 OLU
Tel 01457 868740

This project runs a community cafe that promotes healthy eating, and a food co-operative supplying fruit and vegetables. The project also provides supported employment, and opportunities for training and community service in conjunction with the local council.

Activities Community café
Food partnership
Food co-op
User Groups All groups
Learning disabilities
Older people
Single parents

Unstone Grange Organic Gardens

Contact Darrell Maryon
c/o Unstone Grange
Crow Lane
Unstone S18 5AL
Tel 01246 412 344
Website www.unstonegrange.co.uk

This project involves volunteers working together two days week on the restoration and use of a kitchen garden and orchard. The weekly sessions involve learning sustainable and organic techniques. Herbs and seed are also produced for a local seed bank.

Activities Growing food
Food provision
User Groups All groups

DEVON

Exeter Community Umbrella Ltd

Contact Trevor Gardner
3 Palace Gate
Exeter EX1 1JA
Tel 01392 205 800
Fax 01392 205 802

This is a food voucher scheme to help homeless people eat nutritious food by providing them with vouchers which can be exchanged for food at local retailers, including a take-away, a sandwich bar and a day centre for homeless people. This is part of a national scheme run by the Church National Housing Coalition (CNHC).

Activities Price discounts/vouchers
User Groups Homeless people

St Petrock's (Exeter) Ltd

Contact M Gent
St Petrocks Centre
10 Cathedral Yard
Exeter EX1 1HJ
Tel 01392 422 396
Fax 01392 439 758

A resource, activity, training and resettlement project for homeless people in Exeter. The project also provides food, medical help, support and luncheon vouchers.

Activities Food provision
Information/advice/support
Nutrition/health education

User Groups Low-income groups
Homeless people

St Sidwells Centre

Contact Tony Badcock
St Sidwells Centre
Sidwell Street
Exeter EX4 6NN
Tel 01392 491 300
Fax 01392 498 174
Website www.stsidwells.org.uk

This Healthy Living Centre includes a community cafe and training kitchen. The centre, which opened in January 2001, also provides healthy eating and cooking classes. The project focuses on families, young people and older people in the local community.

Activities Community café
LETS

User Groups Children
Women and children
Older people
Single parents

DORSET

ACHIEVE Boscombe - Lunch Club

Contact Mary Ann Roberts
IHCS Bournemouth University
Bournemouth House,
Christchurch Road
Bournemouth BH1 3LG
Tel 01202 504 336

This project provides weekly, cheap, two course healthy lunches for families in temporary accommodation - children's meals are free. Service users can also learn basic food preparation, food hygiene and team skills as well as enjoying eating together as a family.

Activities Food provision
Nutrition/health education

User Groups Children
Women and children
Homeless people
Single parents

EAST SUSSEX

Brighton Agroforestry Trials

Contact Pippa James
Flat 2
13 Windlernam Gardens
Brighton BN1 3AJ
Tel 01273 208 816

This is a sustainable food production project, growing food-producing trees alongside annual vegetables using organic and permaculture design.

Activities Growing food
Food provision
Transport/delivery

User Groups All groups

Care Co-ops Community Farm

Contact Michael Hamilton
 Stanmer Offices
 Stanmer Park
 Lewes Road
 Brighton BN1 9SE
Tel 01273 696 153
Fax 01273 571 151

The farm is used by people in the local neighbourhood and people referred from social services who have mental health problems and learning difficulties. The main activity is organic food production, using a 'beneficial horticulture' supportive approach.

Activities Growing food
 Nutrition/health education
User Groups Black and minority ethnic groups
 Women and children
 Learning disabilities
 Unemployed
 Mental health users
 Homeless people

Centre Café

Contact Caroline Ridley
 Tim Jones House
 Rochester Gardens
 Hove BN3 3AW
Tel 01273 205 214
Fax 01273 205 371

This is a café for people over retirement age. The project also organises talks and activities.

Activities Community café
User Groups Older people

Emmaus Brighton and Hove

Contact Dominic Dring
 Emmaus, Drove Road
 Portslade
 Brighton BN41 2PA
Tel 01273 412 093
Fax 01273 415 018
www.emmaus.org.uk/brighton.htm

This is a self-supporting community for people who have been homeless and unemployed. As well as providing food, it recycles furniture, appliances, etc. The project is planning to develop medium-scale horticultural activities.

Activities Community café
 Growing food
 Community shop
User Groups All groups
 Homeless people

Fresh Ideas Project

Contact Sarah Davies
 Food and Health Partnership
 Sussex Downs and Weald PCT
 36-38 Friars Walk
 Lewes BN7 2PB
Tel 01273 403 635

This project aims to develop strategic and local food partnerships and provides support for local food projects, including cooking groups, lunch clubs, pre-school intervention and healthy eating, kid's cafe, etc. It particularly targets low income groups.

Activities Training
 Community café
User Groups Disadvantaged people
 Low-income groups

ESSEX**St John Ambulance Homeless Service**

Contact Charity Bevan
Community Base
130 Queens Road
Brighton BN1 3XG

Tel 01273 234 761

Fax 01273 234 851

Website www.communitybase.org/stjohn

The project aims to address inequalities in access to primary health care services. It provides health education and promotion for homeless people and professionals working with them. Training in nutrition education is a key component of this project. There are also mobile primary health care units with health professionals, including a dietitian.

Activities Training
Nutrition/health education

User Groups Practitioners/professionals
Homeless people

Whitehawk Community Food Project

Contact Simon Powell
c/o 19 St Martins Place
Brighton BN2 3LE

Tel 01273 626 660

The project seeks to increase awareness and participation of local people in organic food growing. It encourages active 'hands-on' involvement, coupled with informal teaching. The key target audiences are families, children, young people, unemployed and people on a low income.

Activities Training
Tool library

User Groups All groups
Children
Families
Low-income groups
Unemployed
Single parents

Becontree Organic Growers Association (BOG)

Contact Barry Ian Watson
Three Trees
44 Gale Street
Dagenham RM9 4NH

Tel 020 8592 8941

Mobile 07931 270119

Website www.sbbc.co.uk/resources/new_is/PP94.htm

This community garden has reclaimed a derelict, three-acre site. Workshops in techniques and permaculture methods are given in exchange for effort and work. The courses involve all members of the community. The project is also a regional centre for Plant for a Future.

Activities Training
Composting

User Groups All groups
Refugees
Students
Ex-offenders

Bluebell Resource Centre (Stay & Play)

Contact Julie Baker
St John's at Highwoods
Community Centre
Highwood Square
Highwoods
Colchester CO4 9SR

Tel 01206 853 111

The Stay & Play project offers basic cookery lessons, which are aimed at parents and children, with a particular focus on low income.

Activities Nutrition/health education
Cookery class

User Groups Children
Black and minority ethnic groups
Women and children
Practitioners/professionals
Single parents

St Anne's Fresh Food Fayre

Contact Fay Mathers
Colchester Borough Council
PO Box 331
Town Hall
Colchester CO1 1GL

Tel 01206 282968
Fax 01206 282916

The project provides catering and information to statutory and voluntary groups, and is involved with selling fruit and vegetables on a local estate. It is currently mobile but is hoping to acquire permanent premises.

Activities Community café
Food provision
Information/advice/support

User Groups Children
Black and minority ethnic groups
Women and children
Learning disabilities
Practitioners/professionals
Ex-offenders
HIV/Aids
Older people
Single parents

GREATER LONDON

Breakfast Clubs in London

Contact Lynne Tucher
London Borough of Hammersmith
& Fulham
Town Hall
King Street
W6 9JU

Tel 020 8753 3604
Fax 020 8753 3713

This scheme provides breakfast clubs in primary and secondary schools and schools for children with learning disabilities.

Activities Breakfast club
LETS
Food provision

User Groups Primary school children
Children
Learning disabilities
Secondary school children

Cable Street Community Gardens

Contact J Sill
101 Matilda House
St Katherine's Way
E1 1LF

Tel 020 7480 5456
Fax 020 7480 5456

This is a community garden where plot-holders grow a wide variety of vegetables, soft fruit and herbs for personal use and for friends, neighbours and family.

Activities Composting
Growing food

User Groups All groups
Black and minority ethnic groups
Women and children
Practitioners/professionals
Older people
Secondary school children
Single parents

Community Nutrition Project: White City Healthy Living Centre

Contact Diana Hawdon
Shepherds Bush Healthy Living
Centre
White City Health Centre
Australia Road
W12 7PH

Tel 020 8846 6441
Fax 020 8846 6881

This nutrition project takes a community development approach to encourage and enable local residents - including all age ranges and ethnic backgrounds, in particular groups who are traditionally hard to reach - to improve their skills for healthy eating. Possible initiatives may include a cook and taste group, discussion group, displays, food co-ops and food provision.

Activities Community café
Breakfast club
Growing food

Conservation and Urban Ecology

Contact Wanjiku Kamau
Queen's Lodge
Queen's Wood
42 Muswell Hill Road
N10 3JP

Tel 020 8444 2604

Fax 020 8444 2604

This project involves renovation of a disused keeper's lodge into an environmental and sustainable energy centre. There is an organic wholefood cafe where the aim is to grow much of the food. The project also aims to take an educational approach to food growing.

Activities Community café
Composting
Growing food

User Groups Children
Black and minority ethnic groups
Women and children
Practitioners/professionals
Older people
Single parents

Crisis Fareshare

Contact Peter Clements
Unit 1A
175 Long Lane
SE1 4PN (*only valid until April 03*)

Tel 020 7403 8588

Fax 020 7403 8656

Website www.crisis.org.uk

A national charity for single homeless people, giving them access to a healthier diet by distributing surplus, high quality, fresh food from shops and restaurants to day centres and hostels. One project is based in London and there are seven nationwide.

Activities Food provision
Transport/delivery

User Groups Homeless people

Cultivating the Future

Contact Caroline Fernandez
Women's Environmental Network
PO Box 30326
E1 1TZ

Tel 020 7481 9004

Fax 020 7481 9144

Website www.wen.org.uk

This project aims to encourage and develop food growing projects among ethnic minority women and school children.

Activities Growing food
Information/advice/support

User Groups Children
Black and minority ethnic groups
Women and children

The Food Chain

Contact Nicholas Fant
25 Bertram Street
N19 5DQ

Tel 020 7272 7272

Fax 020 7272 2273

Website www.foodchain.org.uk

The Food Chain provides nutritional services to people who are living with HIV & Aids as well as partners, carers and dependants. Services include Sunday meals, weekly grocery boxes and emergency hampers.

Activities Food provision

User Groups HIV/Aids

Foodlink

Contact Victoria Taylor
Croydon Health Promotion
12-18 Lennard Road
Croydon
CR9 2RS

Tel 020 8680 2008 Ext 201

Fax 020 8666 0495

The project aims to increase access to fruit and vegetables in the Shrublands area by promoting growing activities and redistribution mechanisms.

Activities Community café
Growing food
Transport/delivery

User Groups Children
Black and minority ethnic groups
Low-income groups
Women and children
Single parents

Garrett Centre Community Lunch

Contact Julie Harris
117 Mansford Street
Bethnal Green
E2 6LX

Tel 020 7729 1231

Fax 020 7729 1231

This project provides weekly community lunches to improve access to healthy, cheap food for socially excluded people. It aims to consolidate and improve the lunch provision.

Activities Luncheon club

User Groups Disadvantaged people

Grazebrook Pupils' Treescape

Contact Pat Gannon
9 Allerton Road
N16 5UJ

Tel 020 8802 4002

A project involving a "green gang" comprising primary school pupils, parents and local residents which explores many different methods for food growing, including community vegetable production.

Activities Farmers market
Composting
Growing food

User Groups Primary school children
Families
Secondary school children

Green Ventures

Contact Margaret Jailler
41 Grosvenor Park
Camberwell
SE5 0NH

Tel 020 7703 1260

Website www.safetycat.org/green

A box scheme providing organic fruit and veg, bread and eggs. The project's main activity is a home delivery service in Southwark and Lambeth, supplying low income groups in the local community, including those with special dietary requirements and the housebound.

Activities Growing food
Food provision
Transport/delivery

User Groups Low-income groups
Women and children

Hackney City Farm

Contact Dee Miller
1A Goldsmiths Row
Hackney
E2 8QA

Tel 020 7729 6381

Fax 020 7729 6381

Website www.hackneycityfarm.co.uk

This is a city farm garden which grows vegetables, herbs and flowers using a varied approach within the Hackney community and Tower Hamlets. It also has animals: sheep, pigs, calves, ducks, geese, turkeys, rabbits, guinea pigs and chinchillas. Admission is free.

Activities Community café
Composting

User Groups All groups

Healing Gardens

Contact Barry Watson
Groundwork Thames Valley
Colne Valley Park Centre
Denham
Uxbridge
UB9 5PG

Tel 01895 832 662

Fax 01895 833 552

Website www.groundwork.org.uk

This project aims to improve the everyday life of the chronically or terminally ill by making maximum use of the healing and spiritual qualities of gardens. Volunteers and beneficiaries work together.

Activities Growing food

User Groups Chronically and terminally ill
Disabled

Leaves of Life Health Promotion Project

Contact Sherry Nicholls
28 Sandford Avenue
Wood Green
N22 5EH

Tel 020 8881 8865

Fax 020 8881 8865

Website www.leavesoflife.org

This project organises health seminars, and runs monthly vegetarian and vegan cooking demonstrations to promote health and natural living. This project also works with community groups in the centre of London.

Activities Information/advice/support
Nutrition/health education
Cookery class

User Groups Black and minority ethnic groups
Learning disabilities
Practitioners/professionals
Older people

NCH (National Children's Homes)

Contact Caroline Abrahams
85 Highbury Park
N5 1UD

Tel 020 704 7000

Fax 020 7226 2537

Website www.nch.org.uk

Advice and support work on budgeting and health matters in 450 local level projects, most of which are in family centres or community centres.

Activities Information/advice/support

User Groups Children

New Horizon Youth Centre

Contact Pauline Roberts
68 Chalton Street
NW1 1JR
Tel 020 7388 5570
Fax 020 7338 5848
Website www.newhorizonyouthcentre.org.uk

This is a drop-in centre providing food and advice for homeless people.

Activities Food provision
Nutrition/health education
User Groups Young people
Homeless people

Newham City Farm

Contact Theresa Salmon
Newham City Farm
King George Avenue
E16 3HR
Tel 020 7476 1170
Fax 020 7474 4960

This project works mainly with families with young children (under 10), school groups and adults with learning difficulties. The main activities are breeding and rearing livestock, growing vegetables and herbs and eggs, honey production and manure.

Activities Composting
Growing food
User Groups Children
Women and children
Learning disabilities
Secondary school children
Single parents

Oasis Children's Nature Garden

Contact Joanne Brown
1 Aston House
Wandsworth Road
Springfield Estate
SW8 4ER
Tel 020 7498 2329
Fax 020 7720 4276

A nature garden for children, with organic vegetable and herbs plot.

Activities Composting
Growing food
User Groups Secondary school children

Roots and Shoots

Contact Linda Phillips
Vauxhall Centre
Walnut Tree Walk
SE11 6DN
Tel 020 7587 1131
Fax 020 7735 0602

Training for young people (aged 16-25) with learning disabilities, using horticulture/woodwork as practical, transferable skills.

Activities Training
Growing food
User Groups Black and minority ethnic groups
Young people
Learning disabilities
Disabled

Simon Community Emergency Nightshelter

Contact Jonathan Burleigh
PO Box 1187
NW5 4HW

Tel 020 7485 6639

Fax 020 7482 6305

An emergency night shelter in a homeless community providing a warm meal for guests and workers. The project also organises tea, soup and sandwich runs and a street cafe.

Activities Community café
Food provision

User Groups Homeless people

Small Change (East London)

Contact Jowanna Lewis
Global Action Plan
8 Fulwood Place
WC1V 6HG

Tel 020 7405 5633

Fax 020 7831 6244

This project works with primary schools to develop community awareness of and involvement in environmental issues including healthy eating. A pilot project works in four schools in east London, with fruit tuck shops, resources for teachers and parents, plus cookery skills.

Activities Tuck shop
Nutrition/health education

User Groups Parents
Primary school children

Thrive, promoting therapeutic horticulture (formerly Horticultural Therapy)

Contact Nicola Reynolds
St Mary's Garden
PO Box 13719
E2 8TB

Tel 020 7739 2965

Fax 020 7739 2965

Website www.thrive.org.uk

This is a garden project used for training and employment, rehabilitation, therapy and health for local people, disabled people and volunteers. It grows fruit, vegetables and herbs using both organic and conventional methods.

Activities After school club
Growing food

User Groups Learning disabilities
Practitioners/professionals
Disabled
Mental health users
Older people

Tower Hamlets Food Co-ops

Contact Ros Thompson
Environmental Health,
Environmental Protection
Southern Grove
Poplar
Tower Hamlets
E3 4PN

Tel 020 7364 6715

Fax 020 7364 6779

Two fresh fruit and vegetable co-ops providing weekly orders to black and minority ethnic groups, the elderly, women and children, and single parents. It is currently working on a food access project in a New Deal for Communities area.

Activities Nutrition/health education
Food co-op

User Groups Black and minority ethnic groups
Low-income groups
Women and children
Older people
Single parents

Vauxhall City Farm Horticulture Project

Contact Amanda Rew
24 St Oswalds Place
SE11 5JE
Tel 020 7582 4204

This is a food-growing project , producing fruit, vegetables, herbs and flowers for users of the group to cook and eat on site or take home with them. The project targets refugees and asylum seekers.

Activities Growing food
Nutrition/health education
User Groups Refugees
Black and minority ethnic groups

HAMPSHIRE

Breaking the Cycle

Contact Jennifer Davies
Health Promotion Service
Oatlands House
Winchester Road
Southampton SO15 5NB
Tel 023 8051 5202
Fax 023 8070 1489

This project was set up after research among local young South Asian women showed high rates of anaemia and low- birthweight babies. Locally trained community food assistants raise awareness of nutrition issues and increase people's knowledge and healthy cooking/eating skills through practical sessions, eg, shopping tours, cook and taste sessions, cookery clubs.

Activities Training
Growing food
Information/advice/support
User Groups Black and minority ethnic groups

Hollybush Family Centre

Contact Mo Burns
Hollybush Family Centre
Hollybush Walk
Hinton HR2 6AF
Tel 01432 269 437

Based in a family centre with a teaching kitchen and community café, this project provides classes, health education and information, advice and support. The aim is to improve the general health of families, and to help single parents with parenting problems related to poverty and low income.

