



ANNUAL REPORT 2004-2005

DORSET FOOD AND HEALTH TRUST

November 2005

TRUST GOES FROM STRENGTH TO STRENGTH

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I have great pleasure in presenting this, the second Annual Report of the Dorset Food and Health Trust.

This has been a year of real achievement. The Annual Conference was a great success and was over subscribed within a few weeks of its announcement. The Conference received a real boost when Dr Gabriel Scally, the South West Regional Director of Public Health, agreed to give the key note speech. His praise for the way in which the Trust makes a contribution to real public health action on the ground was gratifying for all concerned.



Steve Duckett
Chair of the Board

We will continue to work in partnership with a whole range of voluntary and statutory organisations, to make sure that improving the public health of the community remains our prime focus. Our activities within communities are beginning to bear tangible fruit and we are starting to build on the strong foundations laid in the first 18 months of the Trusts existence.

The Leader+ initiative, Grow it, Cook it, Eat it continues to go from strength to strength and a new funding opportunity has enabled us to extend the scheme well into 2006 and to cover a wider area of the county. Our work has been acknowledged by the Food Standards Agency and we were extremely proud when we gained one of only two national Dame Sheila McKechnie Awards given out in 2005.

Work at the Christchurch Learning Centre has provided a real focus for children excluded from school and helped to give them the confidence to take positive steps forward and a revitalisation of the 'What's in Yours?' healthy lunchbox booklet has been a resounding success. The success of our involvement at the Weymouth & Portland Healthy Living Centre has been rewarded with an extension on funding until June 2007.

All very encouraging, but what of the future? The Dorset pilot of Local Area Agreements has presented a real opportunity. The Trust has already received recognition for its research capability when it was awarded a Health Gain Fellowship from the Dorset Strategic Partnership. This study on childhood obesity will make a major contribution to the prevention of future problems in this vital area. Further work under the Healthy Communities banner has been commissioned for areas of need in Sherborne and Wimborne and that could just be the beginning.

The Health Service reorganisation also offers prospects for commissioning and the Trust will watch developments eagerly. We feel that we are in an ideal position to assist in local delivery of public health initiatives. There is clearly a potential for the Trust to be involved in food procurement and we are already looking at the possibility of supporting a nutritionist to engage in that agenda.

However, there is a cautionary note. Since I have been involved with the Trust I have never ceased to admire the way in which it is managed and operated. Its very existence depends of the ability of the staff to gain funding and to then ensure that they deliver cost effective, real value for money services. It is therefore vital that we secure our core costs of £30,000 which will enable us to gain stability in accommodation and put us in an even better position to bid for project costs for the future. The next step in our growth as a Trust is a vital one especially as we have ambitions to widen our remit to cover the wider aspects of Healthy Lifestyles.

No Chairman's report is complete without the acknowledgment of the true assets of the Trust – its people. They are a professional bunch whose enthusiasm never fails to inspire and not once have I heard them moan about being overworked! So to Sarah, Anne Sophie, Vickey, Caroline, Dede and Trudie go my, and my fellow Board Members', warmest thanks.

A successful organisation cannot function without an inspiration and driving force and that honour and my thanks go to our Director Sam Mitchell. Without Sam, the Dorset Food and Health Trust would not be the success that it is today.

Continued on Page 2

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I would like to thank all those organisations that have felt us worthy of their funding support throughout the year. I trust that we have repaid your faith and shown that a little, can indeed, go a long way.

We have already been approached to run projects by more organisations than we can currently respond to, which is positive in that our services are clearly in demand, yet frustrating when we can't respond as promptly as we'd like to. I am very aware of our limited resources against this unlimited need, and will continue to develop our infrastructure to meet these requests over time.



Sam Mitchell
Director

Trust goes from strength to strength

(continued from front page)

I would also like to thank my fellow Board Members who have given me their unqualified support throughout the year, helping me to build on the strong foundations so ably laid by the past Chair Rebecca Pearce. They are all extremely busy people but, because they recognise the potential of the Trust, continue to commit valuable time to its well being.

Finally, I would like to thank all those organisations that have felt us worthy of their funding support throughout the year. I trust that we have repaid your faith and shown that a little, can indeed, go a long way.

