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

A directory of projects on the Food Poverty Projects Database

Compiled by Catharine Courtauld

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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.
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

User Groups  All Groups

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 cafe

User Groups  All groups

Sustain: The alliance for better food and farming
**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

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**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

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**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

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**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

Skerne Park Community Cafe

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

Tel  01325 464632
Fax  01325 464632

This community cafe 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 cafe
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

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 cafe
Luncheon club

User Groups  Secondary school children

Sustain: The alliance for better food and farming
### 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  
Winsters 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

### DEVON

**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

**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
### 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**

- Low-income groups
- Homeless people

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**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

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**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

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### East Sussex

**Brighton Agroforestry Trials**

**Contact**

Pippa James
Flat 2
13 Windlemam 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

### 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

### 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

### 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
**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

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**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

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**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

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**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

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**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

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**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

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**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
## Grazebrook Pupils' Treescape

**Contact**  
Pat Gannon  
9 Allerton Road  
N16 5UJ

**Tel** 020 8802 4002

*The project involves 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](http://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

## 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

## 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
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

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

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

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

**User Groups**  
Homeless people

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**Small Change (East London)**

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

**Tel**  
020 7405 5633

**Fax**  
020 7739 2965

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

**User Groups**  
Parents

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**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

**User Groups**  
Learning disabilities

Practitioners/professionals

Disabled

Mental health users

Older people

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**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

**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

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**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, e.g. shopping tours, cook and taste sessions, cookery clubs.

**Activities**
Training  
Growing food  
Information/advice/support

**User Groups**
Black and minority ethnic groups

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**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

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

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  
Nutrition/health education

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

St George's Beneficial Breakfast & Homework Clubs

**Contact**
Jane Love  
St George's 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

Hampshire
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
### 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'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 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 Breightmet.*

**Activities**  
Composting  
Growing food

**User Groups**  
Low-income groups

### 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
**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

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**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

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**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 cafe  
Growing food  
Food provision

**User Groups**  
All groups  
Mental health users

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**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
Westhoughton Food Co-op

Contact: Alan Brown
5 Snydle Close
Westhoughton
Bolton BL5 3EP

Tel: 01942 841 356

Activities: Growing food
Food co-op

User Groups: All groups

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.

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

Activities: Cookery class

User Groups: All groups
Black and minority ethnic groups

Multi-cultural cooking festivals and workshops.

Food Works - Abercromby

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

Tel: 0151 708 9370
Fax: 0151 709 6725

Activities: After school club
Nutrition/health education
Cookery class

User Groups: Refugees
Women and children
Homeless people
Single parents

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.

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

Activities: Community café
Growing food
Nutrition/health education

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

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

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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

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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

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Northamptonshire

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
**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

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**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

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**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

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**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

<table>
<thead>
<tr>
<th>Contact</th>
<th>Sue Place</th>
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<tbody>
<tr>
<td></td>
<td>The Balsam Centre</td>
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<tr>
<td></td>
<td>Balsam Park</td>
</tr>
<tr>
<td></td>
<td>Wincanton BA9 9HB</td>
</tr>
<tr>
<td>Tel</td>
<td>01963 31842</td>
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<tr>
<td>Fax</td>
<td>01963 31857</td>
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</table>

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

<table>
<thead>
<tr>
<th>Contact</th>
<th>Viv Talbot</th>
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<tr>
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<tr>
<td></td>
<td>Green Park Station</td>
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<td></td>
<td>Green Park Road</td>
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<tr>
<td></td>
<td>Bath BA1 1JB</td>
</tr>
<tr>
<td>Tel</td>
<td>01225 787 924</td>
</tr>
<tr>
<td>Fax</td>
<td>01225 460840</td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Contact</th>
<th>Kathryn Elliott</th>
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<tr>
<td></td>
<td>Unit 19</td>
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<tr>
<td></td>
<td>Grange Lane</td>
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<tr>
<td></td>
<td>Industrial Estate</td>
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<tr>
<td></td>
<td>Carrwood Road, Stairfoot</td>
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<tr>
<td></td>
<td>Barnsley S71 5AS</td>
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<tr>
<td>Tel</td>
<td>01226 213 255</td>
</tr>
<tr>
<td>Fax</td>
<td>01226 213 282</td>
</tr>
<tr>
<td>Website</td>
<td><a href="http://www.crisisfareshare.co.uk">www.crisisfareshare.co.uk</a></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Contact</th>
<th>Alison Johnson</th>
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<tbody>
<tr>
<td></td>
<td>Sheffield Wildlife Trust HQ</td>
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<tr>
<td></td>
<td>37 Stafford Road</td>
</tr>
<tr>
<td></td>
<td>Sheffield S2 2SF</td>
</tr>
<tr>
<td>Tel</td>
<td>0114 263 335</td>
</tr>
<tr>
<td>Fax</td>
<td>0114 263 4345</td>
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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  
Nutrition/health education  
Cookery Class  
User Groups  Children  
Women and children  
Single parents  
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