Activities Community café
Growing food
Information/advice/support
User Groups Families
Women and children
Single parents

Northern Point

Contact Ian Gilain
2 Spur Road
Cosham
Portsmouth PO6 3DY
Tel 023 9220 0413

A social club for people living in the Portsmouth area who suffer from severe or enduring mental health problem (aged 16-64yrs).

Activities Food provision
User Groups Mental health users

Central Point

Contact Simon Summerill
22-24 Kingston Road
Portsmouth PO1 5RZ

Tel 023 9229 8791

Fax 023 9229 8924

Website: www.rethink.org

This project runs a healthy living day centre for homeless single people aged 18-65 yrs. The centre provides accommodation and benefit advice, a healthcare surgery and subsidised lunches, as well as training in budgeting, cooking and independent living skills.

Activities Food provision
Transport/delivery
Nutrition/health education

User Groups Drug/alcohol abusers
Learning disabilities
Mental health users
Homeless people
Ex-offenders
HIV/Aids

Crisis Fareshare Southampton

Contact Barry Gibbons
158 Windermere Avenue
Millbrook
Southampton SO16 9GA

Tel 023 8051 1146

This project redistributes surplus fresh foods (from retailers and supermarkets) to homeless projects. It also delivers to low-income groups. It works with a team of volunteers, roughly half of whom have been homeless themselves.

Activities Transport/delivery

User Groups Low-income groups
Homeless people

Roberts Centre

Contact Carole Damper
84 Crasswell Street
Landport
Portsmouth PO1 1HT

Tel 023 9229 6919

Fax 023 9234 6088

Website www.phagroup.org.uk/ECRobertsCentre.htm

This is a day centre, which provides food for families in crisis. It also runs literacy courses, where a meal is also provided, and holds weekly cookery classes.

Activities Food provision
Transport/delivery
Nutrition/health education

User Groups Women and children
Learning disabilities
Homeless people
Ex-offenders
Secondary school children

St George's Beneficial Breakfast & Homework Clubs

Contact Jane Love
St Georges Beneficial C of E
Primary School
Hanover Street
Portsea
Portsmouth PO1 3BN

Tel 023 9282 2886

Fax 023 9282 0179

A school club providing before and after school care, for 12 children in the morning and 24 children after school hours. The children are supplied with breakfast and an afternoon meal and are encouraged to take part in preparing the meals.

Activities After school club
Breakfast club
Cookery class

User Groups Primary school children
Low-income groups
Single parents

St Simon's Church Meals Provision Programme

Contact Louise Mant
95 Devonshire Avenue
Southsea
Portsmouth PO4 9ED

Tel 023 9236 0109

This project provides meals at minimal cost three days a week (two lunches and one evening meal) to low income groups and the homeless.

Activities Food provision
Information/advice/support

User Groups Drug/alcohol abusers
Homeless people
Ex-offenders
Single parents

The Co-operative Bunch Fruit and Vegetable Co-op

Contact Gulzar Sharif
Southampton Environment Centre
14-15 Brunswick Place
Southampton SO15 2AQ

Tel 023 8033 6172

This project is the umbrella organisation for two fresh fruit and vegetable co-ops which run in inner city Southampton. They sell seasonal fruit and vegetables at a reduced cost to members. The project is open to all those living and working in the areas where the co-ops operate, and the surrounding areas. It aims to improve access to fruit and veg, geographically and economically, for those living in deprived areas.

Activities Transport/delivery
Nutrition/health education
Price discounts/vouchers

User Groups All groups

HERTFORDSHIRE

North London Organic Gardeners

Contact Sue Campbell
48 Wellington Road
Enfield EN1 2PG

Tel 020 8363 3643

A local group of Henry Doubleday Research Association (HDRA) members and others who meet to promote home growing of organic food, particularly in schools, for shows and for other clubs.

Activities Composting
Growing food

User Groups All groups

KENT

South Ashford Community Food Project

Contact Jilla Burgess-Allen
Ray Allen Centre
Stanhope Road
Ashford TN23 5RN

Tel 01304 828 707

The project runs 'Healthy Eating on a Budget' courses. Participants prepare & eat a meal together each week and discuss cheap, healthy food. The centre has a garden project (growing sensory plants, fruit, veg & herbs) and is hoping to open a community café this summer.

Activities Community café
Growing food
Food Provision

User Groups All groups
Children
Women and children

LANCASHIRE**Bolton Community Nutrition**

Contact Steffie El Hassan or Julie Holt
Lever Chambers for Health
Ashburner Street
Bolton BL1 1SQ

Tel 01204 360 094/5

Fax 01204 360 098

Website www.bolton.nhs.uk/Dietetics/menupage.htm

This service uses trained community nutrition assistants to work on local food and health issues.

Activities Information/advice/support
Nutrition/health education

User Groups All groups
Practitioners/professionals
Homeless people

Bolton Gathering of Organic Growers

Contact Jenny Hall
Bolton Wildlife Project
Blackburn Road
Bolton BL1

Tel 01204 397 800

The project consists of a network of organic growers' groups, including Farnworth and Kearsley, Halliwell, Westhoughton, Women's Group Nai Zindagi, Great Lever, Oldhams Estate, Heaton, Johnson's Fold and Brightmet.

Activities Composting
Growing food

User Groups Low-income groups

Bolton's Food Co-ops

Contact Steffie El Hassan
Lever Chambers Centre for Health
Ashburner Street
Bolton BL1 1SQ

Tel 01204 360 094/5

Fax 01204 360 098

This is a network of volunteer-run co-ops providing weekly fruit and vegetables and wholefoods. It is aimed at the elderly, low-income individuals and families.

Activities Food co-op

User Groups Families
Older people

Bolton's Growing its own Food

Contact Jenny Hall
Lancashire Wildlife Trust
125 Blackburn Road
Bolton BL1 8HF

Tel 01204 361 847

Fax 01204 397 800

We provide support to community groups growing their own organic food in "community allotments". People work the land together and share the produce. Anyone is welcome, and some projects target particular groups such as the socially excluded, children and ethnic minorities. There are currently 11 projects in Bolton, one in Salford and two in Wigan.

Activities Growing food
Food Co-op

User Groups Children
Black and minority ethnic groups
Women and children
Learning disabilities
Older people

MegaBite

Contact Tara Guha
Churches' National Housing
Coalition
Central Buildings, Oldham St
Manchester M1 1JT

Tel 0161 236 9321

Fax 0161 237 5359

This project co-ordinates food voucher schemes for homeless people in the UK. Food outlets where vouchers can be exchanged include day centres, where client groups can also access support services.

Activities Price discounts/vouchers

User Groups Homeless people

Offshoots

Contact Richard Jones
65 Berry Street
Burnley BB11 2LF

Tel 01282 430 433

Fax 01282 430 432

Website www.communigate.co.uk/lancs/offshootsgardenburnley

This is a community garden designed on permaculture principles, producing organic food in polytunnels and greenhouses. It also has a community compost site and alternative energy systems. The project is linked to a community resource centre and aims to develop a community cafe.

Activities Community café
Growing food
Food provision

User Groups All groups
Mental health users

South and West Lancashire Food Bank

Contact Linsey Pavsic
49 Westgate
Sandy Lane Centre
Skelmersdale WN8 8LP

Tel 01695 555717

Fax 01695 558073

This is a food bank which tries to prevent waste in the food industry by distributing surplus to people in need through voluntary organisations. It is an environmentally friendly, free method of disposal of surplus products.

Activities Food provision
Transport/delivery
Food bank

User Groups All groups
Disadvantaged people
Low-income groups

Werneth and Freehold Organic Herb and Vegetable Project

Contact Matt Favier
Groundwork Oldham & Rochdale
The Environment Centre
Shaw Road
Higginshaw
Oldham OL1 4AW

Tel 0161 624 1444

This is an organic herb and vegetable project providing practical advice on organic gardening, and on how to grow and use herbs and vegetables. The target audience is Asian women and community groups in the Oldham area.

Activities Tool library
Growing food
Food provision

User Groups Black and minority ethnic groups
Women and children
Single parents

MERSEYSIDE**Westhoughton Food Co-op**

Contact Alan Brown
5 Snyder Close
Westhoughton
Bolton BL5 3EP

Tel 01942 841 356

This project provides affordable wholefoods to disadvantaged groups and holds cooking demonstrations. It encourages people to grow their own food by providing support and training.

Activities Growing food
Food co-op

User Groups All groups

World of Food Project

Contact Steffie El Hassan
Lever Chambers Centre for Health
Ashburner Street
Bolton BL1 1SQ

Tel 01204 360 094/5

Fax 01204 360 098

Multi-cultural cooking festivals and workshops.

Activities Cookery class

User Groups All groups
Black and minority ethnic groups

Food Works - Abercromby

Contact Shirley Judd
Abercromby Health Centre
Grove Street
Liverpool L7 7HG

Tel 0151 708 9370

Fax 0151 709 6725

Community food workers work with local groups to promote better nutrition, increasing cooking skills & knowledge of healthy eating. The project targets the general community, plus single parents and hard to reach groups, eg, asylum seekers and the homeless.

Activities After school club
Nutrition/health education
Cookery class

User Groups Refugees
Women and children
Homeless people
Single parents

Local Food Links (with Netherton Feelgood Factory)

Contact Pamela Mitchell
Netherton Feelgood Factory
32 Marian Square
Netherton

Liverpool L30 5QA

Tel 0151 330 5811

Fax 0151 330 5820

This project promotes healthy eating and encourages development of community-led food initiatives, including food growing, a community cafe, cookery classes, mother and baby weaning activities and heart disease prevention.

Activities Community café
Growing food
Nutrition/health education

User Groups Mothers and babies
Parents
Young people
Women and children
Older people

Tots' Plots

Contact Jeff Hughes
Centre for Sustainable Living
c/o Manor Trust Building
79 Gorsey Lane
Wallasey CH44 4HF

Tel 0151 639 2121

Fax 0151 639 0090

Website www.cesul.org.uk

This project aims to promote healthier eating and increase vegetable consumption among children in Wirral. It involves mini allotment schemes for children under five, in nursery schools, play groups and primary schools.

Activities Growing food
Nutrition/health education

User Groups Primary school children
Pre-school children
Low-income groups

NORTH YORKSHIRE

East Cleveland Good Grub Clubs

Contact Frank Blenkey
c/o Lifestyle Health Link,
Co-op building
High Street
Loftus
Saltburn-By-The-Sea TS13 4HW

Tel 01287 640 809

This project aims to promote healthy eating to people on low incomes by demonstrating how to cook economical, healthy foods that are low in fat and high in fibre. It comes under the umbrella of the Lifestyle Health Link project, with clubs in Skinningrove, Carlin How, Brotton and Loftus.

Activities Training
Tuck shop
Nutrition/health education

User Groups Parents
Families
Women and children
Older people
Single parents

Healthy Tuck Shop, Cleveland

Contact Wendy Martindale
Dental Dept
Guisborough General Hospital
Northgate
Guisborough TS14 6HZ

Tel 01287 284 000

Fax 01287 610 508

This project organises healthy tuckshops in local primary schools, to increase knowledge of healthy eating. It comes under the umbrella of the Lifestyle Health Link project.

Activities Tuck shop
Nutrition/health education

User Groups Primary school children

Lifestyle Health Link

Contact Frank Blenkey
Co-op building
High Street
Loftus
Saltburn-By-The-Sea TS13 4HW

Tel 01287 640 809

Working through self-help groups, this project aims to encourage a healthy lifestyle by providing knowledge, skills and, where appropriate, accredited qualifications. It also supports other local projects, and is the umbrella organisation for Good Grub Clubs in the area, which operate from the East Cleveland villages of Skinningrove, Carlin How, Brotton and Loftus. It also supports a training group, Tastie Bites, and Walkie Talkie, a healthy walking group.

Activities Nutrition/health education
Cookery class

User Groups Women and children
Older people
Single parents

South Tees Food Project

Contact Fiona Taylor
Clinical Nutrition & Health
Promotion, Guisborough General
Hospital
Northgate
Guisborough TS14 6HZ

Tel 01642 284 074

Fax 01642 284 085

The local health trust has set up Good Grub clubs in the most disadvantaged areas, delivering nutrition advice in a practical way. Clubs are open to all and have resulted in a positive change in behaviour, as well as skills development through training, employment, project development and sustainability.

Activities Community café
Food partnership
Growing food

User Groups Children
Black and minority ethnic groups
Women and children
Learning disabilities
Practitioners/professionals
Homeless people
Older people
Single parents

NORTHAMPTONSHIRE

Daily Bread Wholefood Co-operative Ltd

Contact John Clarke
The Old Laundry
Bedford Road
Northampton NN4 7AD

Tel 01604 621 531

Fax 01604 603 725

Website www.dailybread.co.uk

This is a small co-op which stocks a range of foods and also caters for individuals with special dietary requirements.

Activities Food provision
Food co-op

User Groups All groups

Kingswood Community Cafe

Contact Ken Campbell
Kingswood Neighbourhood Centre
Alberta Close
Corby NN18 9HU

Tel 01536 743 854

Fax 01536 743 854

This community cafe provides accredited training in basic catering to local residents and young people with learning difficulties. The client group includes single parents, elderly, unwaged and low income families.

Activities Community café
Information/advice/support
Nutrition/health education

User Groups Women and children
Learning disabilities
Unemployed
Older people
Secondary school children
Single parents

NORTHUMBERLAND

First Step Organic Vegetable Growing

Contact Sandra Morland
34 Grainger Park Road
NE4 8SA

Tel 0191 226 1213

Fax 0191 238 6160

Website www.firststepne.org.uk

This project provides multi-racial organic vegetable growing for women.

Activities Growing food
Nutrition/health education

User Groups Women
Black and minority ethnic groups
Women and children

Kids' Cafe Network

Contact Nicola Matthewson
Thomas Gaughan Community
Centre
Yelverton Pottery Bank
Walker NE6 3SW

Tel 0191 224 2349
Fax 0191 224 2349

This is a partnership between local volunteers and agencies to highlight the importance of healthy nutritious food for children and young people. It organises activity sessions.

Activities Community café
Information/advice/support
Nutrition/health education

User Groups Primary school children
Children
Young people
Families
Single parents

NOTTINGHAMSHIRE

Back to Roots Allotment Project

Contact Shayasta Tas
Radford Health Centre
Ilkeston Road
Radford
Nottingham NG7 3GW

Tel 0115 942 0360
Fax 0115 942 2672

This project aims to reduce diabetes among members of the Asian community by promoting healthy eating and physical exercise.

Activities Growing food
Nutrition/health education

User Groups Black and minority ethnic groups

Food For Fun

Contact Deanna Thrall
Mansfield District Council
Civic Centre
Chesterfield Road
Mansfield NG19 7BH

Tel 01623 463 183
Fax 01623 463 900

This project aims to raise awareness of food through fun activities, such as food tasting sessions, looking particularly at low-cost nutritious foods for children's lunch boxes.

Activities Food provision
Nutrition/health education
Cookery class

User Groups Children
Women and children
Learning disabilities
Homeless people
Older people
Single parents

Food Initiatives Group - FIG

Contact Lauren Kinnersley
Groundwork Greater Nottingham
35-37 St Mary's Gate
Nottingham NG7 6BB

Tel 0115 979 9227
Fax 0115 950 9997
Website www.foodfig.org.uk

This is a local partnership linking food, health and the environment. It runs a local food network, publishes a newsletter, and has a small grant scheme for food projects. It also researches food security and works strategically on developing local food policy.

Activities Food partnership
User Groups Disadvantaged people

Health Development

Contact Teresa Jackson
Groundwork Ashfield & Mansfield
Cattlemarket Tavern
Nottingham Road
Mansfield NG18 1BJ

Tel 01623 635 334
Fax 01623 427 352

This project supports community allotments, healthy eating in schools and an educational project linking farms and schools, called The Food and Farming Challenge.

Activities Growing food
Nutrition/health education
Food co-op

User Groups All groups
Children

Health Development in Newark/ Sherwood

Contact Jabran Ahmad
Groundwork Ashfield & Mansfield
The Cattlemarket Tavern
Nottingham Road
Mansfield NE18 1BJ

Tel 01623 635 334
Fax 01623 427 352

This project consists of community gardens and composting groups, and plans to link with other projects, including health walks (group exercise for cardiovascular disease).

Activities Growing food
Nutrition/health education
Cookery class

User Groups Children
Women and children
Ex-offenders
Older people
Single parents

Nottingham Homelessness Project

Contact Sue Smith
Nottingham Community Health
261 Beechdale Road
Nottingham NG8 3EY

Tel 0115 942 6000

This project produced a survival guide, 'Eating Well When Homeless'. Although the pack is no longer available, the project can still provide basic information, including some recipes.

Activities Information/advice/support
User Groups Homeless people

Radford Bottle and Dummy Dump

Contact Jenny Seth
Radford Heath Centre
Ilkestone Road
Radford
Nottingham NG7 3GW

Tel 0115 9420360
Fax 0115 942 2672

This is a campaign to stress the dietary, dental, speech and language implications of extended bottle and dummy use. Expert advice is at hand, and there are prizes for children who dump their dummies. The project has produced an award-winning leaflet used in Nottingham health centres.

Activities Information/advice/support
Nutrition/health education

User Groups Mothers and babies
Pre-school children
Low-income groups
Women and children

OXFORDSHIRE**Church of God of Prophecy - Soup Kitchen**

Contact Mrs Smith
4 Kelburne Road
Cowley
Oxford OX4 3SJ
Tel 01865 772479

This is a soup kitchen providing meals for homeless people in the Asian culture centre once a week on Wednesdays.

Activities Food Provision
User Groups All groups
Homeless people
Single parents

Community Caterers' Network

Contact Maggie Dent
Health Promotion,
Oxford City Council
3rd Floor
St Aldates Chambers
St. Aldates
Oxford OX1 1DF
Tel 01865 252373
Fax 01865 252662

Regular meeting place for those involved in providing low or no-cost foods. Included in the network are 3 family centres, 3 homeless centres, 2 day centres for minority ethnic older people, 1 day centre for children/carers and 2 community cafes.

