



Food for Thought

Issue 7

April 2008

We hope you will find this newsletter both interesting and informative.

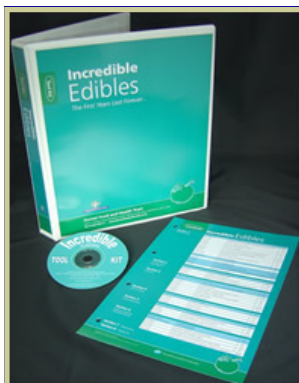
We welcome any feedback, so if you have any ideas for what you would like to see in the next publication, or any comments on the content of this one, please let us know!

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The First Taste of Incredible Edibles!

We are pleased to report that the Incredible Edibles Tool Kit and Parent Pack has finally been rolled out across Dorset with Dorset PCT being the first to have access to this resource. Naomi Evans ran training sessions during January, February and March for PCT and Children's Centre Staff who will be on the front line delivering workshops using the Tool Kit. Demand for places on the training sessions was high and most sessions were booked to capacity. Initial response to the training and the Tool Kit content has been most encouraging; feedback so far certainly seems to indicate that there is a real need for a resource such as this. We will be collecting further feedback on the usefulness of the packs as they begin to be used.



Incredible Edibles Tool Kit

Marketing of the Incredible Edibles was not something we had anticipated doing but as a result of this initial training and launch of the resource we have, so far, received interest from two other PCT's. There does seem to be a demand, for both training material and weaning information for parents, and the recent enquiries have resulted in Bournemouth & Poole Teaching PCT placing a large order for both Tool Kits and Parent Packs. They have also booked training sessions for their staff which will take place during June and July.

Bath and N.E. Somerset PCT have also purchased a small quantity of Tool Kits to enable them to decide if this is something they wish to roll out across their area.

The money raised from these sales has provided much needed funds which will contribute to our ability to continue to deliver healthy eating initiatives in our local area.



Incredible Edibles Parent Pack

In view of this interest, information on the resource is now available on the Food Vision Website using the following link:- www.foodvision.gov.uk/pages/incredible-edibles Information is also available on our own website:- www.dorsetfoodandhealth.co.uk

We would like to take this opportunity to thank everyone who has been involved in the development of the Incredible Edibles; from the initial research undertaken by Dede MacGillivray, to everyone involved in running the pilot, and especially to Naomi Evans who worked extremely hard to co-ordinate the training sessions and distribution of the initial Tool Kits and Parent Packs across Dorset PCT area. Special thanks should also go to East Dorset District Council Graphics Department who helped in the design and format of the Parent Packs. Thank you all!

Parent Packs - We still have a supply of the Incredible Edibles Parent Packs which are reserved for Dorset PCT area. If you are a Health Professional in Dorset PCT area and require further copies, please contact us on: (01202) 849111 or email us at: office@dorsetfoodandhealth.co.uk

Mail Deliveries

With postal costs ever increasing, we are pleased to advise that Victoria House, Ferndown has agreed that we can deliver items to them that can be distributed via their internal mail system to other NHS establishments. We propose to use this system with a once a month delivery - probably during the first week of each month. This will really cut down on our costs and should make general distribution to Surgeries and Health Centres much easier!





Sarah Rampton and Sally Knight - POPP Project Workers



Sarah Rampton



Sally Knight

Sally Knight

The last quarter of 2007 was mainly taken up with Sally running the workshops in Portland and Weymouth. Her one-off soup workshop proved very popular with groups such as the Dorchester Carers group and Stroke group. At Abbots Court in Lytchett Matravers she spent a fun morning making 3 different types of vegetable soup for lunch. On her initial visit 3 of the residents were keen to cook with her but the others were reluctant and elected to just come for lunch. She tells us that when she arrived for a subsequent session there were 11 of them, some with their own knives, chopping boards and aprons! The kitchen was very small and so it took a bit of adjusting as 2 were on walking frames but she managed with no calamities. When they all sat down for lunch one of them commented "It's just like Christmas" "It's better than Christmas" said another one.

In February Sally ran a course with Southill day centre, which has people with learning disabilities. Here she cooked vegetables, curry, stir-fry and pasta with them. They also made their own Eatwell plate collage to link in with the sessions.

Sally has found a venue in

Dorchester, at Acland Road Baptist Church, to run a series of workshops. There is now a viable group in the area, mainly from Carers workshops. The first set of workshops is set for April / May and was fully booked within 2 days!

She has also run a 3 week series of workshops with a women's mental health group at Carlton Road North, in Weymouth.

Sally and Sarah also did another role-play and talk to the Wareham Grapevine group on January 25th and Sally has presented at the Wareham Seniors Forum.

Sarah Rampton

The last few months have been a mixture of cookery workshops, plus some interesting and exciting 'one off' projects. These have led to Sarah making new contacts and in turn have led to more work! The work that she did at the 'Food and Mood World Mental Health Day' in Dorchester in October is a good example. She worked closely with the PCT Mental Health Team in setting up this project. On the day itself, she got a lot of interest in "Anyone for lunch" from professionals running Day Centres for adults with physical and mental disabilities, as well as oth-

ers involved in the mental health sector. The Mayor of Dorchester was in attendance and is keen to support the setting up of 'Anyone for lunch?' projects in the town. In addition, she was delighted to make contact with individuals of the right age group from all over the county interested in taking part in cookery workshops. One of the projects in her area that has evolved as a direct result of the day is the 'Carers and those with Mental Health needs' cookery workshops in Wimborne.