Here's to a Healthy Future!

Steve Duckett
Chair

Director's Report

Looking at last year's annual report, it seems impossible that I am having to write another directors report so soon. The last year has gone in a blink of an eye, but when I sat down and started to list all the changes the Trust has undergone and all the things we have achieved, it becomes clear where that year has flown.

In March we bade au revoir to our first employee Dede MacGillivray, who sought pastures new in Skye, although we have been lucky to retain Dede's skills in the form of consultancy with the Health Gain Fellowship. With Dede's departure we saw the arrival of Sarah Rampton, a previous volunteer with the Trust, Anne Sophie Dautigny and Vickey Steven. All three took to delivering the Leader+ project with enthusiasm and dedication; and have shown boundless energy for the work they have undertaken. They have worked flexibly, delivering workshops alone, in pairs and as a group to small groups of adults, classes of children, large scale community lunches and Dorset Agricultural shows. The Leader+ funded programme drops to one day per week from October 2005, but with the funding we have received from Pfizer we have been able to extend all 3 contracts until September 2006. Not only has the Pfizer money allowed us to extend their contracts, but we can extend the areas in which we work. We can now work County wide with this funding and over the next year we aim to begin projects in deprived wards of Sherborne, Christchurch and Wimborne. The Pfizer money has also allowed us to print 30,000 'What's in Yours?' healthy lunch box booklets which were originally produced by Healthworks, but have been out of circulation for at least 18 months. These are currently flying off the shelves and we will soon have to begin seeking funding for next years reprint run. We are very thankful to Pfizer for the expansion potential their grant has given us and this will roll out over the next year.

We have already been approached to run projects by more organisations than we can currently respond to, which is positive in that our services are clearly in demand, yet frustrating when we can't respond as promptly as we'd like to. I am very aware of our limited resources against this unlimited need, and will continue to develop our infrastructure to meet these requests over time.

In Weymouth and Portland, the successful first year of that project has led to the post being extended until June 2007. Caroline has done a magnificent job, to engage with a wide range of participants, using imaginative recipes (Chocolate Beetroot muffins!) and forever showing patience and drive to ensure her workshops are a success. Running costs for 2006 - 2007 still need to be secured for this project and this will be a priority in the first quarter of 2006.

As you read the project articles in this report, you will see that we have some projects which stretch into 2008. Yet again we only have core costs until March 2006. The year on year core funding makes the Trust very vulnerable and although we are exceeding targets we have not achieved medium - long term core stability. Current negotiations are underway and I hope to be able to confirm stable core funding in next year's annual report. The Trust saw its fourth office move in its two year history in June 2005, again a long term core funding agreement will be vital if the Trust is to move to independent premises and commit to a lease.

This year has seen the Trust deliver more projects on smaller budgets, where we have worked in partnership with other voluntary and statutory organisations and employed freelance project workers to deliver time limited projects - the details of which are contained within the individual project articles in this report.

Looking through our media file, the Trust has achieved local radio and press coverage almost every month during the past 12 months; from interest in projects we are running to the National success of the Dame Sheila McKechnie Food Standards Agency Award, where we were one of only two national winners. Our profile has certainly risen over this period and this year's annual conference was "sold out" with the Trust being highly honoured to have Gabriel Scally, Regional Director of Public



I have no doubt this coming year will be as busy, challenging and rewarding as the last as the Trust continues to develop, and I am sure that yet again, it will be no time at all before I write Directors report 2006.



Dede MacGillivray



Pupils at Three Legged Cross School enjoying a healthy lunch

Director's Report (Continued)

Health, as our guest speaker.

This year has also seen the production of a bi-annual newsletter, which Trudie Davies has been magnificent in pulling together, keeping the partnership informed of work that is being undertaken across the region. Trudie has played a key role in ongoing success of the Trust, working far more hours than is required of her, supporting me and the team of project workers with our never ending request for booklets, recipes, agenda's etc. Trudie's support, smile and seemingly never ending supply of biscuits certainly is vital to keeping our morale high in times of great stress!