Activities Community Café
Food Partnership
Growing food
User Groups Black and Minority Ethnic Groups
Low-income groups
Women and children
Learning disabilities
Practitioners/professionals
Homeless people
Older people
Secondary school children
Single parents

Oxford Food Hygiene Cooking Skills Course

Contact Maggie Dent
Health Promotion,
Oxford City Council
3rd Floor
St Aldates Chambers
St Aldates
Oxford OX1 1DF
Tel 01865 252373
Fax 01865 252344

This project provides one day courses giving a certificate in basic food hygiene. It is run through the Environmental Health Department. Free places are provided for charities and voluntary organisations. The project also intermediate and advanced courses.

Activities Nutrition/health education
User Groups All groups
Women and children
Single parents

Rainbow House Drop-in Centre

Contact Isabelle Tams
Wesley Memorial Church
New Inn Hall Street
Oxford OX1 2DH
Tel 01865 243216
Fax 01865 247706

A voluntary organisation which gives valuable work experience in a warm and friendly environment to people from all walks of life.

Activities Food provision
Information/advice/support
Nutrition/health education
User Groups Families
Learning disabilities
Single parents

SOMERSET**Balsam Project**

Contact Sue Place
The Balsam Centre
Balsam Park
Wincanton BA9 9HB

Tel 01963 31842

Fax 01963 31857

This is a community development organisation bidding to become a Healthy Living Centre, which will include a community cafe. The project includes a pilot organic food co-op for people on low incomes or with mental health problems. There are also therapeutic horticulture projects.

Activities Composting
Growing food
Nutrition/health education

User Groups Disadvantaged people
Young people
Women and children
Learning disabilities
Mental health users
Ex-offenders
Single parents

Southside Food Co-op

Contact Viv Talbot
Involve
Green Park Station
Green Park Road
Bath BA1 1JB

Tel 01225 787 924

Fax 01225 460840

This co-op sells vegetables, fruit & eggs to members at cost price. The project also offers a £2.50 mixed bag of fruit & veg, most of which is grown locally. It works closely with local community projects such as nurseries, community centres, sheltered housing, etc. The project runs basic cookery sessions, targeting young people.

Activities Transport/Delivery
Cookery Class
Food Co-op

User Groups Single parents
Women and children
Older people

SOUTH YORKSHIRE**Crisis Fareshare South Yorkshire**

Contact Kathryn Elliott
Unit 19
Grange Lane
Industrial Estate
Carrwood Road, Stairfoot
Barnsley S71 5AS

Tel 01226 213 255

Fax 01226 213 282

Website www.crisisfareshare.co.uk

Crisis Fareshare collects surplus food from retailers and other food outlets in refrigerated vans and redistributes it to 35 projects for disadvantaged people in South Yorkshire.

Activities Food provision
Transport/delivery
Nutrition/health education

User Groups Disadvantaged people
Black and minority ethnic groups
Families
Disabled
Homeless people
Ex-offenders
Older people
Single parents

Fruit and Vegetable Distribution Network

Contact Alison Johnson
Sheffield Wildlife Trust HQ
37 Stafford Road
Sheffield S2 2SF

Tel 0114 263 335

Fax 0114 263 4345

This project was set up to provide local shops with fresh fruit and vegetables. It currently supplies five small shops, two sandwich shops, three youth clubs, two school tuck shops, and older people who meet at a community centre. The project also grows some vegetables, though most produce is bought wholesale.

Activities Growing food
Food provision
Nutrition/health education

User Groups All groups

Green Peppers

Contact Columba Timmins
108 Heavygate Road
Sheffield S10 1PF

Tel 0114 266 1411

Fax 0114 271 6039

Linking food growing to food tasting and a healthy diet. Includes fruit/vegetable tasting at each meeting and simple growing projects (potatoes, strawberries and beans for example). Aims for education through activity. The target audience is school pupils at Key stage 2 (8-11 year olds).

Activities Growing food
Nutrition/health education

User Groups Parents
Primary school children
Practitioners/professionals

Healthy Bites Food Co-op & Café

Contact Lorraine Headen
Athersley Cares
St Helen's Church Hall
Laithes Lane
Athersley, Barnsley S71 3AF

Tel 01226 779444

This is a food co-op and community cafe run by 9 volunteers whose activities are aimed at people on low incomes. There is a creche facility for the volunteers whilst working at the project.

Activities Community Café
Nutrition/Health Education
Cookery Class

User Groups Children
Women and children
Single parents

Heeley City Farm

Contact David Gray
Richards Road
Sheffield S2 3DT

Tel 0114 258 0482

Fax 0114 255 0244
www.heeleyfarm.org.uk

Heeley City Farm is a community based and led training, employment and youth project employing 33 people, mostly local and previously unemployed, on a range of environmental food and farming based enterprises. The project has a community café and also runs organic gardening classes, horticultural training.

Activities Community café
Food partnership
Growing food

User Groups All groups

Heeley Community Allotment Project (previously Heeley Health Project)

Contact Zoy Greaves
Heeley Green Centre
344 Gleadless road, Heeley
Sheffield S2 3AJ

Tel 0771 771 858

This is a community allotment project where local people come together 1 or 2 days per week to grow food organically, learn horticultural techniques, widen taste experiences, and find out how to use different vegetables and herbs.

Activities Growing food
Food provision
Nutrition/health education

User Groups All groups
Women
Low-income groups

LEAF (Local Enterprises Around Food)

Contact Rose Tanner
Community Room
Southey Library, Moonshine Lane
Sheffield S5 8RB

Tel 0114 245 0200

This community group promotes healthy eating and growing in North Sheffield. Initiatives include Cooking on a Budget and a community allotments project. It aims to involve local people/groups in community development.

Activities Community café
Breakfast club
Food partnership

User Groups Primary school children
Children
Women and children
Learning disabilities
Practitioners/professionals
Mental health users
Ex-offenders
HIV/Aids
Older people
Single parents

Positive Health Action Through Gardening & Environmental Development (PHAGED)

Contact Duncan Rhudd
Dearne Valley Community
Mental Health Team,
16 School Street,
Oakfield
Barnsley S73 9ET

Tel 01226 752839

The project aims to develop a disused piece of land for food growing by a group of mental health service users. Initially the food will be consumed by the group, but the intention is to develop other land and grow vegetables for other marginalised groups.

Activities Growing food
Nutrition/health education

User Groups Mental health users

STAFFORDSHIRE**Healthy Tuck HAZ Project**

Contact Marie Barley
Directorate of Health Promotion
79 London Road
Stoke ST4 7PZ

Tel 01782 400545

Fax 01782 745107

This project aims to improve access and availability of healthier foods and drinks in primary school tuck shops. The schools chosen are those where pupils have high rates of tooth decay. The approach used is based on the health promoting schools scheme.

Activities Tuck shop
Food partnership
Nutrition/health education

User Groups Primary school children
Children

Stoke Community Foods

Contact Ann Collett
Arch Day Centre
53 Regent Road
Hanley ST1 3BT

Tel 01782 266 016

Fax 01782 265 336

This is a food delivery service, providing non-perishable foods and fresh fruit and vegetables to people on low incomes and homeless people. The food is delivered two days after being ordered.

Activities Food provision
Transport/delivery
Nutrition/health education

User Groups All groups
Children
Low-income groups
Homeless people
Ex-offenders
Older people
Single parents

SURREY**African Community Involvement Association**

Contact Mohammed Kikambi
Eagle Court
224 London Road
Mitcham CR4 3HD

Tel 020 8687 2400
Fax 020 8646 4363

This is a support programme to improve the quality of life for black and minority ethnic groups living with HIV/Aids in London. It provides advice on healthy eating, assistance with shopping, meal preparation in people's homes, and is planning a delivery service. The project also provides information and organises peer support for users.

Activities Community café
Information/advice/support
Transport/delivery

User Groups Black and minority ethnic groups
HIV/Aids

TYNE AND WEAR**Community Regeneration Trust N.E. (formerly Cleadon Community Project)**

Contact Ian Stimpson
3 Robinson Street
South Shields NE33 4PR

Tel 0191 424 5460
Fax 0191 427 7709
www.crtne.org.uk

This project runs a food co-op supplying fruit and veg to the elderly, gives free fruit to school clubs and others in need, runs cookery classes for young single parents, and is starting an organic allotment. It also provides job creation and training.

Activities Breakfast club
Growing food

User Groups Disadvantaged people
Children
Older people
Single parents

Cornerstone - Benwell Christian Shop Project

Contact Kit Tapscott
64 Armstrong Road
Benwell
Newcastle Upon Tyne NE4 7TU

Tel 0191 2260941
Fax 0191 238 6426

This is a Christian drop-in centre with a community cafe. The project is targeted at general members of the community, and promotes cooking skills.

Activities Community café
Luncheon club
Information/advice/support

User Groups Women and children
Ex-offenders
Older people
Secondary school children
Single parents

Drift Permaculture at Scotswood Community Garden

Contact Ken Bradshaw
John Marley Centre
Muscott Grove
Newcastle NE15 6TT

Tel 0191 200 4706
Fax 0191 200 4729

This food-growing project promotes cooking and gardening skills to encourage project users to learn how to cook the food they grow. The project aims to involve children, students, the unemployed, the elderly and people with learning disabilities.

Activities Training
LETS
Growing food

User Groups Children
Black and minority ethnic groups
Learning disabilities
Students
Unemployed
Older people

East End Community Health Project Food Initiatives

Contact Kath Bell
c/o East End Community Health
Project
Yelverton Crescent, Pottery Bank
Newcastle upon Tyne NE6 3SW

Tel 0191 276 0595

This is a community development project consisting of research into food choice in east Newcastle. It runs three food co-ops in community settings and five healthy tuck shops in primary schools. It also works with parent groups in schools on food issues. Initially the target audience was elderly, but now covers all ages.

Activities Community café
Luncheon club

User Groups Parents
Primary school children
Older people

Newcastle Nutrition Community Dietitians

Contact Louise Smith
Royal Victoria Infirmary
Queen Victoria Road
Newcastle-upon-Tyne NE1 4LP

Tel 0191 282 5930

Fax 0191 282 4419
www.newcastlefood.co.uk

Five community dietitians, nutrition workers and a food initiative co-ordinator work on a range of community food initiatives, targeting groups in disadvantaged areas. There are a range of activities, including Food and Play for children, and Get Cooking for young people and families. It has links with food co-ops and kids cafes.

Activities Community café
Food partnership
Growing food

User Groups Sure Start
Black and minority ethnic groups
Women and children
Older people
Single parents

North Tyneside Cooking Pack

Contact Anita Attala
Sir GB Hunter Memorial Hospital
The Green
Wallsend NE28 7PB

Tel 0191 220 5945

Fax 0191 220 5946

This is a resource pack for practitioners/professionals wanting to run Get Cooking sessions for people on low incomes, including homeless people. There is also information on food hygiene and how to obtain funding for courses.

Activities Information/advice/support
Nutrition/health education

User Groups Families
Women and children
Learning disabilities
Practitioners/professionals
Homeless people
Older people
Single parents

Northern Initiative on Women and Eating

Contact Anne-Marie Norman
2nd Floor
1 Pink Lane
Newcastle NE1 5DW

Tel 0191 221 0233

Fax 0191 221 2669

This project exists to offer support and therapeutic group work to people (primarily women) who have difficulties with food and around food issues.

User Groups All groups

Nutrition Skills Training for Volunteers and Development Workers

Contact Anita Attala
Sir GB Hunter Memorial Hospital
The Green
Wallsend NE28 7PB

Tel 0191 220 5945

Fax 0191 220 5946

Accredited courses on nutrition and how to run cooking groups for volunteers, development workers and practitioners/professionals who then disseminate the information to local groups.

Activities Information/advice/support

User Groups All groups
Practitioners/professionals

Oakleigh Gardens

Contact Lionel Hehir
Groundwork South Tyneside
The Eco Centre, Windmill Way
Hebburn NE31 1SR

Tel 0191 428 1144

Fax 0191 428 1155

This vegetable-growing project has recently achieved organic status. It is situated close to a housing estate, and provides work experience for local community volunteers.

Activities Growing food
Food provision

User Groups All groups

Playworkers Pack

Contact Brenda Milsom
Sir GB Hunter Memorial Hospital
The Green
Wallsend NE28 7PB

Tel 0191 220 5945

Fax 0191 220 5946

This is a resource pack for play-scheme and youth club leaders to address issues around food and nutrition in a fun and interesting way. The pack is used with secondary school children attending out-of-school clubs.

Activities Information/advice/support

Nutrition/health education

User Groups Secondary school children

Porlock Nursery

Contact Lionel Hehir
Groundwork South Tyneside
The Eco Centre, Windmill Way
Hebburn NE31 1SR

Tel 0191 428 1144

Fax 0191 428 1155

This project, growing soft fruit, vegetables and bedding plants, provides placements and work experience for volunteers, including those with mental health problems, and is also used by schools. The food grown is mainly organic.

Activities Growing food
Food provision

User Groups All groups
Children
Learning disabilities
Mental health users

WARWICKSHIRE**Bath Place Community Café**

Contact Richard Clark
Bath Place Community Venture
Bath Place
Leamington Spa CV31 3AQ

Tel 01926 338421

This project aims to promote healthy eating and encourage volunteering in low-income communities. It also aims to be an educational group.

Activities Community café
Breakfast club
Cookery class

User Groups All groups
Black and minority ethnic groups
Women and children
Learning disabilities
Homeless people
Older people
Secondary school children
Single parents

WEST MIDLANDS**Age Concern Lunch Centre**

Contact Kenneth Buckler
50 Lower Hall Lane
Walsall WS1 1RJ

Tel 01922 638 825

Fax 01922 615 713

This is a community cafe/lunch club providing lunches for elderly people in Walsall.

Activities Community café
Luncheon club

User Groups Older people

Community Family Initiative (formerly Healthy Mothers & Babies)

Contact Vicki Fitzgerald
Fernbank Surgery
508-516 Alum Road
Birmingham B8 3HX

Tel 0121 685 6723

This project promotes health for women and pre-school children, with a strong emphasis on nutrition education through advice to individuals and group activities.

Activities Information/advice/support
Nutrition/health education
Cookery class

User Groups Mothers and babies
Pregnant women
Black and minority ethnic groups
Families
Women and children
Single parents

Food Net Project

Contact Eleanor McGee
Dietetic Department
Fernbank Medical Centre
508-516 Alum Rock Road
Ward End B8 3HX

Tel 0121 678 3872

Fax 0121 678 3859

This project aims to prevent coronary heart disease by promoting healthy eating. It runs practical cookery sessions, has links with and supports food growing and buying schemes, and works with food retailers.

Activities Breakfast club
Growing food
Nutrition/health education

User Groups Children
Black and minority ethnic groups
Women and children
Practitioners/professionals
Homeless people
Ex-offenders
HIV/Aids
Single parents

From Concrete to Coriander

Contact Irena Iwogon
 CSV Environment
 St. Peter's College, Saltley
 Birmingham B8 3TE

Tel 0121 328 3400
Fax 0121 322 2008
Website www.csv.org.uk

The project involves growing vegetables on allotments and running a community garden at Small Heath Park. The project is an all-women's group, and includes a food co-op and catering as well as healthy lifestyle activities.

Activities Community café
 Growing food
 Nutrition/health education

User Groups Black and minority ethnic groups
 Women and children
 Practitioners/professionals
 Older people
 Single parents

Get Cooking - Stowbridge

Contact Trish Bussell
 Dudley Health Improvement
 Team, Shousters House,
 Ridge Hill, Brierley Hill Road
 Stourbridge DY8 5ST

Tel 01384 244 489
Fax 01384 755 594

The project focuses on cooking in the community, concentrating on fish, fruit and vegetables within priority neighbourhoods.

Activities Food Provision
 Nutrition/health education
 Cookery class

User Groups All groups
 Low-income groups

Growing Opportunities

Contact Veronica Barry
 Ideal For All
 Independent Living Centre
 100 Oldbury Road, Smethwick
 B66 1JE

Tel 0121 565 7925
Fax 0121 565 7964

This project seeks to promote independence and healthy living through sustainable horticulture and food projects, with a focus on the needs of disabled and excluded people. Two projects are being established - Malthouse, a therapeutic horticulture project, and Salop Drive, a food-producing market garden.

Activities Food partnership
 Growing food

User Groups Disadvantaged people
 Learning disabilities
 Practitioners/professionals
 Disabled
 Mental health users
 Older people

Local Organic Agricultural Facilities (LOAF)

Contact Paul Mason
 Wolverhampton Environment
 Centre, Westacre Crescent,
 Finchfield
 Wolverhampton WV39AY

Tel 01902 766 199
Fax 0121 530 5501

This project uses greenhouses at the new environment centre to grow fruit and vegetables using organic methods. The food is then supplied to local communities through food co-operatives. The project encourages the long-term unemployed to grow and distribute the food.

Activities Community café
 Food partnership
 Growing food

User Groups Low-income groups

North Solihull LETSystem

Contact Valerie Egan
14 Arran Way
Smithswood
Birmingham B36 0QG

Tel 0121 770 8889
www.wmlets.org.uk

This is a Local Exchange Trading System (LETS) where members exchange skills and services with each other. Food is not currently an important aspect, but may develop into one later. The project targets a general audience.

Activities LETS
Information/advice/support

User Groups All groups

Wolverhampton Food Co-ops Umbrella Ltd

Contact Melanie Heywood
92 Stanley Road
Wolverhampton WV10 9EL

Tel 01902 556 632

Fax 01902 556 632

A project to support and develop food-related enterprises, fresh food co-ops and healthy eating in Wolverhampton. The project is open to anyone, particularly those on low incomes.

Activities Growing food
Food co-op

User Groups All groups
Low-income groups
Unemployed

WEST SUSSEX

Chichester Christian Care Association

Contact Michael Jones
St Joseph's
Hunston Road
Chichester PO20 1NP

Tel 01243 537 934

Fax 01243 839 214

Aims to help people on low incomes and the homeless by offering food, shelter, advice and support, and helping to finding accommodation. The project also runs a new day centre in Bognor Regis, open three days a week.