Her work with Carers groups has also blossomed over recent months. She is also very pleased to report that she has managed to run a set of workshops for people with Macular Degeneration (one of the commonest causes of sight loss). These took place in Wimborne in early 2008 and Sarah was grateful for the help and advice of Sandra Mulryan who is a sight and sound loss rehabilitation officer for Dorset Social Services.

Due to high demand, she has also just completed another set of cookery workshops for new participants in the village hall at Wimborne St Giles.

All in all a very busy time for them both!



Portland 2000



Cookery Workshops



Funding News

Core Funding - Dorset PCT

With the recent changes within Dorset PCT and their aim to move to commissioning services, their position on providing our Core Funding has also changed. We are currently in negotiations with the PCT over which services they would like us to provide on a commissioning basis. We greatly appreciate the Core Funding support that Dorset PCT has provided since our inception and we sincerely hope that we can continue to work with them in providing much needed health promotion initiatives throughout the Dorset area.

Age Concern

We have been successful in gaining an amount of funding from Age Concern which will enable us to compile and produce a book of recipes for people who are cooking just for themselves. Our aim is to make to book user friendly and show people that cooking for one needn't be a chore or a bore, and that people do need to bother with 'proper, fresh food' even if they are just cooking for themselves. It will focus on simple, easy to prepare recipes using fresh ingredients. The book will be used to support the work currently being undertaken under our POPP funding, where we are working with people over the age of 50.

Blatchington Court - Young Visually Impaired

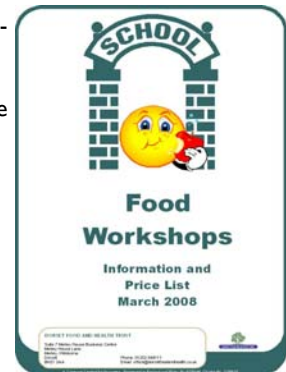
We are pleased to announce that we have secured funding from the Blatchington Court Trust to provide cookery workshops for the young visually impaired. This funding has come about as a result of contacts made through work undertaken by Sarah Rampton when she worked with older people with macular degeneration, and with the support of Dorset Blind Association. We would like to express our thanks to Dorset Blind Association for their help and advice which helped us to secure this funding. During the course of 2008, we hope to run a series of 12 Workshops, consisting of 2 sets of 6 sessions split between East Dorset and West Dorset.

School Food Workshops

Following on from our hugely successful School Food Workshops funded by Pfizer UK and 0-12 Strategy, we found we were still getting requests for these services even though our funding had expired.

Due to this demand we have put together a series of School Food Workshops which we can provide to schools at a cost. The workshops are aimed at KS1 and KS2 children and include the following:-

- Evening Workshop with Parents
- After School Drop in Session for Parents and Children
- Half Day Workshop (no Parents joining in at the end of the session)
- Half Day Workshop (with Parents joining in at the end of the session)
- Full Day Workshop
- Half Day Cookery Workshop
- After School Cookery Club



Full details of the workshop content and costs can be found on our website at www.dorsetfoodandhealth.co.uk or contact us by telephone on:- (01202) 849111, or by email at:- office@dorsetfoodandhealth.co.uk and we will be happy to send you an information pack and price list.

Purbeck Schools



The children enjoy their lunch of homemade soup and bread!

This funding allowed our project workers, Wendy Holden and Charlotte Weatherley, to run after school cookery clubs in 4 Purbeck schools; Wool C of E First School, Bere Regis First School, Storbrough First School and St. Mary's Catholic School in Wool. Each school had a 4 week cookery club followed by a return visit where lunch was served to the whole school. The children were involved in every step, from the preparation and cooking of the food, to arranging and laying the tables on the day of the lunch, making it a real social occasion as they proudly served the food they had helped to prepare!

The children attending the cookery club learned how to make homemade soup using fresh ingredients. They also made bread, scones and jam. During the cookery clubs Wendy and Charlotte also talked to the children about achieving a healthier lifestyle through balanced meals and the benefits of taking exercise.

Dame Sheila McKechnie Award 'GET FRESH' Project concludes



We were one of the first winners of the Dame Sheila McKechnie award when we successfully gained this funding way back in 2005. At that time the third and final phase of the project, targeting Purbeck area seemed to be a long way off in the future. It is hard to believe that we are now at the end of that final phase and that this project has now reached its conclusion!

This project began with the aim of providing access to fresh, affordable produce in Dorset's rurally isolated communities.

It consisted of 3 phases. Phase

one concentrated on East Dorset, where we worked closely with Long Cichel Organic Garden. For phase two we moved our efforts in to North Dorset and for phase three we concentrated on Purbeck. For both phase two and phase three we worked closely with The Green House in Child Okeford.