Steve Duckett's first year as chair has been a successful one; he is a great advocate for the Trust and has been crucial in keeping our profile raised at the highest levels across Dorset. He has also been extremely supportive of me, which I sincerely thank him for, and I'm glad he has chosen to remain as chair for a second term. I would also like to take this opportunity to thank all the staff involved with the Trust, as it's their input which makes us the organisation that we are.

I have no doubt this coming year will be as busy, challenging and rewarding as the last as the Trust continues to develop and I am sure that, yet again, it will be no time at all before I write Directors report 2006!

Sam Mitchell
Director

Health Gain Fellowship - Report from Dede MacGillivray

The Trust was awarded a Health Gain Fellowship earlier this year, to fund research and development work in the field of childhood obesity in response to the growing incidence nationwide of diet related health problems both in childhood and later life.

The research will work towards the development of an educational resource which will respond directly to the needs of parents with young families by providing support, training and advice on the multitude of issues surrounding healthy eating from weaning and beyond, focusing on the belief that eating habits developed in early childhood may have a significant effect upon adult health and that by making positive changes to the diet of young children the onset of health problems in later life can be prevented.

A countywide survey to assess needs is underway and four sites have been identified to pilot the project in February and March 2006 these being Sturminster Newton, Weymouth, Sherborne and Christchurch.

The resource will take a multi-disciplinary approach however it will focus primarily upon improving cookery skills and through this fun and light-hearted medium, groups will explore feeding issues for babies and children aged less than five years.

The resource will aim to encourage a balanced diet, develop basic dietary knowledge, address questions and concerns parents may have, increase parental confidence and encourage family cohesion.

It will attempt to bridge the gap between parents and the mass of information available by putting dietary information into practice in a realistic, attainable and sustainable way. It recognises that small changes are vital and need to be achieved before long-term goals are attained.

Three Legged Cross First School

This project, which was funded by East Dorset District Council, began during last year and concluded in March 2005. The school has been supplied with seeds and basic gardening equipment which has enabled staff and pupils to design their garden and plant vegetables to use in future cookery sessions. Several cookery sessions occurred over the duration of the project, with everyone at the school able to get involved. The reception class were not staying for lunch so they had a morning session which included tasting a wide variety of fruits and vegetables and making some really tasty carrot and pineapple muffins which they took home. The rest of the classes prepared a lunch to share with another class. Dishes included sausage rolls, cheese and onion quiche and a wide selection of delicious salads. The chopping of vegetables and rolling of pastry were hugely enjoyed by the children however eating the lunch proved quite a challenge to many who were not used to eating their lunch with knives and forks! Despite this, most pupils were persuaded to have a taste of the different things on their plates which many of them enjoyed.



Caroline Morgan

Two healthy cookery courses were held in Littlemoor, an area of high deprivation. Both courses were very successful and the mums told me that their families were impressed with the food they brought home and also that they had made the dishes again and were encouraged to try other recipes too.



Caroline with children at Conifers Primary School in Westham



Runner beans grown by pupils at Longspee School

Report from Caroline Morgan Healthy Eating Project Worker, Weymouth and Portland

The last twelve months have been very busy in Weymouth and Portland. The focus has been on giving parents and children the confidence to eat and enjoy fresh foods. This has been achieved by helping people to see the fun in food preparation and encouraging them to believe that healthy foods can be tasty and easy to prepare. Various approaches have been tried to help refine development of the future programme.

Initial activity was based on workshops and courses for parents of school age children, linking through the schools within the most deprived communities of Weymouth & Portland. Courses were free and initially offered a free crèche. However, the crèche proved to be difficult to consistently run with small numbers of children and is no longer available. It has been replaced by the availability of payment to cover the costs of child care.

Two healthy cookery courses were held in Littlemoor, an area of high deprivation. Both courses were very successful and the mums told me that their families were impressed with the food they brought home and also that they had made the dishes again and were encouraged to try other recipes too.

Another course took place in Westham and was attended by ten very enthusiastic mums who actually continued to meet after their four week course was finished. Five of the ten ladies offered to work for the Trust as volunteers, helping to promote healthy eating.