Activities Food provision
Cookery class

User Groups Learning disabilities
Homeless people
Ex-offenders
HIV/Aids

WEST YORKSHIRE

All Hallows Community Cafe Project

Contact Ray Gaston
All Hallows Vicarage
24 Regent Terrace
Leeds LS6 1NP

Tel 0113 242 2205

Fax 0113 225 2125

This is a community cafe providing affordable, nourishing food. It is open on Wednesdays and Thursdays from 9am to 3pm. The ethos of the project is to feed the mind, body and spirit.

Activities Community café
Information/advice/support
Nutrition/health education

User Groups Low-income groups
Women and children
Homeless people
Older people
Secondary school children
Single parents

Calderdale and Kirklees Food Futures

Contact Anna Watson
c/o Health Promotion Unit
Princess Royal Health Centre
Greenhead Road
Huddersfield
HD1 4EW

Tel 01484 344 286

Fax 01484 344 281
www.foodfutures.org.uk

This project aims to bring together local farmers, community groups, retailers, health officers, and local authority officers in order to develop sustainable local food initiatives. Funding is available for community groups in disadvantaged areas.

Activities Food partnership
Growing food
Nutrition/health education

User Groups Black and minority ethnic groups
Single parents
Older people
Women and children

Community Action Little London (CALLS) Vegetable Garden Project

Contact Jenny Whelan
2 Lovell Park Hill
Leeds LS7 1DF

Tel 0113 225 2591

This project aims to grow vegetables, fruit and herbs for the local community, including the local primary school in Little London, using mainly organic methods.

Activities Training
Growing food
Food provision

User Groups Primary school children
Children
Black and minority ethnic groups

Foodworks

Contact Pam Walters
Action for Health
Whiterose House, West Parade
Wakefield WF1 1LT

Tel 01924 213 163

Foodworks is a Neighbourhood Renewal Fund project designed to tackle community food issues in the Wakefield district. It is led by a team of community food development workers. So far the work has included teaching cooking skills to children and adults, forging direct links between food producers and consumers, setting up projects in schools, and working with health visitors and Sure Start.

Activities Community café
Breakfast club

User Groups All groups
Mothers and babies
Primary school children
Low-income groups

Gardening for Health

Contact Shahnaz Begun
Bradford Community Environment
Project
Unit 14, Carlisle Business Centre,
60 Carlisle Road
Bradford BD8 8BD

Tel 01274 223 236

Fax 01274 223 353

A food-growing project to reduce coronary heart disease in Bangladeshi communities across Bradford. The project involves Bangladeshi women in food growing on community allotments.

Activities Growing food
Information/advice/support

User Groups Black and minority ethnic groups
Low-income groups

WILTSHIRE**Riddings Garden Project**

Contact Shirley Brown
7 Browning Road
Deighton
Huddersfield HD2 1HU

Tel 01484 519 694

The project runs a community café and aims to establish a fruit and veg co-op.

Activities Community café
Food provision

User Groups All groups
Low-income groups

Urban Oasis & Tropical Allotments

Contact Anthony Milroy
Arid Lands Initiative
Macpelah Works, Burnley Road
Hebden Bridge HX7 8AU

Tel 01422 843807

Fax 01422 842 241

This is a food-growing partnership between a low-income, ethnic minority Asian community and an international environmental organisation involving children, the unemployed and the general community.

Activities Growing food

User Groups Children
Black and minority ethnic groups
Low-income groups
Women and children

Food Bank

Contact Patrick Woodward
PO Box 2020
Salisbury SP4 6RF

Tel 01722 411 244

Fax 01722411 244

Website www.trusselltrust.org

This project collects dried and canned food and distributes it to individuals, families or institutions for short-term crisis intervention.

Activities Breakfast club
Food provision

User Groups People in crisis

Get Cooking! (Wiltshire)

Contact Stephen Webster
Wiltshire Health Promotion Service
Greenways Centre Malmesbury Rd
Chippenham SN15 5LN

Tel 01249 454270

Fax 01249 454271

The project ran a training course for practitioners/professionals to run Get Cooking classes and provide nutrition and health education. The training resource pack is still available, and some cookery classes are still running.

Activities Nutrition/health education
Cookery class

User Groups Practitioners/professionals

Scotland

ABERDEENSHIRE

Now You're Cooking - Aberdeen

Contact Caroline Comerford
Health Promotions
181 Union Street
Aberdeen AB11 6BB
Tel 01224 589 901
Fax 01224 840 953
www.health-promotions.com

This project is a practical food skills course targeting those living on a low income. The course comprises eight sessions, each lasting two hours.

Activities Nutrition/health education
Cookery class
User Groups Children
Women and children
Learning disabilities
Homeless people
Older people
Single parents

EDINBURGH

Barri Grub - Edinburgh

Contact Marilyn Beagley
Health Hut
3 West Pilton Park
Edinburgh EH4 4EL
Tel 0131 332 0871

This award-winning project encourages and promotes healthy eating by providing cookery skills and information on healthy eating.

Activities Transport/delivery
Nutrition/health education
Price discounts/vouchers
User Groups All groups

Calder Food Co-operative

Contact Senga Nightingale
Calder Community Centre
9 Calder Park
Edinburgh EH11 4JN
Tel 0131 453 2654
Fax 0131 453 2654

This food co-op aims to improve access to and supply of groceries and fresh fruit and veg to the elderly, the homeless, single parents, HIV/Aids sufferers and people with learning disabilities.

Activities Transport/delivery
Food co-op
User Groups Learning disabilities
Homeless people
HIV/Aids
Older people
Single parents

Edinburgh Community Food Initiative

Contact John Brennan
22 Tennant Street
Edinburgh EH6 5ND
Tel 0131 467 7326
Fax 0131 467 7325

Using a community development approach, the project aims to encourage and support community food initiatives which improve people's access to a balanced diet. It serves eight food co-ops in deprived areas throughout Edinburgh, in addition to several short-term projects. The initiative also houses Snack Attack, a scheme providing fruit to primary schools.

Activities Transport/delivery
Nutrition/health education
Food co-op
User Groups Primary school children
Children

GLASGOW**Cambuslang Health & Food Project/
Research & Evaluation**

Contact Lynn Brennan
Unit 5, BBRC
57 Belmont Road
Cambuslang G72 8PG

Tel 0141 641 6777
Fax 0141 641 3777

This is a community health project in Cambuslang and Rutherglen, an area granted social inclusion partnership status. Current projects include food co-operatives and an oral health programme.

Activities Growing food
Information/advice/support

User Groups All groups
Children
Young people
Older people
Single parents

Govan Healthy Eating Project

Contact John McKechnie
c/o Concierge
59 Iona Court, Govan
Glasgow G51 2XU

Tel 0141 445 2329/1200
Fax 0141 445 2742

An urban programme to support, establish and develop initiatives such as a community café and shop, cookery classes, a food co-op and a food partnership. The project addresses food poverty for school pupils, students and homeless people.

Activities Community café
Food partnership
Growing food

User Groups Women and children
Students
Homeless people
Older people
Secondary school children
Single parents

Healthy Castlemilk

Contact Jacqui McGinley
22 Arnprior Quadrant
Castlemilk
Glasgow G45 9EY

Tel 0141 6342679

A community health project to develop initiatives around food poverty and health (such as cookery classes) with existing groups and service providers.

Activities Information/advice/support
Nutrition/health education
Price discounts/vouchers

User Groups All groups
Drug/alcohol abusers
Women and children
Secondary school children
Single parents

MIDLOTHIAN**Gorebridge Food Co-op**

Contact Cathy Hamilton
Brown Building
80 Hunterfield Road
Gorebridge EH23 4TT

Tel 01875 823 922
Fax 01875 823 922

This is a small fruit, veg and dried goods co-op run by two part-time workers, providing food to members. The co-op currently has five venues in Midlothian and delivers to primary schools, nurseries, the elderly as well as a breakfast club and an after school club

Activities After school club
Breakfast club
Transport/delivery

User Groups Children
Women and children
Learning disabilities
Older people
Single parents

NORTH AYRESHIRE

Community Food Workers

Contact Jane Jackson
Ayrshire Central Hospital
Kilwinning Road
Irvine KA12 8SS

Tel 01294 323130

Fax 01294 312446

The project provides training and support for sessional community food workers.

Activities Information/advice/support
Cookery class

User Groups All groups

NORTH LANARKSHIRE

Craigneuk Food Co-op

Contact Josephine Cope
53 Meadowhead Road
Craigneuk
Wishaw ML2 7UX

Tel 01698 359068

Fax 01698 375 122

This is a community-based food co-op, which is open three days a week. It offers a delivery service to the elderly and housebound. It also runs a low-cost cuisine competition.

Activities Food provision
Food co-op

User Groups All groups
Older people

RENFREWSHIRE

FRESH LOAF (Ferguslie Research Enquiry into Shopping & Health Local Organisation Around Food)

Contact Annette Beattie
Fresh Loaf, 1 Lyon Road
Foxbar
Paisley PA2 0NA

Tel 0141 889 2455

This project is a voluntary food issues group which is involved in community development.

Activities Food partnership
Food provision
Community shop

User Groups All groups
Children
Women and children
Practitioners/professionals
Older people
Single parents

Renfrewshire Food Federation - Scotland

Contact Doreen Polson
Foxbar Rivers Community Building
Spey Avenue
Paisley PA2 0PA

Tel 01505 814953

This is an umbrella organisation for community food groups throughout Renfrewshire. They use the community development model working in partnership with all social inclusion groups in the area.

Activities Food provision
Food co-op
Transport/delivery
Nutrition/health education

User Groups Children
Women and children
Practitioners/professionals
Older people
Single parents

Wales

ANGLESEY

Farmers' Market Network (Rhwydwaith Marchnad Ffermyr Cyf)

Contact Joanna Robertson
c/o Tyddyn Adda
Llanddaniel Fab, Gaerwen
Ynys Mon LL60 6HB

Tel 01248 490578

The farmers' market network aims to develop sustainable/organic practices based on the principle of "local food for local people". The producers bring their own produce for sale direct to the public, the produce is free from plastic packaging and has a low food-mile count. As well as contributing to the local economy, the market encourages environmentally friendly production practices and is open to all local farmers.

Activities Farmers market
Food provision
Food co-op

User Groups All groups

BLAENEAU GWENT

Cwm Harry Land Trust

Contact Richard Northridge
Lower Cwm Harry
Tegynon
Newtown SY16 3ES

Tel 01686 650231

Fax 01686 650606

Website www.cwmharrylandtrust.org.uk

This is a community composting scheme in conjunction with a community-supported agriculture scheme. Vegetables and soft fruit are grown for local people and ex-offenders working on a smallholding.

Activities Growing food

User Groups All groups
Ex-offenders

Fruit Tuck Shops - Ebbw Vale

Contact Shan Hamer
Blaenau Gwent Health Promotion,
Ebbw Vale Hospital
Hillside
Ebbw Vale NP23 5YA

Tel 01495 302121

Fax 01495 303887

This project involves school fruit tuck shops set up by teachers through the Welsh National Healthy Schools scheme. Set up in primary schools, with fruit delivered through either a local grocer or school catering supply service.

Activities Tuck Shop

User Groups Primary school children
Children

BRIDGEND

Bridgend Farmers' Market

Contact Mike Pett
21 Sycamore Close
Litchard
Bridgend CF31 1QS

Tel 01656 658 963

Website www.bridgendfarmersmarket.co.uk

This organisation runs monthly markets selling locally produced food.

Activities Farmers market
Food co-op

User Groups All groups

Food Fuel

Contact Rosalyn Williams
Ogmore Centre Trust
Main Road
Ogmore-by-Sea CF32 0PW
Tel 01656 880646
Fax 01656 881091

This is a residential education centre providing courses for the arts, sports and education to children from deprived areas. It provides healthy, balanced meals throughout the courses and includes nutrition education.

Activities Growing food
Information/advice/support
User Groups Children

Local Foods for Local People (Bridgend)

Contact Natasha Lade
Planning Services, Civic Offices
Angel Street
Bridgend CF314WB
Tel 01656 643179
Fax 01656 683190

This is an allotment- and school-based project to promote growing and consumption of local foods by local people. It is part of a wider project with a farmers' market, breakfast clubs and tuckshops.

Activities Breakfast club
Food partnership
Growing food
User Groups All groups
Children
Learning disabilities
Ex-offenders

CAERPHELLY**Feel Good Project**

Contact Janet Carr
Derwendeg Primary School
Hengoed Road
Cefn Hengoed CF82 7HP
Tel 01443 813138
Fax 01443 813274

This project runs Get Cooking! - practical hands-on cooking sessions for 9-11 year olds. The sessions involve preparing a healthy meal, cooking and eating it together. Support has been provided by Gwent Health Promotion and the school dental service.

Activities Growing food
Food provision
User Groups Primary school children
Children

Ready Steady Cook!

Contact Annette Barrett
Lewis Girls School
Oakfield Street, Ystrad Mynach
Hengoed CF82 7WW
Tel 01443 813168
Fax 01443 862538

This project is targeted at secondary schoolchildren (aged 11-18). The Ready Steady Cook! club aims to promote healthy eating through a weekly cookery club. The project also includes the establishment of an organic garden and an orchard growing fruit & veg.

Activities Growing food
User Groups Secondary school children

CARDIFF**Get Cooking! (Cardiff)**

Contact Rhian Connick
NFWI Wales Office
19 Cathedral Road
Cardiff CF11 9HA

Tel 029 20 221712

Fax 029 20 387236

Fun cookery classes available to children, the elderly, ex-offenders, women and children, single parents and people with learning disabilities.

Activities Information/advice/support
Nutrition/health education
Cookery class

User Groups Women and children
Learning disabilities
Ex-offenders
Older people
Secondary school children
Single parents

Heartlink

Contact Debbie Lavelle
Heartlink Project
Marine Chambers
Anson Court
Atlantic Wharf
CF10 4AL

Tel 02920 444 410

This is a three-year project which works to prevent diabetes and coronary heart disease in black and ethnic minority communities in south-east Cardiff. Training is carried out with the Primary Care Trust and clinics, and screening and information days are held in temples and community centres. The project aims to work in partnership with communities to make simple changes. The project is working closely alongside the local Healthy Living Project and Barefoot Workers.

Activities Training
Information/advice/support
Nutrition/health education

User Groups Black and minority ethnic groups
Practitioners/professionals

Riverside Real Food Market

Contact Steve Garrett
35 Beauchamp Street
Cardiff CF11 6AX

Tel 02920 227982

Fax 02920 216318

Website www.riversidemarket.org.uk

This is a community market selling local produce. It was developed from a local festival, and provides an outlet for small-scale local producers. It has increased access to healthy food for the community in the disadvantaged area of Riverside. It also runs an ESF-funded local food poverty project.

Activities Food provision

User Groups All groups

St Mellons Healthy Living Project

Contact Shirley Doyle
1 Newent Rd
St Mellons
Cardiff CF3 0BL

Tel 02920 417332

Fax 02920 417339

This is a five-year, community-based project which is using a community development approach to develop a nutrition strategy for St Mellons. The project targets all sections of the community, including a large percentage of young people (under 25s).

Activities Training
Community café
Breakfast club

User Groups Children
Black and minority ethnic groups
Women and children
Single parents

Sure Start Midwifery Project, Ely

Contact Nichola Michele Saunders
c/o Parkview Health Centre
Cowbridge Road
West Ely CF5 5XE

Tel 02920 576087

Fax 02920 576087

This is a multi-disciplinary project involving a midwife working with vulnerable groups to provide antenatal outreach, to reduce the number of low birthweight infants. The midwife promotes good nutritional practices, including meal planning and budgeting.

Activities Nutrition/health education

User Groups Mothers and babies
Pregnant women
Women and children
Single parents

CARMARTHENSHIRE

Antioch Food Project

Contact Deborah Chapman
Antioch Centre
Copperworks Road
Llanelli SA15 2NE

Tel 01554 758080

Fax 01554 741674

A small, community project which distributes food parcels to the socially disadvantaged and people on low incomes. Recipients are identified through social workers, health visitors, church and community members. Food parcels are made up and distributed to those in need.

Activities Food provision

User Groups All groups
Drug/alcohol abusers
Families
Women and children
Ex-offenders
Older people
Single parents

CEREDIGION

Aberystwyth Farmers' Market

Contact Jan Fenner
EDUT, Lisburne House
Terrace Road
Aberystwyth Y23 2AG

Tel 01970 633 066

Fax 01970 626 566

A monthly farmers' market selling locally produced food to the community, and helping local producers to sell direct to the public and offer added value, quality and freshness. It also provides the opportunity for producers and customers to interact and get advice.

Activities Farmers market
Growing food

User Groups All groups
Children
Women and children
Older people
Single parents

John 14:10

Contact Jackie Harris
14 Marine Terrace
Aberystwyth SY23 1AZ

Tel 01970 617080

This is a café serving the general public but primarily supports the homeless and people with drug/alcohol related issues. A broad range of food is available.

Activities Community café
Price discounts/vouchers

User Groups Women and children
Learning disabilities
Homeless people
Ex-offenders
HIV/Aids
Older people
Single parents

Lampeter Food Festival

Contact Hazel Thomas
17 Harford Square
Lampeter SA48 7HE

Tel 01570 423981

Fax 01570 422133

The Lampeter Food Festival aims to provide a shop window for Welsh food products and to boost local food and farming by increasing awareness of the range and quality of locally produced foodstuffs.

User Groups All groups

CONWY

Colwyn Bay Farmers' Market

Contact Gavin Hughes
c/o Bayview Shopping Centre
Seaview Road, Colwyn Bay
Conway LL29 8DG

Tel 01492 531 764

Fax 01824 531 596

The farmers' market brings together local farmers to sell meat, veg and other local produce directly to local people, working towards reducing food miles. It allows farmers to add value to their produce, and consumers to ask about production and get a direct answer.

Activities Farmers market

User Groups All groups

Ysgol Tan Y Marian Breakfast Bar

Contact Glenda E Hughes
Ysgol Tan Y Marian,
Swm Y Don Road
Llysfaen, Old Colwyn
Colwyn Bay LL29 9LL

Tel 01492 517060

The project provides a daily breakfast to junior school children. It is supported by parent volunteers. It came about following a recent survey showing around half the pupils were not eating any breakfast. It aims to be self-sustaining in the future.

Activities Breakfast club
Growing food

User Groups Children

DENBIGHSHIRE

Denbigh Market

Contact Sue Heygarth
Economic Regeneration Team
Trem Clwyd, Ruthimol
Denbigh LL15 1QA

Tel 01824 708 083

This is a monthly market which came about to assist in the regeneration of the town centre, and was developed with support from a local business group. It sells local produce such as yogurt, cheese, other homemade produce, gifts and bric-a-brac.