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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

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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

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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

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Sustain: The alliance for better food and farming
**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

## 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

**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 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

## 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

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Tyne and Wear

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Sustain: The alliance for better food and farming
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 preschool 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
## 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 cooperatives. 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

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### From Concrete to Coriander

**Contact** Irena Iwegon  
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, Shusters 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

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West Midlands
**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

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**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

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**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

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**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

This 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
### 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

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### Wiltshire

#### 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

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*Sustain: The alliance for better food and farming*
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

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

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**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

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**Healthy Castlemilk**

**Contact**  
Jacqui McGinley  
22 Amprior 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**  
Drug/alcohol abusers  
Women and children  
Secondary school children  
Single parents

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**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
**Renfrewshire**

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

<table>
<thead>
<tr>
<th>Contact</th>
<th>Annette Beattie</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh Loaf, 1 Lyon Road</td>
<td>Foxbar</td>
</tr>
<tr>
<td>Paisley PA2 0NA</td>
<td></td>
</tr>
<tr>
<td>Tel</td>
<td>0141 889 2455</td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Activities</th>
<th>Food partnership</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Food provision</td>
</tr>
<tr>
<td></td>
<td>Community shop</td>
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<table>
<thead>
<tr>
<th>User Groups</th>
<th>All groups</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children</td>
<td>Women and children</td>
</tr>
<tr>
<td>Practitioners/professionals</td>
<td>Older people</td>
</tr>
<tr>
<td>Single parents</td>
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</tbody>
</table>

**North Ayreshire, North Lanarkshire and Renfrewshire**

**North Ayreshire**

**Community Food Workers**

<table>
<thead>
<tr>
<th>Contact</th>
<th>Jane Jackson</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aryshire Central Hospital</td>
<td></td>
</tr>
<tr>
<td>Kilwinning Road</td>
<td>Irvine KA12 8SS</td>
</tr>
<tr>
<td>Tel</td>
<td>01294 323130</td>
</tr>
<tr>
<td>Fax</td>
<td>01294 312446</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Activities</th>
<th>Information/advice/support</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Cookery class</td>
</tr>
</tbody>
</table>

| User Groups          | All groups                  |

**North Lanarkshire**

**Craigneuk Food Co-op**

<table>
<thead>
<tr>
<th>Contact</th>
<th>Josephine Cope</th>
</tr>
</thead>
<tbody>
<tr>
<td>53 Meadowhead Road</td>
<td>Craigneuk</td>
</tr>
<tr>
<td>Wishaw ML2 7UX</td>
<td></td>
</tr>
<tr>
<td>Tel</td>
<td>01698 359068</td>
</tr>
<tr>
<td>Fax</td>
<td>01698 375 122</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Activities</th>
<th>Food provision</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Food co-op</td>
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</table>

<table>
<thead>
<tr>
<th>User Groups</th>
<th>All groups</th>
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<tr>
<td>Older people</td>
<td></td>
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</table>

**Renfrewshire Food Federation - Scotland**

<table>
<thead>
<tr>
<th>Contact</th>
<th>Doreen Polson</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foxbar Rivers Community Building</td>
<td>Spey Avenue</td>
</tr>
<tr>
<td>Paisley PA2 0PA</td>
<td></td>
</tr>
<tr>
<td>Tel</td>
<td>01505 814953</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Activities</th>
<th>Food provision</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Food co-op</td>
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<tr>
<td></td>
<td>Transport/delivery</td>
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<td></td>
<td>Nutrition/health education</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>User Groups</th>
<th>Children</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women and children</td>
<td>Practitioners/professionals</td>
</tr>
<tr>
<td>Older people</td>
<td>Single parents</td>
</tr>
</tbody>
</table>
**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

