

The GHERKIN

The newsletter to support and celebrate community food projects in London!





ISSUE 1: APRIL 2009

There is great work going on across London changing Londoners' experiences with food for the better. London Food Link wants to support and publicise community food projects so their work can continue to reach out to more and more Londoners.

This is the first edition of a newsletter for London's community food projects – we've called it The Gherkin, in honour of the London landmark, and the tasty pickle! Please get in touch with Hannah@sustainweb.org or Suzanne@sustainweb.org if you want to be featured in the next bulletin!

London Food Link is a network aimed at creating a healthier and more sustainable food system. Members range from individuals, to restaurants, caterers, community food projects, allotment holders and food writers. London Food Link currently supports a wide range of community food groups. For more information see <http://www.sustainweb.org/londonfoodlink/>

CONTENTS

 News	
School's out for new Shepherd's Bush Food Co-op	p. 2
London growing scheme receives Capital effort	p. 2
Healthier Options in Newham	p. 3
What's cooking in Greenwich?	p. 3
 Take action	p. 2
 Events	p. 3
 Funding and other info	p. 4



LONDON COMMUNITY FEAST: PROMOTING AND CELEBRATING COMMUNITY-LED FOOD PROJECTS

Come along to London Food Link's first Community Food Feast on 19th May. The event is free and will bring together London Community Food Projects to share information, learn from each other and celebrate London's Community Food sector.

The event will provide you with opportunities to refresh your skills or learn new ones, attend workshops, meet other groups working on food projects in London and explore opportunities to join forces, be inspired by other projects and watch a top London Chef cooking demo.

We've teamed up with Well London to organise this event and a full invite will be sent out soon. In the meantime please put the date in your diary and contact either Suzanne or Hannah if you would like to hold a stall to showcase your project.



Well London
Communities working together
for a healthier city



LOTTERY FUNDED

NEWS

SCHOOL'S OUT FOR NEW SHEPHERD'S BUSH FOOD CO-OP



Phoenix Farm and Learning Zone

Phoenix High School is using their farm and learning zone to build links with the wider community in White City, West London. The high school is launching the White City Food Co-op on April 24th 2009 and will open its farm gates for residents from the estate to buy affordable, seasonal produce, learn about the project and even pick up some free plants grown on the farm.

The volunteer run co-op will be open 9am-12pm every Friday in their farm grounds and Phoenix school hopes that this will not only provide residents with healthy food but also make their adult education courses more accessible to the wider community.

For more information contact marcia_clack@phoenix.lbhf.sch.uk.

LONDON GROWING SCHEME RECEIVES CAPITAL EFFORT

The project? Capital Growth.

The aim? 2012 new community growing spaces by 2012.

The growing spaces? These include schools, back gardens, churches and watch this space!

One of the growing spaces is Latchmere House prison in Richmond and prisoners are receiving training in food growing and horticulture, as well as the opportunity to gain qualifications. "The idea is that we set people up with new skills and opportunities for when they leave the prison - so they find themselves in a different situation than the one that got them in there in the first place, and reduce their chances of re-offending. We also hope to show them how food growing can improve their own physical health and mental wellbeing", says Pamela Brunton, project officer on the Good Food Training for London project, which is supporting the initiative. See <http://www.capitalgrowth.org> for more details.



The growing space at Latchmere House Prison

TAKE ACTION

SUSTAINABLE COMMUNITIES ACT - HELP SHAPE YOUR LOCAL AREA

The Sustainable Communities Act is a new law which will give local government and citizens more powers to shape their local area. Councils will be able to make suggestions to the government to make changes and get funding to help bring about more sustainable communities. To find out more go to <http://www.localworks.org>.

 **LOCAL WORKS**
Campaigning to implement the Sustainable Communities Act

HEALTHIER OPTIONS IN NEWHAM



East London's cafés are being supported to sell healthier options through a new project developed by Newham Food Access Partnership (NFAP). 10 businesses are now involved in the project and have been offered a nutritionist or chef trainer to assess the cafés and suggest improvements to their

menus, and cooking methods and ingredients to increase the number of healthier options on offer.

The cafés received subsidised training, advertising and a free launch as well as promotional materials, including 'Healthier Options' stickers to clearly mark the healthier choice for customers.