Activities Farmers market
Food provision

User Groups All groups

Fruit Days

Contact Rhadri Evans
Ysgol Y Llys
Princes Avenue
Prestatyn LL19 8RW

Tel 01745 853019

This is a fruit tuck shop in a primary school selling a variety of fruit to 4- to 11-year-olds. It is open during morning break times twice a week and aims to encourage healthy eating. The school also runs a breakfast club daily.

Activities Breakfast club
Food provision

User Groups Primary school children
Children

FLINTSHIRE

Heart of Flintshire

Contact Lee Parry-Williams
Social Inclusion Unit
Flintshire County Council,
County Hall
Mold CH7 6NB

Tel 01352 701 431

Fax 01352 701 490

This project takes a community development approach to tackle the problem of coronary heart disease. The project will focus on lifestyle issues of smoking, exercise/physical activity and healthy eating. It targets two deprived populations within the county of Flintshire.

Activities Nutrition/health education

User Groups All groups

S.N.A.G. (Schools Nutrition Action Group), Mold

Contact Kathy Flint
Alun School
Wrexham Road
Mold CH7 1EP

Tel 01352 750755

Fax 01352 707131

A working group of staff, parents, governors, caterers and students are looking at improving the provision of healthier food in the school. Among other initiatives, it will introduce snack bags and healthier choices in vending machines.

Activities Food partnership
Food provision
Nutrition/health education

User Groups Children

GWYNEDD

Age Concern Gwynedd & Mon Lunch Clubs

Contact Audrey Jennings
Ty Seiont
St Helens Road
Caernarfon LL55 2YD

Tel 01286 677711

Fax 01286 674389

www.age-concern-gwynedd-a-mon.sagenet.co.uk

This project runs lunch clubs for the over-60s, providing a three-course meal and an opportunity to socialise in various venues (village halls and hotels) in Gwynedd and Anglesey.

Activities Food Provision

User Groups Older people

Caffi Blas Y Waun

Contact Menna Jones
Antur Waunfawr
Bryn Pistyll, Waunfawr
Caernarfon

Tel 01286 650721
Fax 01286 650059

This is a community-based work experience and training project, involving people with learning disabilities. A café and healthy living project is part of a wider environmental project, including recycling, a nature park, a nursery and craft work.

Activities Community café
Growing food
Food provision

User Groups Children
Women and children
Older people

Cymdeithas Tai Eryri

Contact Dewi Llwyd Evans
Ty Silyn
Penygroes LL54 6LY

Tel 01286 889212
Fax 01286 881 141
Website www.taieriyri.co.uk

Cymdeithas Tai Eryri is a housing association operating in Gwynedd and Anglesey. It is involved in a variety of anti-poverty and social inclusion projects in disadvantaged areas, and in researching the provision of cheaper services and products to its tenants, including food and energy.

User Groups All groups

Llyisiau Lleu

Contact Ben Gregory
Cymdeithas Tai Eryri
Ty Silyn
Penygroes LL54 6LY

Tel 01286 881588
Fax 01286 881141

Llyisiau Lleu is a community project which works with people, especially those on low incomes, in Dyffryn Nantlle, Gwynedd. The aim of the project is to encourage more organic vegetable growing in people's own gardens, as a means of promoting healthier eating and physical exercise.

Activities Growing food
User Groups Low-income groups

MERTHYR TYDFIL**Aberfan & Merthyr Vale Y & C Project**

Contact Ian Benbow
Trinity Chapel
Merthyr Vale CF48 4RS

Tel 01443 692 020
Fax 01443 692 904
Website www.telinco.co.uk/aberfan

This is a community regeneration project which has developed a community café, youth clubs, and an after-school club, and also provides IT training.

Activities Community café
User Groups All groups

Fitness & Health Day

Contact Ann Evans
Ysgol Santes Tudful
Queen's Road
Twynrodyn CF4
Tel 01685 722212

This project promotes healthy eating and encourages participants to try sports. The school also has a fruit tuck shop run by three pupils.

Activities Growing food
Food provision
User Groups Children

Slim Swim Healthy Eating Course

Contact Malcolm Ward
Health Promotion Department,
Merthyr Local Health
Mountain Ash General Hospital,
Mountain Ash
CF45 4DE
Tel 01685 872411
Fax 01443 473133

Slim Swim aims to help women overcome weight problems through healthy eating advice, exercise and a fitness programme. It provides a three-day course training leisure and education professionals and community volunteers to run the healthy eating component.

Activities Nutrition/health education
User Groups Women and children

MONMOUTHSHIRE

Get Cooking! (Gwent)

Contact Heather Hyrapiet
Rebrac House
Llandogo NP25 4TW
Tel 01594 530116
Fax 01594 530116

The project runs cookery courses which teach basic food preparation and how to eat well on a low budget. The project aims to improve health through a better diet and provides social interaction in the community.

Activities Nutrition/health education
Cookery class
User Groups Children
Women and children
Learning disabilities
Homeless people
Older people
Single parents

Healthy Eating - Llandogo Primary School

Contact Mrs G Roberts
Llandogo Primary School
Holmfield drive
Llandogo NP25 4TJ
Tel 01594 530388

This project involves school children in growing food, and provides nutrition and health education to get children to think about what they eat and have a more balanced diet. It also uses break surveys and assemblies to get the message across.

Activities Growing food
User Groups Primary school children

South East Wales Association of Farmers Markets

Contact Stephen Shearman
Rose Cottage
Watery Lane, Llanishen
Chepstow NP16 6QT

Tel 01600 860 730

This project co-ordinates local farmers' markets, helping to develop the local food economy, as well as supporting farm diversification. It is also involved in developing a direct marketing structure.

Activities Farmers market
Growing food
Transport/delivery

User Groups All groups

NEATH PORT TALBOT

Neath Cancer & Nutrition Project

Contact Amina Jamal
Health Promotion Service
Suite C, Britannic House,
Britannic Way, Llandarcy
Neath SA10 6EL

Tel 01792 326516

Fax 01792 326501

This is a project on cancer & nutrition which started in October 2001. It works with target groups in communities throughout Neath and plans various activities such as a community café and nutrition & health education.

Activities Community Café
Growing food
Transport/delivery

User Groups Women and children
Older people

NEWPORT

Primary and Community Care Nutrition Project, Newport

Contact Glenys Phelpstead
Newport Local Health Group
Wentwood Ward,
St. Cadoc's Hospital
Caerleon NP18 3XQ

Tel 01633 436 216

Fax 01633 436 229

The project aims to reduce the incidence of coronary heart disease risk factors in the local population through the promotion of good nutrition. This will be achieved by developing a new partnership between those involved in food and nutrition, focusing on coronary heart disease where there is evidence of deprivation or social disadvantage.

Activities Food partnership
Nutrition/health education

User Groups Black and minority ethnic groups
Women and children
Homeless people
Older people
Single parents

PEMBROKESHIRE

Funky Food Project, Pembrokeshire

Contact Lynne Perry
Pembrokeshire Health Promotion
Centre, Penffynnon
Hawthorne Rise
Haverfordwest SA61 2AZ

Tel 01437 766119

Fax 01437 767529

A multi-school School Nutrition Action Group (SNAG) has been formed involving four primary schools. Pupils survey & discuss with their peers possible alternatives that they would like to see to the lunch time meal provided at school.

Activities Food provision
Nutrition/health education

User Groups Primary school children

Get Cooking - Pembrokeshire

Contact Rebecca Rees
Health Promotion Service,
Merlins Court
Winch Lane
Haverfordwest SA61 1SB

Tel 01437 771 233

This is a partnership project encouraging parents of children and young people to prepare and cook healthy, nutritious meals. It trains workers in health education and nutrition to run courses.

Activities Growing food
User Groups Children
Women and children
Single parents

Pembrokeshire Food in Mind

Contact Pete Irvine
Old Wool Market
Quay Street
Haverfordwest SA61 1BG

Tel 01437 769982

This is a user-led lunch club, aimed at those with mental health problems, working together to provide a nutritious meal one day a week.

Activities Food provision
User Groups Low-income groups
Mental health users

Playtime Snacks Award

Contact Lynne Perry
Pembrokeshire Health Promotion
Centre
Penffynon, Hawthorne Rise
Haverfordwest SA61 2AZ

Tel 01437 766119
Fax 01437 767529

This project consists of fruit tuck shops in schools, and also encourages fruit provision from home for primary school children. Awards are given for the type of tuck provision, food from home, or both. Training is provided for school staff.

Activities Tuck shop
Nutrition/health education
User Groups Primary school children
Practitioners/professionals

Statement on Food & Health in Schools

Contact Lynne Perry
Pembrokeshire Health Promotion
Centre, Penffynnon
Hawthorne Rise
Haverfordwest SA61 2AZ

Tel 01437 766119
Fax 01437 767529

This is a publication including aims, objectives, action plans for schools on food and health in the curriculum, food safety, snack provision, drinks and vending, and school meals. It uses a whole school approach, and targets all schools in Pembrokeshire.

Activities Nutrition/health education
User Groups Children

POWYS**Brecknock Farmers' Market**

Contact Fiona Jones
Neuadd Brycheiniog
Cambrian Way
Brecon LD3 7HR

Tel 01874 612 276

Fax 01874 612 339

This market enables local producers to sell their produce to visitors and townspeople, promoting home-produced meats, fruit, vegetables, juices, cakes, bread, chutneys, etc.

Activities Farmers market
User Groups All groups

Open Door Family Centre

Contact Jane Steedman
Howell Drive
Welshpool SY21 7AT

Tel 01938 556 238

Website www.opendoorcentre.co.uk

This centre provides family support for parents and their children, including parenting skills training. The project also runs cookery sessions to increase skills and encourage healthy eating. Children bring in lunches and are given healthy snacks.

Activities Growing food
Food provision

User Groups Parents
Children
Women and children
Learning disabilities

RHONDDA CYNON TAFF**Arts Factory**

Contact Christine Pring
Unit 11
Highfield Industrial Estate
Ferndale CF43 4SX

Tel 01443 757 954

Fax 01443757525

Website www.artsfactory.co.uk

This is an award-winning community organisation, aiming to build a stronger community through enterprise schemes, skilling local people and providing facilities. Activities include arts, job search and advisory services. Various food activities are planned.

Activities Nutrition/health education
Cookery class

User Groups Low-income groups
Learning disabilities
Homeless people
Ex-offenders

Cwmparc Community Café

Contact Jackie Prosser
CCWA Parc Hall
Parc Road
Cwmparc CF42 6LD

Tel 01443 776920

Fax 01443 772044

This is a café run within a community centre. The café is for the use of the whole community and provides lunches, snacks and refreshments mornings to lunchtimes during the week.

Activities Community café
User Groups All groups

Ffaldau Farm

Contact Vic Doyle
BCR, Bell Centre
5-8 Luton Street
Blaenllechau CF43 4PB

Tel 01443 730749

Fax 01443 730901

This is a community food-growing project aimed at disadvantaged local people, including those with mental health problems. The project is based in a community centre where there is a community café, and vegetables and herbs are grown on community allotments.

Activities Training
Community café
Growing food

User Groups Disadvantaged people
Children
Young people
Women and children
Learning disabilities
Mental health users
Older people

Glyncoch Community Enterprise Projects Ltd

Contact Marolyn Way
66 Porcher Avenue
Glyncoch
Pontypridd CF37 3DD

Tel 01443 486993

This project provides low-cost, nutritious meals, sandwiches and snacks to local people through a community café and a delivery service. It also provides a buffet and bereavement service for local people and businesses.

Activities Community café
Transport/delivery

User Groups All groups

Penrhys Partnership Training & Education Centre

Contact Sian Davies
Training & Education Centre
Y Ffynnon Centre
Penrhys CF43 3NS

Tel 01443 755008

Fax 01443 735400

This is a new arm of the Penrhys Partnership. It offers healthy eating and cookery classes as part of an education programme, and targets the whole community. There is also a community café run by another part of the Penrhys Partnership.

Activities Training
Community café
Nutrition/health education

User Groups Women and children
Unemployed
Single parents

SWANSEA

Bonymaen Community Centre After School Club

Contact Sarah Glover
8 Wern Road
Landore
Swansea SA1 2PA

Tel 01792 462322

After-school club providing play and care for 5 to 11-year-olds from 3.30-5.30pm, Monday to Friday. Food activities include a small tea daily. The children are involved in cooking and discussions on food. There is also a Saturday morning club providing breakfasts.

Activities Breakfast club
Food provision

User Groups Children
Women and children
Single parents

Breakfast Club - Gors Junior School

Contact Keith Hiekin
Gors Junior School
Gors Avenue
Swansea SA1 6SF

Tel 01792 522202

This is a school breakfast club providing a healthy start to the day and encouraging children to interact socially in an informal, secure environment.

Activities Breakfast club
User Groups Primary school children

Family Fun Day

Contact Sue Giles
Bonymaen Family Centre,
Cefn Hengoed Community
Winchwen
Swansea SA1 7HX

Tel 01792 700821
Fax 01792 773336

Parents and pre-school children meet once a week for a family fun day. They plan menus, shop & cook, go swimming together, and then eat the lunch they have prepared.

Activities After school club
Luncheon club
Growing food

User Groups Children
Women and children
Single parents

Fruit Tuck Shop - Craigfelen Primary School

Contact Laraine McAleer
Craigfelen Primary School
Clydach
SA6 5DP

Tel 01792 843278
Fax 01792843278

This is a fruit tuck shop in a primary school which sells a variety of fruits to children at break times. Other activities have involved both pupils and the wider community in health promotion and education on diet, oral health and exercise.

Activities Food provision
Nutrition/health education

User Groups Primary school children

Fruit Tuck Shop - Gwrosydd Junior School

Contact Mr G Williams
Gwrosydd Junior School
Parkhill Terrace, Treboeth
SA5 7DJ

Tel 01792 771125

This is a fruit tuck shop based in a junior school in Swansea. It provides a variety of fruit for children and is open each weekday morning.

Activities Growing food
Food provision

User Groups Children

Fruit Tuck Shop - Plasmarl Primary School

Contact Mary Watts
Plasmarl
SA6 8LH

Tel 01792 798210

This is a fruit tuck shop in a primary school in Swansea. It is held during break times to encourage children to eat healthy foods.

Activities Food provision
User Groups Primary school children

Gors Activity Centre Lunch Club (previously Townhill Older People's Project Lunch Club)

Contact Shirley Davies
159 Geiriol Road
Townhill
Swansea SA1 6QN

Tel 07967 858 426

This project aims to promote active ageing and reduce social exclusion. It runs a weekly luncheon club for older people and their carers (as well as single parents and their children) at a local activity centre on Wednesdays.

Activities Food provision
User Groups Children
Older people
Single parents

Pentrechwyth Primary School

Contact Allison Evans
Pentrechwyth Primary School,
Bonymaen Road
Bonymaen
SA1 7AP

Tel 01792 653186

This primary school runs a fruit tuckshop, a breakfast club and an after-school cookery club to encourage healthier eating and raise awareness of hygiene and cookery skills.

Activities Breakfast club
Growing food
Food provision
User Groups Primary school children

Spark Community Café

Contact Carrie Mulhall
42-48 Dove Road
Blaenymaes
Swansea SA5 5QD

Tel 01792 585538

This is a community café set up to serve the women and children who use the community centre. It hopes to expand to serve the local community on the surrounding council estate.

Activities Community café
User Groups Women and children

Swansea Young Single Homeless Project

Contact Liz Slade
110 Walter Road
SA1 5QQ

Tel 01792 537530

Fax 01792 536536

This is a course for young homeless people on nutrition, food safety, shopping, meal planning and cooking. It will be accredited via the Open College Network and taught on a one-to-one basis, or in groups.

Activities Nutrition/health education

User Groups Young people
Homeless people

TORFAEN**Sown and Sorted**

Contact Patrick Graham
CoStar, 6 Blenheim Square
St Dials
Cwmbran NP44 4RS

Tel 01633 838063

This project provides horticultural training for disaffected young people, growing a variety of vegetables. It is integrated with a community farm and a recycling site which distributes produce in exchange for recyclable rubbish.

Activities Growing food
Food provision

User Groups Children
Single parents

Ty Rosser Gwyn Family Centre

Contact Ruth Parry
Ty Rosser Gwyn Family Centre
Ty Rosser Gwyn Road
Varteg
Pontypool NP4 7SQ

Tel 01495 774320

This project offers community-based support for families with children aged 0-4 years. It is aimed at low-income, lone and young parents. Activities include a breakfast club, weaning group, information on healthy eating and trips to a discount store.

Activities Food provision
Nutrition/health education

User Groups Children
Women and children
Single parents

VALE OF GLAMORGAN**Get Cooking Courses, Glamorgan**

Contact Shena Sarjeant
6 Ash Grove
Ystradowen
Cowbridge CF71 7TQ

Tel 01446 774 703

Fax 01446 774 703

This project has run five-day cookery courses in conjunction with the local Women's Institute, Age Concern and local Family Centres. The courses teach basic cooking skills, budgeting & healthier eating. A longer course (five weeks) is being run in conjunction with Mind in the Vale of Glamorgan.

Activities Nutrition/health education
Cookery class

User Groups Sure Start
Women and children
Mental health users
Older people
Single parents

Pontygwaith Regeneration Project

Contact Christina Johnson
Pontygwaith Community Centre
Llewellyn Street
Pontygwaith CF43 3LD

Tel 01443 757888

Fax 01443 757888

This is a low-cost community kitchen which started providing snacks and is hoping to extend to a variety of meals.

Activities Community café

User Groups All groups

WREXHAM

Chirk Saturday Market

Contact Kenneth Barney
Economic Development,
Wrexham CBC
Crown Buildings, PO Box 1297
LL13 8ZE

Tel 01978 292 453

Website www.mntf.co.uk/wrexham

This is a market providing fresh fruit, meat, vegetables, clothing and household goods to local people in Chirk.

Activities Farmers market

User Groups All groups

Homestart - seminars on food and health

Contact Andrea Partridge
Dietetic Department,
The Gladstone Centre,
Wrexham Maelor Hospital
Wrexham LL13 7TD

Tel 01978 727 159

Fax 01978 727 159

Feasibility project examining ways of teaching cookery skills by participative learning to single parents and children referred by social services to attend a homestart programme. Homestart leaders take a lead role with support and visits from community dietitian.