I have also tried working with school children and their parents in the school setting and also with particular groups of children. This involved supporting:-

- A "Summer Grub" healthy eating workshop was held in Littlemoor for the Community's Summer Holiday Club – many of the children were trying fresh and dried fruit for the first time and were surprised at how much of it they liked. They also made Carrot and Pineapple Muffins which were a huge success.
- Family Learning Week; on 13 October 2005 I visited Conifers Primary School in Westham. Both Year 1 classes had either a morning or afternoon devoted to learning about healthy eating. They tasted lots of healthy snacks and were rewarded with a sticker for trying something new. They made and ate their own tortilla wraps which they filled with a choice of ham, grated cheese, grated carrot, lettuce, cucumber and tomato. Parents and grandparents were also invited to participate and the take up was excellent. The children sent me a wonderful album of paintings of the foods they had tasted and also some photographs of the sessions.

Autumn 2005 brought the opportunity to diversify and experiment with new one off workshops and recipes.

- Two "Try Something Different" workshops were held at the beginning of September as part of an initiative to access the community through a workplace setting. The workshops were great fun and included recipes such as Chocolate Beetroot Muffins and Rosemary Loaf Cake. Lots of men who really had no previous experience in the kitchen came along and learned some new skills.
- A one-off fish workshop was held in September, again at Littlemoor Community Centre. Five different fish dishes were created by six people who said they enjoyed eating fish but had no idea about how to prepare or cook it at home.

Over the last twelve months, I have worked directly with 152 people and this does not include anyone who would have benefited indirectly such as families of those adults who have attended the healthy eating courses.

The work continues to be very rewarding and interesting with an element of fun helping to promote a serious message.

Poolle Schools

In January 2005 the Trust received funding from Barclays to run a 'Grow it, Cook it, Eat it' project in three Poole schools – Sylvan First School, Longspee School and Turlin Moor First School. The types of activity undertaken during this project range from creating vegetable gardens and planting seeds, to using the ingredients to cook a healthy meal. One of the schools had a picnic in the summer using ingredients grown and another has been supplied with a portable oven allowing children in different classrooms to become involved in cookery sessions. At Longspee School classes have made examples of healthy meals using plasticine, run smoothie cafés, learnt about the importance of food hygiene and designed healthy meal menus. The children also grew their own runner beans and learnt about how to harvest the seeds for use in the following season. This project will continue running into early 2006.



The sessions were greeted with enthusiasm by the students and centre staff alike and watching the students engage in a learning activity that they clearly enjoyed was fantastic.

Healthy Eating Initiative - Christchurch Learning Centre

March 2005 saw a very successful pilot project held with excluded year 10 and 11 students from Christchurch learning centre, all of whom were permanently excluded from school and some of whom were already involved in the criminal justice system or had medical / mental health problems. Students at the learning centre do not receive the same opportunities as pupils in mainstream schools for a variety of reasons, such as not attending the centre full time therefore the curriculum offered is limited. Poor access to a nutritional diet is a major factor amongst this group, many of whom rely on fast food take-aways and breakfast is often skipped. The aim of this project was to fill the students time with positive motivational training as well as cookery skills that would give them the opportunity to care for themselves through their diet and think more about the food they eat and how it effects their wellbeing.

The basis of the sessions took the format of a local chef showing the students how to make a chicken, vegetable and noodle stir-fry in the same time it takes to boil a kettle and produce a pot noodle. The students then had a go themselves and were able to taste and compare the results. The students concluded that not only was the chef's offering cheaper to produce but the students preferred the taste! On the second cookery session students got the opportunity to make their own burgers and Cajun fries from scratch, using fresh ingredients and lean mince - once again the students found that this was cheaper, healthier and tastier than the fast food outlet or shop ready meals they were used to.

The evaluation of the project highlighted how students enjoyed the practical cookery sessions, saying that they were fun. One student had never cooked anything before and loved the experience. The sessions were greeted with enthusiasm by the students and centre staff alike and watching the students engage in a learning activity that they clearly enjoyed was fantastic.

Four staff at the Learning Centre have undertaken Basic Food Hygiene training so that they can continue to deliver cookery sessions.