NFAP is hoping to share this project with other boroughs to see healthier options on menus across London.

For more details contact sarah.williams@east-potential.org.uk.

WHAT'S COOKING IN GREENWICH?

Greenwich has seen a huge increase in the demand for community cooking clubs, so Greenwich Co-operative Development Agency started running Open College Network Level 2 Cookery Club tutor training for local residents, parents and employees from community services.

Once people are trained they can run cookery clubs in a variety of community settings; schools, children's centres, community centres or in their own place of work. Claire Pritchard from GCDA says "Our experience is that to tackle health inequality (our key aim) we need to take services to people in their community, so training peers has been the most effective." They have now trained over 70 tutors to run cookery clubs across the borough.

For more details contact GCDA on 020 8269 4880.

EVENTS

GOOD FOOD FESTIVAL: A FEAST OF GLOBAL CUISINE IN THE HEART OF LONDON

The Good Food Festival 2009 Church Street Market, Marylebone. Three culturally themed food festivals will see a wide range of food exhibitors along with a number of other quality traders. Special events are listed below:

- Arabic and North African: April 10-11
- Asian: April 24-25
- European: May 8-9

Times: Fridays 10am to 6pm; Saturdays 10am to 7pm

For more information visit <http://www.goodfoodfestival.org>

LONDON COMMUNITY FEAST

What: London's first Community Food Feast
Where: The Dragonhall in Covent Garden
When: May 19th
Who's it for? All community food groups to attend workshops, gather learning from networks and celebrate community food.

LONDON FOOD LINK PRESENTS: OUR BIG SPRING NETWORK DO!

The twice yearly Network Do celebrates the work of our network and encourages members to make contact with others that share the same goals. Please come and join us on Wednesday 29th April at Mudchute City Farm for this unique opportunity to learn more about the work that we do and to enjoy a wonderful evening down on the farm.

Booking for this event is essential. Please visit <http://www.sustainweb.org/londonfoodlink/> for more information or email polly@sustainweb.org.

FUNDING & OTHER INFO

FREE EXPERT ADVICE FOR FOOD ENTERPRISES - CONTACT ENTERPRISE SUPPORT

Free advice on business planning, employment, finance, managing assets and much, much more. For further information about how Enterprise Support can help you contact Richard Snow on: 01993 814388 or richard.snow@plunkett.co.uk.

ADVENTURE CAPITAL FUNDING OFFERS CAPITAL TO SOCIAL ENTERPRISES

Adventure Capital Funding offers a mixture of loans and grants as well as mentoring and support services. For more information about how to apply log on to: <http://www.adventurecapitalfund.org.uk>.

DEUTSCHE BANK - SMALL GRANTS FUND

Deutsche Bank small grants fund is for community groups, voluntary organisations, charities, community interest companies and social enterprises, who are focusing on education or community development in Lambeth, Lewisham, Westminster and Camden. Grants available are up to a maximum of £5,000. The deadline for applications is 29th May 2009. For more information please visit: <http://www.capitalcf.org.uk/grants/grantsavailable.php>.

WAITROSE - COMMUNITY MATTERS

Waitrose branches across the country are giving away a share of £1000 a month to community projects. Each month three projects are chosen to share in the pot of money for their work in the local community. Please visit your local branch for more information. You can find your local branch at <http://www.waitrose.com/branches/index.aspx>.

LLOYDS TSB FOUNDATION FOR ENGLAND AND WALES - THE COMMUNITY PROGRAMME

The Community Programme focuses on core funding work that helps disadvantaged people to play a fuller role in the community. Please visit <http://www.lloydstsbfoundations.org.uk>.

FOOD STANDARDS AGENCY FUNDING FOR LOCAL FOOD PROJECTS

Grants of up to £10,000 are available to local authorities. Contact your local authority to make suggestions for projects you would like to see in your area.

This year the Agency is welcoming initiatives based on the following themes:

- promoting good food hygiene among older people
- collaborative local action to implement Agency priorities on saturated fat and/or salt

The closing date for applications is 24th April 2009. <http://www.food.gov.uk/news/newsarchive/2009/feb/grants>

Contributors; **Ellie Garwood**, designed by **Rebecca Joynt**