Activities Nutrition/health education
Cookery class

User Groups Secondary school children
Single parents

Plas Madoc & Cefn Community Strategy

Contact Kenneth Barney
Economic Development
Wrexham CBC,
Crown Buildings, PO Box 1297
LL13 8ZE

Tel 01978 292 453

Website www.mntf.co.uk/wrexham

This project provides fresh fruit, vegetables, meat, bread, clothing and household goods to local people through a market.

Activities Food provision

User Groups All groups

Sydallt Fruit & Veg Scheme

Contact Carol-Lynn Robbins
Gwersyllt Partnership Building
First Avenue
Gwersyllt LL11 4UF

Tel 01978 757903

This project targets a small village which is isolated and has no facilities. It encourages fruit and vegetable consumption by providing an accessible supply - fruit and veg are sold for an hour and a half during a toddler group, at non-profit-making prices.

Activities Food co-op
User Groups Women and children

Veg Out and Get Fruity

Contact Carol-Lynn Robbins
Gwersyllt Partnership Building
First Avenue
Gwersyllt LL11 4UF

Tel 01978 750193

This project runs cook and eat courses at mums and toddlers groups, aiming to increase fruit and vegetable consumption in families. It also runs a fruit and vegetable wholesale co-op and Veg Out and Get Fruity mornings.

Activities Growing food
Food co-op
User Groups Children
Women and children
Single parents

Republic of Ireland

Co MEATH

Cook It!

Contact Susanne Leech
Health Promotion Department
Railway Street
Navan

Tel +353 467 6400

Fax +353 462 8818

Cook It! is a community-based nutrition education programme aimed at low-income groups. It aims to give practical nutrition advice on how to eat healthily on a budget, over a six-week programme. It was originally developed by the Health Promotion Agency for Northern Ireland.

Activities Training
Nutrition/health education
Cookery class

User Groups Children
Young people
Women and children
Homeless people
Older people
Single parents

Co WESTMEATH

Food and Health Project

Contact Cara Gray
c/o Child and Family Centre
Pettiswood
Mullingar

Tel + 353 4447623

Fax + 353 44 44881

Food and health is a community peer-led nutrition intervention project. The project involves training local participants to teach healthy eating courses to groups in their own communities.

Activities Nutrition/health education
Cookery class

Contact Women
Older people
Single parents

Other Useful Contacts

Community Action Network (CAN)

The CAN Centre
Mezzanine floor
Elizabeth House
39 York Road
London SE1 7NQ
Tel 020 7401 5310

A support network for social entrepreneurs.

Community Development and Health Network (Northern Ireland)

30a Mill Street
Newry. Co. Down BT34 1EY
Tel 028 3026 4606
Fax 028 3026 4626
www.cdhn.org

A voluntary membership organisation which supports community action on health issues.

Family Budget Unit

Department of Nutrition and Dietetics
King's College London
150 Stamford Street
London SE1 8WA
Tel 020 7848 4349

An educational charity based at King's College which researches family budgets, living standards and costs.

Federation of City Farms and Community Gardens

The Greenhouse
Hereford Street
Bristol BS3 4NA
Tel 0117 923 1800
Fax 0117 923 1900
www.farmgarden.org.uk

Support and networking for community gardens, orchards and farms. Part of a partnership which runs the Allotment Regeneration Initiative (ARI).

Food Justice Campaign

The Food Justice Campaign,
94 White Lion Street,
London N1 9PF
Tel 020 7278 5755
www.foodjustice.org.uk

Food Justice is the campaign for The Food Poverty (Eradication) Bill, which will put a legal duty on the UK government to ensure an end to food poverty within 15 years.

National Association of Village Shops

Steamer Point
29 West Street
LEWES
East Sussex
BN7 2NZ
Tel 01273 473 422
www.villageshops.org.uk

Promotes the services of village shops and post offices. Plans to offer all village shops a place on their website.

National Society of Allotment and Leisure Gardeners

O'Dell House,
Hunters Road,
Corby,
Northants NN17 5JE
Tel 01536 266576
Fax 01536 264509
www.nsalg.demon.co.uk

Scottish Community Diet Project

Bill Gray (National Project Officer)
C/o Scottish Consumer Council,
Royal Exchange House,
100 Queen Street
Glasgow G1 3DN
Tel 0141 226 5261
Fax 0141 221 0731
Email scdp@scotconsumer.org.uk
www.dietproject.org.uk

Set up in 1996 under the auspices of the Scottish Consumer Council, the project supports and links community projects from all areas of Scotland. It also publishes a directory of Scottish community food initiatives, called Food in the Community.

The Soil Association

Bristol House
40-56 Victoria Street
Bristol BS1 6BY
Tel 0117 929 0661
Fax 0117 929 0661

The campaigning and certification organisation for organic food and farming. Holds information on organic box schemes and co-operatives.

The Poverty Alliance (Scotland)

The Poverty Alliance
162 Buchanan Street, Glasgow G1 2LL
Tel 0141 353 0440
Fax 0141 353 0686
E-mail admin@povertyalliance.org

Women's Environmental Network

PO Box 30626 London E1 1TZ
Tel 020 7481 9004
Fax 020 7481 9144
www.wen.org.uk

Websites

Communities For Health

www.communitiesforhealth.net
Good portal site with lots of links

National Federation of Community Organisations

www.communitymatters.org.uk

Community Channel

www.communitychannel.org.uk

Health Education Board for Scotland

www.hebs.com

Local Food Links

www.localfoodworks.org
Lots of useful background information

Our Healthier Nation (government site)

www.ohn.gov.uk

Partnerships Online

www.partnerships.org.uk

Public Health Electronic Library

www.phel.org.uk

Social Exclusion Unit

www.socialexclusionunit.gov.uk

Sustain's Food Poverty Project

www.sustainweb.org/poverty_index.asp

Beginner's Guide to Growing Vegetables

www.thebeginnersguidetogrowingvegetables.co.uk

Related Publications

All available from Sustain

Making Links: A Toolkit for Local Food Projects

This pack combines information and inspiration for starting up or developing successful projects.

Hunger from the Inside: The Experience of Food Poverty in the UK

Through the words of the participants who took part in Sustain's Community Mapping Project.

SRBs to PCTs: Understanding local structures and area-based initiatives to tackle food poverty

Do you know your Neighbourhood Renewal from your Community Chest? If not, this comprehensive report is for you. It provides an easy-to-follow reference guide to relevant policy, agencies, funds and schemes that could support food poverty work at the local level.

Food Poverty: Policy Options for the New Millenium

Includes a review of policy developments and 120 fully referenced proposals for tackling food poverty gathered from different groups and agencies.

Reaching the Parts...Community Mapping: Working together to tackle social exclusion and food poverty

Community mapping uses participatory appraisal methods to enable local people to analyse their food economies and work with others to obtain a healthy diet. The process and findings of the pilot project are outlined and how it affects different groups and individuals.

Developing Local Networks to Tackle Food Poverty

A summary report covering five community seminars on tackling food poverty.

To see the most recent publications, please check the Sustain website at www.sustainweb.org

Regional Development Agencies

Regional Development Agencies are non-departmental public bodies that were created by the government to drive regional economic development.

Advantage West Midlands

3 Priestly Wharf, Holt Street,
Birmingham, B7 4BN
Tel: 0121 380 3500
www.advantage-westmidlands.co.uk

East of England Development Agency

The Business Centre, Station Road,
Histon, Cambridge, CB4 9LQ
Tel: 01233 713 900
www.eeda.org.uk

East Midlands Development Agency

Apex Court, City Link, Nottingham,
East Midlands, NG2 4LA
Tel: 0115 988 8300
www.emda.org.uk

Highlands and Islands Enterprise

Cowan House
Inverness Retail and Business Park
Inverness IV2 7GF
Tel: 01463 234171
www.hie.co.uk

Invest Northern Ireland

64 Chichester Street,
Belfast BT1 4JX
Tel: 028 9023 9090
www.investni.com

London Development Agency

Devon House, 58-60 St. Katharine's Way,
London, E1W 1JX
Tel: 020 7680 2000
www.lda.gov.uk

Northwest Development Agency

PO Box 37, Kings Court, Scotland Road,
Warrington, Cheshire WA1 2FR
Tel: 01925 400 100
www.nwda.co.uk

One NorthEast

Head Office, Great North House, Sandyford Road,
Newcastle Upon Tyne, NE1 8ND
Tel: 0191 261 2000
www.onenortheast.com

Scottish Enterprise

5 Atlantic Quay,
150 Broomielaw,
Glasgow G2 8LU
Tel: 0141 248 2700
www.scottish-enterprise.com

South East England Development Agency

SEEDA Headquarters
Cross Lanes,
Guildford, GU1 1YA
Tel: 01483 484 200
www.seeda.co.uk

South West of England Regional Development Agency

Corporate Headquarters, Sterling House,
Dix's Field, Exeter, Devon, EX1 1QA
Tel: 01392 214 747
www.southwestrda.org.uk

Welsh Development Agency

Plas Glyndwr, Kingsway,
Cardiff CF10 3AH
Tel: 01443 845 500
www.wda.co.uk

Yorkshire Forward

Victoria House, No 2 Victoria Place,
Leeds, LS11 5AE
Tel: 0113 394 9600
www.yorkshireforward.com

Strategic Health Authorities (England)

The local health authorities in England merged into 28 new health authorities in April 2002, and were re-named Strategic Health Authorities in October 2002. The Primary Care Trusts (PCTs) which come under each Authority are shown in *Italics*. Four Health and Social Services Boards assume this role in Northern Ireland, and there are also 15 Health Boards in Scotland and 5 Health Authorities in Wales.

Avon, Gloucestershire and Wiltshire

Jenner House
Langley Park Estate
Chippenham
Wiltshire
SN15 1BP
Tel: 01249 858500

Bath and North East Somerset, Bristol North, Bristol South and West, Cheltenham and Tewkesbury, Cotswold and Vale, Kennet and North Wiltshire, North Somerset, South Gloucestershire, South Wiltshire, Swindon, West Gloucestershire, West Wiltshire.

Bedfordshire and Hertfordshire

Tonman House
63-77 Victoria Street
St. Albans
Hertfordshire
AL1 3ER
Tel: 01727 812929

Bedford, Bedfordshire Heartlands, Dacorum, Hertsmere, Luton, North Herts and Stevenage, Royston, Buntingford & Bishops Stortford, South East Herts, St Albans and Harpendon, Watford and Three Rivers, Welwyn Hatfield.

Birmingham and The Black Country

St. Chads Court
213 Hagley Road
Edgbaston
Birmingham
B16 9RG
Tel: 0121 695 2222

Dudley Beacon & Castle, Dudley South, East Birmingham, Greater Yardley, Heart of Birmingham, North Birmingham, Oldbury and Smethwick, Rowley, Regis and Tipton, Solihull, South Birmingham, Walsall, Wednesbury & West Bromwich, Wolverhampton City.

Cheshire and Merseyside

Quayside, Wilderspool Park
Greenalls Avenue
Stockton Heath
Warrington
WA4 6HL
Tel: 01925 406000

Bebbington and West Wirral, Birkenhead and Wirral, Central Cheshire, Central Liverpool, Cheshire West, Eastern Cheshire, Ellesmere Port and Neston, Halton, Knowsley, North Liverpool, South Liverpool, South Sefton, Southport and Formby, St Helens, Warrington.

County Durham and Tees Valley

Appleton House
Lanchester Road
Durham
DH1 5XZ
Tel: 0191 333 3232

Darlington, Derwentside, Durham Dales, Durham and Chester-Le-Street, Easington, Hartlepool, Langbaugh, Middlesbrough, North Tees, Sedgefield.

Coventry, Warwickshire, Herefordshire and Worcestershire

Osprey House Albert Street Prospect Hill
Redditch
B97 4DE
Tel: 01527 67796

Coventry, Hereford, North Warwickshire, Redditch and Bromsgrove, Rugby, South Warwickshire, South Worcestershire, Wyre Forrest.

Cumbria & Lancashire

Preston Business Centre
Watling Street Road
Fulwood
Preston
PR2 8DY
Tel: 01772 647190

Blackburn with Darwen, Blackpool, Burnley, Pendle and Rossendale, Carlisle and District, Chorley and South Ribble, Eden Valley, Flyde, Hyndburn and Ribble Valley, Morecambe Bay, Preston, West Cumbria, West Lancashire, Wyre.

Dorset & Somerset

Charter House, Bartec 4
Watercombe Lane
Lynx West Trading Estate
Yeovil
Somerset
BA20 2SU
Tel: 01935 384000

Bournemouth, Mendip, North Dorset, Poole Bay, Poole, Somerset Coast, South and East Dorset, South Somerset, South West Dorset, Taunton Deane.

Essex

8 Collingwood Road
Witham
Essex
CM8 2TT
Tel: 01376 302100

Basildon, Billericay, Brentwood and Wickford, Castle Point and Rochford, Chelmsford, Colchester, Epping Forest, Harlow, Maldon and South Chelmsford, Southend, Tendring, Thurrock, Uttlesford.

Greater Manchester

Gateway House
Piccadilly South
Manchester
M60 7LP
Tel: 0161 236 9456

Ashton Leigh and Wigan, Bolton, Bury, Central Manchester, Heywood and Middleton, North Manchester, Oldham, Rochdale, Salford, South Manchester, Stockport, Tameside and Glossop, Trafford North, Trafford South.

Hampshire & Isle of Wight

Oakley Road
Southampton
SO16 4GX
Tel: 023 8072 5400

Blackwater Valley and Hart, East Hampshire, Eastleigh and Test Valley, Fareham and Gosport, Gosport, Isle of Wight, Mid Hampshire, New Forest, North Hampshire, Portsmouth City, Southampton City.

Kent & Medway

Preston Hall
Royal British Legion Village
Aylesford
Kent
ME20 7NJ
Tel: 01622 710161

Ashford, Canterbury and Coastal, Dartford Gravesham and Swanley, East Kent Coastal, Maidstone Weald, Medway, Shepway, South West Kent, Swale.

Leicestershire, Northamptonshire and Rutland

Gwendolen Road
Leicester
LE5 4QF
Tel: 0116 273 1173

Charnwood and North Leicestershire, Daventry and South Northamptonshire, Eastern Leicestershire, Hinckley and Bosworth, Leicestershire City West, Melton Rutland and Harborough, Northampton, Northamptonshire Heartlands, South Leicestershire.

Norfolk, Suffolk & Cambridgeshire

Capital Park
Fulbourn
Cambridge
CB1 5XB
Tel: 01223 597500

Broadland, Cambridge City, Central Suffolk, East Cambridgeshire and Fenland, Great Yarmouth, Huntingdon, Ipswich, North Norfolk, North Peterborough, Norwich, South Cambridge, South Peterborough, South Waveney, Southern Norfolk, Suffolk Coastal, Suffolk West, West Norfolk.

North and East Yorkshire and North Lincolnshire

Suite 1.33, The Innovation Centre
York Science Park
University Road, Heslington
York
YO10 5DG
Tel: 01904 435331

Craven, Harrogate and Rural District, East Yorkshire, Eastern Hull, Hambleton and Richmond, North East Lincolnshire, North Lincolnshire, Scarborough, Whitby and Ryedale, Selby and York, West Hull, Yorkshire Wolds and Coast.

North Central London

Victory House
170 Tottenham Court Road
London
W1T 7HA
Tel: 020 7756 2500

Barnet, Camden, Enfield, Haringey, Islington.

North East London

Aneurin Bevan House
81 Commercial Road
London
E1 1RD
Tel: 0207 655 6600

Barking and Dagenham, Chingford, Wanstead and Woodford, City and Hackney, Havering, Newham, Redbridge, Tower Hamlets, Walthamstow, Leyton and Leytonstone.

North West London

Victory House
170 Tottenham Court Road
London
W1T 7HA
Tel: 020 7756 2500

Brent, Ealing, Hammersmith and Fulham, Harrow, Hillingdon, Hounslow, Kensington and Chelsea, Westminster.

Northumberland Tyne & Wear

Newcastle General Hospital
Westgate Road
Newcastle Upon Tyne
NE4 6BE
Tel: 0191 256 3100

Gateshead, Newcastle, North Tyneside, South Tyneside, Sunderland Teaching.

Shropshire & Staffordshire

Mellor House
Corporation Street
Stafford
ST16 3SR
Tel: 01785 252233

Burntwood, Lichfield and Tamworth, Cannock Chase, East Staffordshire, Newcastle-Under-Lyme, North Stoke, Shropshire County, South Stoke, South Western Staffordshire, Staffordshire Moorlands, Telford and Wrekin.

South East London

1 Lower Marsh
London
SE1 7NT
Tel: 020 7716 7000

Bexley, Bromley, Greenwich, Lambeth, Lewisham, Southwark.

South West London

41-47 Hartfield Road
London
SW19 3RG
Tel: 020 8545 6000

Kingston, Richmond and Twickenham, Sutton and Merton, Wandsworth.

South West Peninsula

John Keay House
Tregonissey Road
St. Austell
Cornwall PL25 4NQ
Tel: 01726 627900

Central Cornwall, East Devon, Exeter, Mid Devon, North Devon, North and East Cornwall, Plymouth, South Hams and West Devon, Teignbridge, Torbay, West Cornwall.

South Yorkshire

5 Old Fulwood Road
Sheffield S10 3TG
Tel: 0114 271 1100

Barnsley, Doncaster Central, Doncaster East, Doncaster West, North Sheffield, Rotherham, Sheffield South West, Sheffield West, South East Sheffield.

Surrey & Sussex

York House
18-20 Massetts Road
Horley
Surrey
RH6 7DE
Tel: 01293 778899

Adur, Arun and Worthing, Bexhill and Rother, Brighton and Hove City, Crawley, East Elmbridge and Mid Surrey, East Surrey, Eastbourne Downs, Guildford and Waverly, Hastings and St Leonards, Horsham and Chanctonbury, Mid Sussex, North Surrey, Woking.