Bovington Fresh Food Initiative

After the successful launch last year of the Bovington healthy eating project, the programme continued to roll out, concluding in March 2005. During that time the project demonstrated an increase in consumption of fruit in the local nursery and an increase in consumption of fruit and vegetables in the older peoples lunch club. We also held tasting sessions in the first school, where children tried some fruit and vegetables for the first time. This was combined with the printing and dissemination of a healthy lunch box booklet to promote healthy lunch box ideas where fresh produce can be used to create nutritious yet interesting ideas for packed lunches. The roadside delivery of fresh fruit and vegetables was abandoned after a pilot period due to the opening of a large superstore some miles away offering free transport to residents on the estate, which many residents used. This store opened one month after our pilot began, which meant the initial uptake of the delivery scheme soon decreased once access to the new store became viable. This part of the Bovington project was a tremendously good learning curve for the Trust; it allowed us to learn from what did and didn't work and has directly affected how we have approached our new Get Fresh campaign.

Get Fresh!

In March 2005 we were awarded one of only two national awards from the Food Standards Agency's new Dame Sheila McKechnie Award. The Award is for Community Food initiatives and enables the Trust to undertake a 3 year project to develop access to fresh fruit and vegetables to rural villages in East Dorset, North Dorset and Purbeck. We are concentrating on one area each year for three years, starting with East Dorset. We are targeting villages that have no village shops and weekly or no public transport. The Trust will be working closely with Health Promotion co-ordinators for these areas and the Fruit in Schools co-ordinator to help deliver the project. We are linking up with local producers of fruit and vegetables to help supply these communities in a cost effective way. We are also making links with local parish councils, health visitors and other professionals who may be able to help shape the project as we wish to make fresh fruit and vegetables accessible to young and old alike.

At the time of writing this report we are 7 months into phase one of the project, working with Long Criche Organic Garden, with delivery and uptake of fresh fruit and vegetables being directed to Witchampton, Wimborne St Giles, Chalbury, Gaunts Common, Gussage All Saints, Gussage St Michael and Hinton Martell. The launch of this project took place in Witchampton, and it was also publicised at the Wimborne St Giles Community Lunch. The current take up from this promotion has been encouraging with a month on month increase in the number of people taking up the vegetable box scheme. Active publicity is now taking place in the other identified areas of East Dorset. In April 2006 we will be switching to North Dorset and working closely with The Greenhouse in Child Okeford to target delivery of fresh produce in identified areas of North Dorset.





L-R Sarah Rampton,
Anne Sophie Dautigny and
Vickey Steven



A school visit to Long Crichel
Garden



A school visit to Long Crichel
Bakery



Wimborne St Giles
Community Lunch

Leader+ Project Workers:- Dede MacGillivray, Anne Sophie Dautigny, Sarah Rampton and Vickey Steven

The last year has been a very busy one for Grow it, Cook it, Eat it with staff changes half way through the year. Dede began the year with workshops at Milton Abbas and Hinton Parish youth club, where 27 members of the youth club prepared a community supper for their families. Other events which happened during the early part of the year included weight loss workshops, after school cookery clubs at Witchampton and Okeford Fitzpaine, cookery workshops with pre school children and at the Stour View family centre. There have been many visits to Long Crichel bakery and gardens where children have had a chance to make bread and see the organic walled garden. With the departure of Dede, we saw the arrival of Sarah, Anne Sophie and Vickey.

Sarah continued the after school workshops with Witchampton school until the end of the summer term. During July she worked with S & E Dorset PCT when she went along to the Verwood 'Shape your life' group meeting and gave a cookery demonstration, offered tastings and took part in a discussion around the food prepared and healthy eating in general. On the menu were stir fry, noodles and toasted seeds and sugar-free cookies. Soon after, Sarah organised a holiday workshop for children and accompanying adults called 'Fantastic Fun Food Frenzy'. This was held in Tarrant Keyneston and was attended by 10 children aged between 3 -10 who were helped to make their own healthy lunch of pizza, Tabbouleh, fruit kebabs and flapjacks. Sarah has also organised several school visits to Long Crichel Garden and Bakery.

Anne Sophie continued the Okeford Fitzpaine after school cookery club until the end of July 2005 where year 2 and 3 children experienced fruit, vegetable and herb tastings. Safety in the kitchen being a prime concern, the children were taught how to chop the fruit safely; they also held discussions on where the fruits come from and how they grow. Moving on from that the children made bread rolls, bread sticks and pastry. They also learned about cooking fish, when they made their own fish cakes.