**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

**Blaenau 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

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**Sustain: The alliance for better food and farming**
**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

---

**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

---

**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

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**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
Get Cooking! (Cardiff)

<table>
<thead>
<tr>
<th>Contact</th>
<th>Rhian Connick</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>NFWI Wales Office</td>
</tr>
<tr>
<td></td>
<td>19 Cathedral Road</td>
</tr>
<tr>
<td></td>
<td>Cardiff CF11 9HA</td>
</tr>
<tr>
<td>Tel</td>
<td>029 20 221712</td>
</tr>
<tr>
<td>Fax</td>
<td>029 20 387236</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Contact</th>
<th>Debbie Lavelle</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>Heartlink Project</td>
</tr>
<tr>
<td></td>
<td>Marine Chambers</td>
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<tr>
<td></td>
<td>Anson Court</td>
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<tr>
<td></td>
<td>Atlantic Wharf</td>
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<tr>
<td></td>
<td>CF10 4AL</td>
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<tr>
<td>Tel</td>
<td>02920 444 410</td>
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</table>

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

<table>
<thead>
<tr>
<th>Contact</th>
<th>Steve Garrett</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>35 Beauchamp Street</td>
</tr>
<tr>
<td></td>
<td>Cardiff CF11 6AX</td>
</tr>
<tr>
<td>Tel</td>
<td>02920 227982</td>
</tr>
<tr>
<td>Fax</td>
<td>02920 216318</td>
</tr>
<tr>
<td>Website</td>
<td><a href="http://www.riversidemarket.org.uk">www.riversidemarket.org.uk</a></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Contact</th>
<th>Shirley Doyle</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 Newent Rd</td>
</tr>
<tr>
<td></td>
<td>St Mellons</td>
</tr>
<tr>
<td></td>
<td>Cardiff CF3 0BL</td>
</tr>
<tr>
<td>Tel</td>
<td>02920 417332</td>
</tr>
<tr>
<td>Fax</td>
<td>02920 417339</td>
</tr>
</tbody>
</table>

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

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

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
**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

---

**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,  
Swn 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
### 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

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### 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

---

### 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

---

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
**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

---

**Llysiau Lleu**

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

**Tel**
01286 881588

**Fax**
01286 881141

Llysiau 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

---

**Cymdeithas Tai Eryri**

**Contact**
Dewi Llwyd Evans
Ty Silyn
Penygroes LL54 6LY

**Tel**
01286 889212

**Fax**
01286 881 141

**Website**
www.taieryri.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

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**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
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

Fitness & Health Day

**Contact**  
Ann Evans  
Ysgol Santes Tudful  
Queen’s Road  
Twynrody  
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

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

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**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

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**Pembrokeshire**

**Funky Food Project, Pembrokeshire**

**Contact**  
Lynne Perry  
Pembrokeshire Health Promotion Centre, Penfynnon  
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

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**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

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Monmouthshire, Neath Port Talbot, Newport and Pembrokeshire
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  
**User Groups**  Nutrition/health education

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

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**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

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**Rhondda Cynon Taff**

**Arts Factory**

**Contact**  
Christine Pring  
Unit 11  
Highfield Industrial Estate  
Ferndale CF43 4SX  
**Tel** 01443 757 954  
**Fax** 01443 757 525  
**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

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**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

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**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

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**Glyncoch Community Enterprise Projects Ltd**

**Contact**
Marolyn Way  
66 Porcher Avenue  
Glynoch  
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

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**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

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**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

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**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

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**Fruit Tuck Shop - Gwyrosydd Junior School**

**Contact**  
Mr G Williams  
Gwyrosydd 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
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**
Food provision

**User Groups**
Primary school children

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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

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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

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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

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Swansea
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

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

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

Vale of Glamorgan

Get Cooking Courses, Glamorgan

Contact  Shena Sarjeant
          6 Ash Grove
          Ystradwen
          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

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**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

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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

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HOMESTART - SEMINARS ON FOOD AND HEALTH

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

**Tel**  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

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**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

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**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.
Other Useful Contacts

**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, Derventside, 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**
Intersection 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 Gravesend 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 Harborborough, 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 Cambridges, 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.
Strategic Health Authorities

**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**
1Lower 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.
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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

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

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