Thames Valley

Jubilee House
5510 John Smith Drive
Oxford Business Park South
Oxford
OX4 2LH
Tel: 01865 337000

Bracknell Forest, Cherwell Vale, Chiltern and South Bucks, Milton Keynes, Newbury and Community, North East Oxfordshire, Oxford City, Reading, Slough, South East Oxfordshire, South West Oxfordshire, Vale of Aylesbury, Windsor, Ascot and Maidenhead, Wokingham, Wycombe.

Trent

1 Standard Court
Park Row
Nottingham
NG1 6GN
Tel: 0115 912 3344

Amber Valley, Ashfield, Bassetlaw, Broxtowe and Hucknall, Central Derby, Chesterfield, Derbyshire Dales and South Derbyshire, East Lincolnshire, Erewash, Gedling, Greater Derby, High Peak and Dales, Lincolnshire South West Teaching, Mansfield District, Newark and Sherwood, North Eastern Derbyshire, Nottingham City, Rushcliffe, West Lincolnshire.

West Yorkshire

Blenheim House
West One
Duncombe Street
Leeds
LS1 4PL
Tel: 0113 295 2000

Airedale, Bradford City, Bradford South and West, Calderdale, East Leeds, Eastern Wakefield, Huddersfield Central, Leeds North East, Leeds North West, Leeds West, North Bradford, North Kirklees, South Huddersfield, South Leeds, Wakefield West.

Alphabetical Index of Projects**A**

Aberfan & Merthyr Vale Y & C Project, 49
Aberystwyth Farmers' Market, 46
ACHIEVE Boscombe - Lunch Club, 9
African Community Involvement Association, 32
Age Concern Get Cooking!, 8
Age Concern Gwynedd & Mon Lunch Clubs, 48
Age Concern Lunch Centre, 35
All Hallows Community Cafe Project, 37
Antioch Food Project, 46
Arts Factory, 53
Asian Cookery Club Project, 5

B

Back to Roots Allotment Project, 26
Balsam Project, 29
Barri Grub - Edinburgh, 40
Bath Place Community Café, 35
Becontree Organic Growers Association (BOG), 11
Bluebell Resource Centre (Stay & Play), 11
Bolton Community Nutrition, 21
Bolton Gathering of Organic Growers, 21
Bolton's Food Co-ops, 21
Bolton's Growing its own Food, 21
Bonymaen Community Centre After School Club, 54
Breakfast Club - Gors Junior School, 55
Breakfast Clubs in London, 12
Breaking the Cycle, 18
Brecknock Farmers' Market, 53
Bridgend Farmers' Market, 43
Brighton Agroforestry Trials, 9

C

Cable Street Community Gardens, 12
Caffi Blas Y Waun, 49
Calder Food Co-operative, 40
Calderdale and Kirklees Food Futures, 38
Cambuslang Health and Food Project/ Research & Evaluation, 41
Care Co-ops Community Farm, 10
Central Point, 18
Centre Café, 10
Chichester Christian Care Association, 37
Chirk Saturday Market, 58
Church of God of Prophecy - Soup Kitchen, Oxford, 28
Colwyn Bay Farmers' Market, 47
Community Action Little London (CALLS) Vegetable Garden Project, 38
Community Caterers' Network, 28
Community Food and Health Programme, 6
Community Food Workers, 42
Community Food Workers (Cheshire), 6

Community Nutrition Project White City Healthy Living Centre, 12
Community Regeneration Trust N.E. (previously Cleadon Community Project), 32
Community Family Initiative (formerly Healthy Mothers & Babies), 35
Conservation and Urban Ecology, 13
Cook It!, 60
Cornerstone - Benwell Christian Shop Project, 32
Craigneuk Food Co-op, 42
Crisis Fareshare London, 13
Crisis Fareshare South Yorkshire, 29
Crisis Fareshare Southampton, 18
Cultivating the Future (WEN), 13
Cwm Harry Land Trust, 43
Cwmparc Community Café, 53
Cymdeithas Tai Eryri, 49

D

Daily Bread Wholefood Co-operative Ltd, 25
Denbigh Market, 47
Drift Permaculture at Scotswood Community Garden, 32

E

East Cleveland Good Grub Clubs, 24
East End Community Health Project Food Initiatives, 33
Edinburgh Community Food Initiative, 40
Emmaus Brighton and Hove, 10
Exeter Community Umbrella Ltd (ECU), 8

F

Family Fun Day, 55
Farmers' Market Network (Rhwydwaith Marchnad Ffermyr Cyf), 43
Federation of City Farms and Community Gardens, 5
Feel Good Project, 44
Ffaldau Farm, 54
First Step Organic Vegetable Growing, 25
Fitness & Health Day, 50
Food and Health Project, 60
Food Bank, 39
Food Chain The, 13
Food For Fun, 26
Food Fuel, 44
Food Initiatives Group - FIG, 26
Food Net Project, 35
Food Works - Abercromby, 23
Foodlink, 14
Foodworks, 38
FRESH LOAF (Ferguslie), 42
From Concrete to Coriander, 36
Fruit and Vegetable Distribution Network, 29
Fruit Days, 48
Fruit Tuck Shop - Craigfelen Primary School, 55
Fruit Tuck Shop - Gwyrosydd Junior School, 55

Fruit Tuck Shop - Plasmarl Primary School, 56
Fruit Tuck Shops - Ebbw Vale, 43
Funky Food Project, Pembrokeshire, 51

G

Gardening for Health, 38
Garrett Centre Community Lunch, 14
Get Cooking - Pembrokeshire, 52
Get Cooking - Stowbridge, 36
Get Cooking Courses, Glamorgan, 57
Get Cooking! (Cardiff), 45
Get Cooking! (Gwent), 50
Get Cooking! (Wiltshire), 39
Glyncoch Community Enterprise Projects Ltd, 54
Gorebridge Food Co-op, 41
Gors Activity Centre Lunch Club (previously Townhill Older People's Project Lunch Club), 56
Govan Healthy Eating Project, 41
Grazebrook Pupils' Treescape, 14
Green Peppers, 30
Green Ventures, 14
Growing Opportunities, 36

H

Hackney City Farm, 15
Hands on Health Courses, 7
Hartcliffe Health and Environment Action Group, 5
Hattersley Market Garden, 6
Healing Gardens, 15
Health Development, 27
Health Development in Newark/Sherwood, 27
Healthy Bites Food Co-op & Café, 30
Healthy Castlemilk, 41
Healthy Eating - Llandogo Primary School, 50
Healthy Tuck HAZ Project, 31
Healthy Tuck Shop, Cleveland, 24
Heart of Flintshire, 48
Heartlink, 45
Heeley City Farm, 30
Heeley Community Allotment Project (previously Heeley Health Project), 30
Hollybush Family Centre, 19
Homestart - seminars on food and health, 58

J

Jericho Project The, 8
John 14:10, 46

K

Kids' Cafe Network, 26
Kingswood Community Cafe, 25

L

Lampeter Food Festival, 47
 LEAF (Local Enterprises Around Food), 31
 Leaves of Life Health Promotion Project, 15
 Lifestyle Health Link, 24
 Llyisiau Lleu, 49
 Local Food Links (with Netherton Feelgood Factory), 23
 Local Foods for Local People (Bridgend), 44
 Local Organic Agricultural Facilities (LOAF), 36

M

MegaBite, 22

N

NCH (National Children's Homes), 15
 Neath Cancer & Nutrition Project, 51
 New Horizon Youth Centre, 16
 Newcastle Nutrition Community Dietitians, 33
 Newham City Farm, 16
 North London Organic Gardeners, 20
 North Solihull LETSystem, 37
 North Tyneside Cooking Pack, 33
 Northern Initiative on Women and Eating, 33
 Northern Point, 19
 Nottingham Homelessness Project, 27
 Now You're Cooking - Aberdeen, 40
 Nutrition Skills Training for Volunteers and Development Workers, 34

O

Oakleigh Gardens, 34
 Oasis Cafe, 5
 Oasis Children's Nature Garden, 16
 Offshoots, 22
 Open Door Family Centre, 53
 Oxford Food Hygiene Cooking Skills Course (Pilot), 28

P

Pembrokeshire Food in Mind, 52
 Penrhys Partnership Training & Education Centre, 54
 Pentrechwyth Primary School, 56
 Plas Madoc & Cefn Community Strategy, 58
 Playtime Snacks Award, 52
 Playworkers Pack, 34
 Pontygwaith Regeneration Project, 58
 Porlock Nursery, 34
 Positive Health Action Through Gardening & Environmental Development - PHAGED, 31

Primary and Community Care Nutrition Project, Newport, 51

R

Radford Bottle and Dummy Dump, 27
 Rainbow House Drop-in Centre, 28
 Ready Steady Cook!, 44
 Renfrewshire Food Federation - Scotland, 42
 Riddings Garden Project, 39
 Riverside Real Food Market, 45
 Roberts Centre, 19
 Rock Community Centre The, 6
 Roots and Shoots, 16
 Rossy Diner, 7

S

S.N.A.G. (Schools Nutrition Action Group), Mold, 48
 Simon Community Emergency Nightshelter, 17
 Skerne Park Community Cafe, 7
 Slim Swim Healthy Eating Course, 50
 Small Change (East London), 17
 South and West Lancashire Food Bank, 22
 South Ashford Community Food Project, 20
 South East Wales Association of Farmers Markets, 51
 South Tees Food Project, 25
 Southside Food Co-op, 29
 Sown and Sorted, 57
 Spark Community Café, 56
 St Anne's Fresh Food Fayre, 12
 St George's Beneficial Breakfast & Homework Clubs, 19
 St John Ambulance Homeless Service, 11
 St Mellons Healthy Living Project, 45
 St Petrock's (Exeter) Ltd, 9
 St Sidwells Centre, 9
 St Simon's Church Meals Provision Programme, 20
 Statement on Food & Health in Schools, 52
 Stoke Community Foods, 31
 Sure Start Midwifery Project, Ely, 46
 Swansea Young Single Homeless Project, 57
 Sydallt Fruit & Veg Scheme, 59

T

The Co-operative Bunch Fruit and Vegetable Co-op, 20
 Thrive, promoting therapeutic horticulture, 17
 Tots' Plots, 24
 Tower Hamlets Food Co-ops, 17
 Trevithick School Breakfast Bar, 7
 Ty Rosser Gwyn Family Centre, 57

U

Unstone Grange Organic Gardens, 8
Urban Oasis & Tropical Allotments, 39

V

Vauxhall City Farm Horticulture Project, 18
Veg Out and Get Fruity, 59

W

Werneth and Freehold Organic Herb and Vegetable Project, 22
Westhoughton Food Co-op, 23
Whitehawk Community Food Project, 11
Wolverhampton Food Co-ops Umbrella Ltd, 37
World of Food Project, 23

Y

Ysgol Tan Y Marian Breakfast Bar, 47

Index Of Projects By Activity

Most projects involve more than one activity. Wherever possible we have updated this information, but please note that in some cases projects may not be currently running all the activities they have listed.

After School clubs

Bonymaen Community Centre After School Club, 54
Family Fun Day, 55
Food Works - Abercromby, 23
Gorebridge Food Co-op, 41
St George's Beneficial Breakfast/Homework Clubs, 19
Thrive, promoting therapeutic horticulture, 17

Breakfast clubs

Bath Place Community Café, 35
Bonymaen Community Centre After School Club, 54
Breakfast Club - Gors Junior School, 55
Breakfast Clubs in London, 12
Community Nutrition: White City Healthy Living, 12
Community Regeneration Trust N.E., 32
Food Bank, 39
Food Net Project, 35
Foodworks, 38

Fresh Ideas Project, 10
Fruit Days, 48
Gorebridge Food Co-op, 41
LEAF (Local Enterprise Action Around Food), 31
Local Foods for Local People (Bridgend), 44
Pentrechwyth Primary School, 56
Skerne Park Community Cafe, 7
St George's Beneficial Breakfast/Homework Clubs, 19
St Mellons Healthy Living Project, 45
Trevithick School Breakfast Bar, 7
Ysgol Tan Y Marian Breakfast Bar, 47

Community Cafés

Aberfan & Merthyr Vale Y & C Project, 49
African Community Involvement Association, 32
Age Concern Lunch Centre, 35
All Hallows Community Cafe Project, 37
Bath Place Community Café, 35
Caffi Blas Y Waun, 49
Centre Café, 10
Community Caterers' Network, 28
Community Food and Health Programme, 6
Community Nutrition: White City Healthy Living, 10
Conservation and Urban Ecology, 13
Cornerstone - Benwell Christian Shop Project, 32
Cwmparc Community Café, 53
East End Community Health Food Initiatives, 33
Emmaus Brighton and Hove, 10
Ffaldau Farm, 54
Foodlink, 14
Foodworks, 38
Fresh Ideas Project, 10
From Concrete to Coriander, 36
Glyncoch Community Enterprise Projects Ltd, 54
Govan Healthy Eating Project, 41
Hackney City Farm, 15
Healthy Bites Food Co-op & Café, 30
Heeley City Farm, 30
Hollybush Family Centre, 19
Jericho Project The, 8
John 14:10, 46
Kids' Cafe Network, 26
Kingswood Community Cafe, 25
LEAF (Local Enterprise Action Around Food), 31
Local Food Links (Netherton Feelgood Factory), 23
Local Organic Agricultural Facilities (LOAF), 36
Neath Cancer & Nutrition Project, 51
Newcastle Nutrition Community Dietitians, 33
Oasis Cafe, 5
Offshoots, 22
Penrhys Partnership Training & Education Centre, 54
Pontygwaith Regeneration Project, 58
Riddings Garden Project, 39

Rosy Diner, 7
 Simon Community Emergency Nightshelter, 17
 Skerne Park Community Cafe, 7
 South Ashford Community Food Project, 20
 South Tees Food Project, 25
 Spark Community Café, 56
 St Anne's Fresh Food Fayre, 12
 St Mellons Healthy Living Project, 45
 St Sidwells Centre, 9

Community Shops

Caffi Blas Y Waun, 49
 Community Nutrition: White City Healthy Living, 12
 Emmaus Brighton and Hove, 10
 Ffaldau Farm, 54
 FRESH LOAF (Ferguslie), 42
 Govan Healthy Eating Project, 41
 Heeley City Farm, 30

Composting Projects

Balsam Project, 29
 Becontree Organic Growers Association (BOG), 11
 Bolton Gathering of Organic Growers, 21
 Cable Street Community Gardens, 12
 Conservation and Urban Ecology, 13
 Grazebrook Pupils' Treescape, 14
 Hackney City Farm, 15
 Newham City Farm, 16
 North London Organic Gardeners, 20
 Oasis Children's Nature Garden, 16

Cookery Classes

African Community Involvement Association, 32
 Age Concern Get Cooking!, 8
 All Hallows Community Cafe Project, 37
 Arts Factory, 53
 Asian Cookery Club Project, 5
 Barri Grub - Edinburgh, 40
 Bath Place Community Café, 35
 Bluebell Resource Centre (Stay & Play), 11
 Breaking the Cycle, 18
 Chichester Christian Care Association, 37
 Community Caterers' Network, 28
 Community Family Initiative, 35
 Community Food and Health Programme, 6
 Community Food Workers, 42
 Community Food Workers (Cheshire), 6
 Community Regeneration Trust N.E., 32
 Cook It!, 60
 Cornerstone - Benwell Christian Shop Project, 32
 East Cleveland Good Grub Clubs, 24

Food and Health Project, 60
 Food For Fun, 26
 Food Works - Abercromby, 23
 Foodlink, 14
 Foodworks, 38
 Fresh Ideas Project, 10
 Get Cooking - Stowbridge, 36
 Get Cooking Courses, Glamorgan, 57
 Get Cooking! (Cardiff), 45
 Get Cooking! (Gwent), 50
 Get Cooking! (Wiltshire), 39
 Gorebridge Food Co-op, 41
 Govan Healthy Eating Project, 41
 Hands on Health Courses, 7
 Hartcliffe Health and Environment Action Group, 5
 Health Development in Newark/Sherwood, 27
 Healthy Bites Food Co-op & Café, 30
 Healthy Castlemilk, 41
 Hollybush Family Centre, 19
 Homestart - seminars on food and health, 58
 Kids' Cafe Network, 26
 Kingswood Community Cafe, 25
 Leaves of Life Health Promotion Project, 15
 Lifestyle Health Link, 24
 Local Food Links (Netherton Feelgood Factory), 23
 Local Organic Agricultural Facilities (LOAF), 36
 Newcastle Nutrition Community Dietitians, 33
 Now You're Cooking - Aberdeen, 40
 Penrhys Partnership Training & Education Centre, 54
 Roberts Centre, 19
 Small Change (East London), 17
 South Tees Food Project, 25
 Southside Food Co-op, 29
 St George's Beneficial Breakfast/Homework Clubs, 19
 St Sidwells Centre, 9
 World of Food Project, 23

Farmers Markets

Aberystwyth Farmers' Market, 46
 Brecknock Farmers' Market, 53
 Bridgend Farmers' Market, 43
 Chirk Saturday Market, 58
 Colwyn Bay Farmers' Market, 47
 Denbigh Market, 47
 Farmers' Market Network (Rhwydwaith Marchnad Ffermyr Cyf), 43
 Grazebrook Pupils' Treescape, 14
 Riverside Real Food Market, 45
 South East Wales Association of Farmers Markets, 51

Food Banks

South and West Lancashire Food Bank, 22

Food Co-ops

Balsam Project, 29
 Bath Place Community Café, 35
 Bolton's Food Co-ops, 21
 Bolton's Growing its own Food, 21
 Bridgend Farmers' Market, 43
 Calder Food Co-operative, 40
 Cambuslang Health & Food Project/Research, 41
 Community Food Workers (Cheshire), 6
 Community Nutrition: White City Healthy Living, 12
 Community Regeneration Trust N.E., 32
 Craigneuk Food Co-op, 42
 Daily Bread Wholefood Co-operative Ltd, 25
 East End Community Health Food Initiatives, 33
 Edinburgh Community Food Initiative, 40
 Farmers' Market Network (Rhwydwaith Marchnad Ffermyr Cyf), 43
 Food Net Project, 35
 Foodlink, 14
 Foodworks, 38
 Fresh Ideas Project, 10
 From Concrete to Coriander, 36
 Gorebridge Food Co-op, 41
 Govan Healthy Eating Project, 41
 Hartcliffe Health and Environment Action Group, 5
 Health Development, 27
 Healthy Bites Food Co-op & Café, 30
 Jericho Project The, 8
 Local Organic Agricultural Facilities (LOAF), 36
 Newcastle Nutrition Community Dietitians, 33
 Renfrewshire Food Federation - Scotland, 42
 Southside Food Co-op, 29
 St Mellons Healthy Living Project, 45
 Sydallt Fruit & Veg Scheme, 59
 The Co-operative Bunch Fruit and Veg Co-op, 20
 Tower Hamlets Food Co-ops, 17
 Veg Out and Get Fruity, 59
 Westhoughton Food Co-op, 23
 Wolverhampton Food Co-ops Umbrella Ltd, 37