Anne Sophie has been very involved with the Sturminster Newton Family Centre where she has run workshops for young, single mothers with babies/toddlers. The workshops have consisted of food tastings and experimenting with new fruit and vegetables. She has held discussions around suitable types of food for babies and toddlers, healthy finger foods and how to keep and freeze food. There has also been advice on using favourite ingredients to create healthy dishes for the whole family and information and advice on cooking a large dish and freezing portions for future use. Anne Sophie has good knowledge on feeding babies and young children and produced an information booklet titled 'A short guide to feeding a happy baby' for Green Baby Day held this year on 25th June.

Vickey has had previous experience of working with people with learning disabilities and started her work with the Trust by offering 2 taster sessions of 1½ hours to a group of 20 adults with learning disabilities in Sturminster Newton. The taster sessions were very well received and led on to Vickey running a series of six, 3 hour workshops. The workshops covered; basic hygiene, cookery skills, menu planning, information about the importance of fruit and vegetables in our diet, information on healthy eating for diabetics, and information on healthy food to help reduce weight. During each workshop a different dish was prepared, cooked and eaten. One of the sessions included a visit to Cannings Court, an organic farm in Pulham, where they saw workers boxing up the vegetables for their organic veg box scheme. They also saw the poly tunnels and fields in which the vegetables were grown. This session concluded with a healthy picnic lunch enjoyed in the gardens at the farm. For the final session Vickey organised a barbecue where they prepared a variety of salads, vegetables and chicken kebabs. The group worked very effectively together and individuals took turns in performing different tasks.

At Stourcastle Day Centre for adults with learning disabilities Vickey ran three, 2 hour sessions with a group of 8 adults; she introduced them to smoothies, sandwiches with healthy fillings and a variety of vegetables. They also discussed various other foodstuffs and their health benefits.

August was a busy month and saw Sarah and Vickey with a stand in the 'Chalk and Cheese' tent at the Gillingham and Shaftesbury show where they offered fruit tasting and healthy eating advice.

The Wimborne St. Giles Community lunch took place in August and all three worked hard in organising and publicising this event. The event was well attended and feedback was very positive.

The start of September saw Sarah, Anne Sophie and Vickey attending the Sturminster Newton Cheese Festival, again in the 'Chalk and Cheese' tent, where they offered fruit tastings and gave advice on healthy eating, as well as general information about the Trust.

October saw the project workers involved with Screen Bites, Dorset's food film festival when they took part in various activities at schools and community centres within Dorset; including Wimborne St Giles School, Okeford Fitzpaine School and Sixpenny Handley Community Centre.



This information is based on Management Accounts and is subject to external audit

Income and Expenditure Account as at 31st October 2005

INCOME	2005
Leader+	10,701.60
Core Costs	19,000.00
Weymouth and Portland	18,682.58
Christchurch Learning Centre	500.00
Dorset Strategic Partnership Health Gain Fellowship	10,000.00
Get Fresh	5,000.00
Poole Schools	1,800.00
Healthy Lunch Boxes and Dorset wide workshops	21,800.00
Bank interest received	854.68
	88,338.86
PURCHASES	
Ingredients	5,776.26
Equipment	1,000.10
Posters/leaflets/promotional materials	3,141.15
Workshop costs	667.59
Other Purchases	500.00
Carriage charges	316.00
	11,401.10
DIRECT EXPENSES	
Sales promotion	47.30
Miscellaneous expenses	156.31
	203.61
Gross Income less expenditure	76,734.15
OVERHEADS	
Organisers remuneration	11,520.60
Co-ordinators remuneration	27,784.21
Admin Salaries	8,696.68
Employers NI	1,659.58
Recruitment expenses	334.50
Rent and Rates	1,000.00
Travelling	2,259.28
Printing	339.27
Postage	107.75
Telephone	51.50
Stationery	280.41
Professional fees	884.13
Maintenance	831.35
General expenses	1,927.10
	57,676.36
Net Income less expenditure at year end	19,057.79
<i>Money already allocated to ongoing projects after financial year end</i>	