Food Growing Projects

Aberystwyth Farmers' Market, 46
 Back to Roots Allotment Project, 26
 Balsam Project, 29
 Becontree Organic Growers Association (BOG), 11
 Bolton Gathering of Organic Growers, 21
 Bolton's Growing its own Food, 21
 Breaking the Cycle, 18
 Brighton Agroforestry Trials, 9
 Cable Street Community Gardens, 12
 Caffi Blas Y Waun, 49
 Calderdale and Kirklees Food Futures, 38
 Cambuslang Health & Food Project/Research, 41
 Care Co-ops Community Farm, 10

Community Action Little London (CALLS), 38
 Community Caterers' Network, 28
 Community Nutrition: White City Healthy Living, 12
 Community Regeneration Trust N.E., 32
 Conservation and Urban Ecology, 13
 Cultivating the Future (WEN), 13
 Cwm Harry Land Trust, 43
 Drift Permaculture Scotswood Community Garden, 32
 Emmaus Brighton and Hove, 10
 Family Fun Day, 55
 Federation of City Farms and Community Gardens, 5
 Feel Good Project, 44
 Ffaldau Farm, 54
 First Step Organic Vegetable Growing, 25
 Fitness & Health Day, 50
 Food Fuel, 44
 Food Net Project, 35
 Foodlink, 14
 Fresh Ideas Project, 10
 From Concrete to Coriander, 36
 Fruit and Vegetable Distribution Network, 29
 Fruit Tuck Shop - Gwyrsoydd Junior School, 55
 Gardening for Health, 38
 Get Cooking - Pembrokeshire, 52
 Govan Healthy Eating Project, 41
 Grazebrook Pupils' Treescape, 14
 Green Peppers, 30
 Green Ventures, 14
 Growing Opportunities, 36
 Hackney City Farm, 15
 Hartcliffe Health and Environment Action Group, 5
 Hattersley Market Garden, 6
 Healing Gardens, 15
 Health Development, 27
 Health Development in Newark/Sherwood, 27
 Healthy Eating - Llandogo Primary School, 50
 Heeley City Farm, 30
 Heeley Community Allotment Project, 30
 Hollybush Family Centre, 19
 LEAF (Local Enterprise Action Around Food), 31
 Llysiau Lleu, 49
 Local Food Links (Netherton Feelgood Factory), 23
 Local Foods for Local People (Bridgend), 44
 Local Organic Agricultural Facilities (LOAF), 36
 Neath Cancer & Nutrition Project, 51
 Newcastle Nutrition Community Dietitians, 33
 Newham City Farm, 16
 North London Organic Gardeners, 20
 Oakleigh Gardens, 34
 Oasis Children's Nature Garden, 16
 Offshoots, 22
 Open Door Family Centre, 53
 Pentrechwyth Primary School, 56
 Porlock Nursery, 34

Positive Health Action Through Gardening & Environmental Development-PHAGED, 31
 Ready Steady Cook!, 44
 Roots and Shoots, 16
 South Ashford Community Food Project, 20
 South East Wales Association of Farmers Markets, 51
 South Tees Food Project, 25
 Sown and Sorted, 57
 St Mellons Healthy Living Project, 45
 St Sidwells Centre, 9
 Thrive, promoting therapeutic horticulture, 17
 Tots' Plots, 24
 Unstone Grange Organic Gardens, 8
 Urban Oasis & Tropical Allotments, 39
 Vauxhall City Farm Horticulture Project, 18
 Veg Out and Get Fruity, 59
 Werneth & Freehold Organic Herb and Veg, 22
 Westhoughton Food Co-op, 23
 Whitehawk Community Food Project, 11
 Wolverhampton Food Co-ops Umbrella Ltd, 37
 Ysgol Tan Y Marian Breakfast Bar, 47

Food Partnerships

Calderdale and Kirklees Food Futures, 38
 Community Caterers' Network, 28
 Food Initiatives Group - FIG, 26
 Foodworks, 38
 Fresh Ideas Project, 10
 FRESH LOAF (Ferguslie), 42
 Govan Healthy Eating Project, 41
 Growing Opportunities, 36
 Healthy Tuck HAZ Project, 31
 Heeley City Farm, 30
 Jericho Project The, 8
 LEAF (Local Enterprise Action Around Food), 31
 Local Foods for Local People (Bridgend), 44
 Local Organic Agricultural Facilities (LOAF), 36
 Newcastle Nutrition Community Dietitians, 33
 Primary and Community Care Project, Newport, 51
 S.N.A.G. (Schools Nutrition Action Group), Mold, 48
 South Tees Food Project, 25

Food Provision

ACHIEVE Boscombe - Lunch Club, 9
 Age Concern Gwynedd & Mon Lunch Clubs, 48
 Antioch Food Project, 46
 Bolton Gathering of Organic Growers, 21
 Bonymaen Community Centre After School Club, 54
 Breakfast Clubs in London, 12
 Brighton Agroforestry Trials, 9
 Caffi Blas Y Waun, 49
 Central Point, 18

Chichester Christian Care Association, 37
 Church of God of Prophecy Soup Kitchen, Oxford, 28
 Community Action Little London (CALLS), 38
 Community Regeneration Trust N.E., 32
 Craigneuk Food Co-op, 42
 Crisis Fareshare London, 13
 Crisis Fareshare South Yorkshire, 29
 Daily Bread Wholefood Co-operative Ltd, 25
 Denbigh Market, 47
 Farmers' Market Network (Rhwydwaith Marchnad Ffermyr Cyf), 43
 Feel Good Project, 44
 Fitness & Health Day, 50
 Food Bank, 39
 Food Chain The, 13
 Food For Fun, 26
 Fresh Ideas Project, 10
 FRESH LOAF (Ferguslie), 42
 Fruit and Vegetable Distribution Network, 29
 Fruit Days, 48
 Fruit Tuck Shop - Craigfelen Primary School, 55
 Fruit Tuck Shop - Gwyrosydd Junior School, 55
 Fruit Tuck Shop - Plasmarl Primary School, 56
 Funky Food Project, Pembrokeshire, 51
 Get Cooking - Stowbridge, 36
 Gors Activity Centre Lunch Club, 56
 Green Ventures, 14
 Growing Opportunities, 36
 Heeley City Farm, 30
 Heeley Community Allotment Project, 30
 Local Foods for Local People (Bridgend), 44
 Local Organic Agricultural Facilities (LOAF), 36
 New Horizon Youth Centre, 16
 Northern Point, 19
 Oakleigh Gardens, 34
 Offshoots, 22
 Open Door Family Centre, 53
 Pembrokeshire Food in Mind, 52
 Pentrechwyth Primary School, 56
 Plas Madoc & Cefn Community Strategy, 58
 Porlock Nursery, 34
 Rainbow House Drop-in Centre, 28
 Renfrewshire Food Federation - Scotland, 42
 Riddings Garden Project, 39
 Roberts Centre, 19
 S.N.A.G. (Schools Nutrition Action Group), Mold, 48
 Simon Community Emergency Nightshelter, 17
 Skerne Park Community Cafe, 7
 South and West Lancashire Food Bank, 22
 South Ashford Community Food Project, 20
 Sown and Sorted, 57
 St Anne's Fresh Food Fayre, 12
 St Petrock's (Exeter) Ltd, 9
 St Simon's Church Meals Provision Programme, 20

Stoke Community Foods, 31
Ty Rosser Gwyn Family Centre, 57
Unstone Grange Organic Gardens, 8
Werneth & Freehold Organic Herb and Veg, 22

Information/Advice/Support Projects

African Community Involvement Association, 32
All Hallows Community Cafe Project, 37
Bolton Community Nutrition, 21
Breaking the Cycle, 18
Cambuslang Health & Food Project/Research, 41
Community Family Initiative, 35
Community Food and Health Programme, 6
Community Food Workers, 42
Cornerstone - Benwell Christian Shop Project, 32
Cultivating the Future (WEN), 13
Drift Permaculture, Scotswood Community Garden, 32
East End Community Health Food Initiatives, 33
Federation of City Farms and Community Gardens, 5
Food Fuel, 44
Gardening for Health, 38
Get Cooking! (Cardiff), 45
Govan Healthy Eating Project, 41
Hartcliffe Health and Environment Action Group, 5
Healthy Castlemilk, 41
Heartlink, 45
Hollybush Family Centre, 19
Kids' Cafe Network, 26
Kingswood Community Cafe, 25
Leaves of Life Health Promotion Project, 15
NCH (National Children's Homes), 15
North Solihull LETSystem, 37
North Tyneside Cooking Pack, 33
Nottingham Homelessness Project, 27
Nutrition Skills Training, 34
Playworkers Pack, 34
Radford Bottle and Dummy Dump, 27
Rainbow House Drop-in Centre, 28
St Anne's Fresh Food Fayre, 12
St Petrock's (Exeter) Ltd, 9
St Simon's Church Meals Provision Programme, 20
Unstone Grange Organic Gardens, 8

LETS (Local Exchange Trading

Systems)

Breakfast Clubs in London, 12
Drift Permaculture at Scotswood Community Garden, 32
North Solihull LETSystem, 37
St Sidwells Centre, 9

Lunch Clubs

Age Concern Lunch Centre, 35
Cornerstone - Benwell Christian Shop Project, 32
East End Community Health Project Food Initiatives, 33
Family Fun Day, 55
Garrett Centre Community Lunch, 14
Rock Community Centre The, 6
Rossy Diner, 7

Nutrition/Health Education Projects

ACHIEVE Boscombe - Lunch Club, 9
African Community Involvement Association, 32
Age Concern Get Cooking!, 8
All Hallows Community Cafe Project, 37
Arts Factory, 53
Asian Cookery Club Project, 5
Back to Roots Allotment Project, 26
Balsam Project, 29
Barri Grub - Edinburgh, 40
Bluebell Resource Centre (Stay & Play), 11
Bolton Community Nutrition, 21
Bolton Gathering of Organic Growers, 21
Breakfast Clubs in London, 12
Breaking the Cycle, 18
Calderdale and Kirklees Food Futures, 38
Cambuslang Health & Food Project/Research, 41
Care Co-ops Community Farm, 10
Central Point, 18
Community Action Little London (CALLS), 38
Community Family Initiative, 35
Community Food and Health Programme, 6
Community Nutrition Project: White City Healthy Living Centre, 12
Cook It!, 60
Crisis Fareshare South Yorkshire, 29
East Cleveland Good Grub Clubs, 24
Edinburgh Community Food Initiative, 40
Family Fun Day, 55
Federation of City Farms and Community Gardens, 5
Ffaldau Farm, 54
First Step Organic Vegetable Growing, 25
Food and Health Project, 60
Food For Fun, 26
Food Net Project, 35
Food Works - Abercromby, 23
Foodlink, 14
Foodworks, 38
Fresh Ideas Project, 10
From Concrete to Coriander, 36
Fruit and Vegetable Distribution Network, 29
Fruit Tuck Shop - Craigfelen Primary School, 55

Funky Food Project, Pembrokeshire, 51
 Get Cooking - Stowbridge, 36
 Get Cooking Courses, Glamorgan, 57
 Get Cooking! (Cardiff), 45
 Get Cooking! (Gwent), 50
 Get Cooking! (Wiltshire), 39
 Govan Healthy Eating Project, 41
 Green Peppers, 30
 Growing Opportunities, 36
 Hartcliffe Health and Environment Action Group, 5
 Health Development, 27
 Health Development in Newark/Sherwood, 27
 Healthy Bites Food Co-op & Café, 30
 Healthy Castlemilk, 41
 Healthy Tuck HAZ Project, 31
 Healthy Tuck Shop, Cleveland, 24
 Heart of Flintshire, 48
 Heartlink, 45
 Heeley City Farm, 30
 Heeley Community Allotment Project, 30
 Hollybush Family Centre, 19
 Homestart - seminars on food and health, 58
 Kids' Cafe Network, 26
 Kingswood Community Cafe, 25
 LEAF (Local Enterprise Action Around Food), 31
 Leaves of Life Health Promotion Project, 15
 Lifestyle Health Link, 24
 Local Food Links (Netherton Feelgood Factory), 23
 Local Foods for Local People (Bridgend), 44
 Local Organic Agricultural Facilities (LOAF), 36
 New Horizon Youth Centre, 16
 Newcastle Nutrition Community Dietitians, 33
 North Tyneside Cooking Pack, 33
 Now You're Cooking - Aberdeen, 40
 Offshoots, 22
 Oxford Food Hygiene Cooking Skills Course, 28
 Penrhys Partnership Training & Education Centre, 54
 Playtime Snacks Award, 52
 Playworkers Pack, 34
 Positive Health Action Through Gardening & Environmental Development-PHAGED, 31
 Primary and Community Care, Newport, 51
 Radford Bottle and Dummy Dump, 27
 Rainbow House Drop-in Centre, 28
 Renfrewshire Food Federation - Scotland, 42
 Roberts Centre, 19
 S.N.A.G. (Schools Nutrition Action Group), Mold, 48
 Skerne Park Community Cafe, 7
 Slim Swim Healthy Eating Course, 50
 Small Change (East London), 17
 South Ashford Community Food Project, 20
 South Tees Food Project, 25
 St Anne's Fresh Food Fayre, 12
 St John Ambulance Homeless Service, 11

St Mellons Healthy Living Project, 45
 St Petrock's (Exeter) Ltd, 9
 St Sidwells Centre, 9
 Statement on Food & Health in Schools, 52
 Stoke Community Foods, 31
 Sure Start Midwifery Project, Ely, 46
 Swansea Young Single Homeless Project, 57
 The Co-operative Bunch Fruit and Veg Co-op, 20
 Tots' Plots, 24
 Tower Hamlets Food Co-ops, 17
 Ty Rosser Gwyn Family Centre, 57
 Unstone Grange Organic Gardens, 8
 Vauxhall City Farm Horticulture Project, 18
 Werneth & Freehold Organic Herb and Veg, 22

Price Discounts/Voucher Schemes

Barri Grub - Edinburgh, 40
 East Cleveland Good Grub Clubs, 24
 Exeter Community Umbrella Ltd (ECU), 8
 Foodlink, 14
 Gorebridge Food Co-op, 41
 Govan Healthy Eating Project, 41
 Healthy Castlemilk, 41
 Heeley City Farm, 30
 John 14:10, 46
 MegaBite, 22
 St Petrock's (Exeter) Ltd, 9
 St Sidwells Centre, 9
 The Co-operative Bunch Fruit and Veg Co-op, 20

Tool Libraries

Hattersley Market Garden, 6
 Werneth and Freehold Organic Herb and Veg, 22
 Whitehawk Community Food Project, 11

Training Projects

Asian Cookery Club Project, 5
 Becontree Organic Growers Association (BOG), 11
 Breaking the Cycle, 18
 Community Action Little London (CALLS), 38
 Community Regeneration Trust N.E., 32
 Cook It!, 60
 Drift Permaculture at Scotswood Community Garden, 32
 East Cleveland Good Grub Clubs, 24
 Ffaldau Farm, 54
 Fresh Ideas Project, 10
 Hattersley Market Garden, 6
 Heartlink, 45
 Penrhys Partnership Training & Education Centre, 54
 Roots and Shoots, 16

St John Ambulance Homeless Service, 11
St Mellons Healthy Living Project, 45
Whitehawk Community Food Project, 11

Transport/Delivery of Food

African Community Involvement Association, 32
Age Concern Get Cooking!, 8
Barri Grub - Edinburgh, 40
Brighton Agroforestry Trials, 9
Calder Food Co-operative, 40
Central Point, 18
Community Regeneration Trust N.E., 32
Crisis Fareshare London, 13
Crisis Fareshare South Yorkshire, 29
Crisis Fareshare Southampton, 18
East End Community Health Food Initiatives, 33
Edinburgh Community Food Initiative, 40
Federation of City Farms and Community Gardens, 5
Foodlink, 14
Foodworks, 38
Glyncoch Community Enterprise Projects Ltd, 54
Gorebridge Food Co-op, 41
Govan Healthy Eating Project, 41
Green Ventures, 14
Heeley City Farm, 30
Local Organic Agricultural Facilities (LOAF), 36
Neath Cancer & Nutrition Project, 51
Renfrewshire Food Federation - Scotland, 42
Roberts Centre, 19
South and West Lancashire Food Bank, 22
South Ashford Community Food Project, 20
South East Wales Association of Farmers Markets, 51
Southside Food Co-op, 29
Stoke Community Foods, 31
The Co-operative Bunch Fruit and Veg Co-op, 20

Tuck Shops

East Cleveland Good Grub Clubs, 24
East End Community Health Food Initiatives, 3
Fruit Tuck Shops - Ebbw Vale, 43
Healthy Tuck HAZ Project, 31
Healthy Tuck Shop, Cleveland, 24
Playtime Snacks Award, 52
Small Change (East London), 17

**Sustain: The Alliance for Better Food and Farming
& Health Development Agency
Food Poverty Projects Database Update Questionnaire**

Please update my entry on the Food Poverty Projects Database

Name of Project.....

Please update the contact details:

Main/Second contact:

Name: Position:.....

Address:.....

.....Postcode:.....

Tel:..... Fax:..... Email:.....

Website:.....

Please update the project summary: *(include: type of project, main food activities, type of approach and key target audience)*

New Summary:.....

.....

Please update the project activities/target groups

New Activities/Target Groups:.....

.....

I give permission for details of the above project to be circulated, on request, to other interested health and related professionals. I understand that my project details are accessible via the Internet.

Signature..... Date.....

For new projects, a full questionnaire is available from the Food Poverty Project.
Tel: 020 7837 1228

**Please return this form to:
The Food Poverty Project, Sustain, 94 White Lion Street, London N1 9PF**

The Sustain and Health Development Agency Food Poverty Projects Database is registered under the Data Protection Act



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