“THANK YOU” TO OUR FUNDERS

Core Costs

South and East Dorset Primary Care Trust
 North Dorset Primary Care Trust
 South West Dorset Primary Care Trust

Project Funders 2004-2005

South West foundation (Connecting Communities) – Leader+ project
 South West Foundation (Solid Foundations) – Weymouth and Portland project
 GOSW & EAGGF – Leader+ project
 Food Standards Agency Dame Sheila McKechnie Award – Get Fresh project
 Pfizer – Healthy Lunch Boxes and Dorset wide workshops
 Local Network Fund – Weymouth & Portland project
 Weymouth & Portland Healthy Living Centre – Weymouth & Portland project
 East Dorset District Council – Three Legged Cross project
 Christchurch Borough Council – Christchurch Learning Centre project
 Barclays Bank – Poole Schools project
 Awards for all – Bovington project
 Dorset Strategic Partnership Health Gain Fellowship - Weaning research project



A big “Thank You” is due to our funders, without whom we would not be in existence!

“THANK YOU ALL”



Last but not least, thank you to all of the staff, board members, volunteers and partners involved in the ongoing success of the Dorset Food and Health Trust. Your hard work and support is much appreciated.



Meet the Board



Steve Duckett (Chair) - Steve was appointed to the Board in December 2003 and took on role of chair in November 2004.

Steve currently works as Head of Public Health Services for East Dorset District Council. He has worked in Environmental Health/Public Health since 1974 and joined E.D.D.C. in 1983 (Then known as Wimborne D.C.), where he moved up through the ranks to his present position. Steve's interest is in promoting and getting recognition for the contribution that local authorities, charities and the voluntary sector make to the public health agenda.

Rebecca Pearce - Chair of the Board from April 2003 until October 2004

Rebecca has worked for the NHS in Public Health for 5 years, having previously spent several years in academic Public Health in various universities. She has a particular interest in healthy eating and tackling the obesity epidemic. Rebecca's current role is Public Health Specialist for South & East Dorset PCT.



Chris Ricketts - Appointed 18/9/03

Chris has worked in the field of Health Promotion since 1994 and is currently Head of Health Improvement for South West Dorset PCT. Chris's main interest lies in finding ways to reduce persistent health inequalities. He is keen to establish new methods of supporting the health needs of vulnerable groups such as prisoners and people who are homeless.



Jackie Wolfe - Appointed 8/12/03

Jackie works as Food and Health Project Manager for West Dorset Food and Land Trust where she has worked for three and a half years. Jackie's duties include overseeing all the food and health related projects, looking after staff and securing funding.



Sally Cooke - Appointed 18/9/03

Sally is chair of Trustees for Dorset Agenda 21, a local charity promoting sustainable living. She is an enthusiastic organic gardener, LETS trader, walker and cyclist. She enjoys doing her bit for the planet by composting, trying to live a less petrol-guzzling lifestyle and working with fellow enthusiasts in DA21 to spread the word about 'One Planet Living'

Meet the Team

STAFF

Sam Mitchell	Director
Dede MacGillivray	Project Worker / Researcher
Caroline Morgan	Project Worker
Anne Sophie Dautigny	Project Worker
Sarah Rampton	Project Worker
Vickey Steven	Project Worker
Trudie Davies	Administrator
Sarah Butler	Book Keeper (freelance)

VOLUNTEERS

Sally Brown
Sally Knight
Karen Summers
Anna Davies

KEY PERSONNEL INVOLVED IN PARTNERSHIP WORKING

Sue Cribb – Christchurch project
Ruth Angel – Poole schools project
Alison Baker – Bovington project
Cathryn Taylor – Bovington project and Get Fresh
Michelle Compton – Get Fresh and Poole schools project
Debra Pattinson – Weymouth & Portland project
Fenella Barnes – Leader+ and Get fresh
Anni Sax – Get Fresh
Fiona Richards - Get Fresh
Maria Timperley – Get Fresh
Adrian Goodhand – Get Fresh

Promoting Healthy Lifestyles Through Healthy Eating



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DORSET FOOD AND HEALTH TRUST