The project was launched at the Witchampton village fete in June 2005 and consisted of the promotion of existing veg box schemes. The funding allowed us to offer people in certain rurally isolated areas a discount on the veg boxes as well as subsidised delivery costs.

Through advertising and other promotions we managed to increase awareness of the existing veg box schemes, and evaluation of the sales in all areas showed a month on month increase in the uptake of the scheme.

Evaluation from the first two phases also showed that the uptake did not significantly reduce once the funding was withdrawn.

We are really pleased with the results we have achieved over all three phases and we would like to thank everybody involved for their hard work in ensuring that this project was a success.



Rhubarb! Rhubarb!

Back in the 16th Century, rhubarb was used by herbalists as a cure for tummy troubles and convulsions! By the 1870's it had become a valued ingredient in cooking and today still has an old fashioned appeal. Many of you probably have fond memories of Grandma's rhubarb crumble, but did you know that rhubarb, as well as tasting delicious, is high in fibre and contains vitamin C? When cooked it is also a good source of potassium. It is low in calories and makes an ideal dessert - as long as you don't add too much sugar!

Rhubarb is in season from April, but 'forced' or indoor grown rhubarb is available in March. As its name implies, forced rhubarb has been made to grow outside its normal season in tightly controlled conditions. This produces rhubarb with tender, pinkish coloured stems, which have a delicate, juicy flavour.

Did You Know?

You should never eat the green leaves from rhubarb as they can be toxic!

Did You Know?

Rhubarb, although regarded as a fruit is in fact a vegetable!

There are hundreds of varieties of rhubarb, but among the better known are Timperley Early and Stockbridge Arrow, which are both excellent when forced.

Although usually associated with desserts, rhubarb is also great with pork, duck or oily fish served as a chutney or salsa.

Try out the recipes on the next page which bring rhubarb right up to date!



Rhubarb Chutney

Makes a 500ml jar of chutney

Ingredients

500g (1lb) rhubarb
 1 medium onion, finely chopped
 100ml (3½ fl oz) cider vinegar or white wine vinegar
 1cm (½ inch) piece of fresh ginger, peeled and finely chopped
 200g (8 oz) sugar
 ½ teaspoon salt

Method

Trim and wash the rhubarb, then slice it into fairly fine chunks.

Heat the onion, vinegar, sugar and salt in a heavy based pan, bring to a rolling boil and cook for about 5 minutes. Add the rhubarb, reduce the heat and simmer for about 15 minutes, until slightly thickened.

Whilst it is still hot, pour the chutney into a 500ml sterilised jar, and seal with a lid. The chutney will keep for up to a year if stored this way. It can also be used immediately - it's excellent as a dressing for smoked mackerel; just allow it to cool slightly and spoon over the fish. This chutney is also very good served with ham, Cheddar cheese, and pork or lamb chops.



Lamb and Rhubarb Stew

Serves 6

Ingredients

2 tablespoons (30ml) vegetable oil
 90g (3½ oz) butter
 2 large onions, sliced
 1 clove of garlic, crushed
 900g (2 lb) boned shoulder or leg of lamb, cut into large chunks
 2 teaspoons ground coriander
 800ml (1½ pints) hot vegetable stock
 20g (1 oz) fresh parsley, chopped
 A handful of fresh mint leaves, chopped - plus extra to garnish
 400g (14 oz) rhubarb, washed and cut into 2cm (1 inch) pieces



Method

Heat the oil and a third of the butter in a large casserole over a medium heat. Add the onions and cook for 15 minutes. Add the garlic and cook for a further minute. Remove with a slotted spoon and set aside in a bowl. Increase the heat, add half the lamb to the pan and brown all over. Remove with a slotted spoon and set aside. Add the remaining lamb and brown as before. Return the onions and lamb to the casserole, add the ground coriander and cook for 1 minute. Add the stock, cover and simmer gently for 1 hour. Season to taste.

Heat another third of the butter in a pan over a medium-low heat. Add the herbs and cook, stirring, for about 5 minutes. Stir into the stew and simmer, half covered, for about 30 minutes until the lamb is really tender.

Meanwhile, melt the remaining butter in a large frying pan. Add the prepared rhubarb and cook, stirring for 3-4 minutes, until just tender.

Stir the rhubarb into the stew. Serve with couscous or rice, and garnish with fresh mint.

Quick Rhubarb Crumble

Serves 2-3

Ingredients

Rhubarb Filling
 300g (12oz) rhubarb, cut into pieces
 1 large lemon, peeled and chopped
 1 teaspoon vanilla extract
 2 tablespoons ginger preserve
 100ml (4fl oz) lemon juice
 3 tablespoons honey
Crumble Topping
 300g (12oz) oat biscuits, crushed
 100g (4oz) hazelnuts, toasted and chopped

Method

Preheat the oven to 200°C, 400°F, Gas Mark 6.

Place all the rhubarb filling ingredients in a pan over a medium heat and cook for about five minutes, stirring often, until rhubarb is soft.

Transfer to an ovenproof dish. Mix the biscuits and hazelnuts together and sprinkle over the rhubarb mixture. Bake in the oven for approximately 10 minutes, until the crumble topping is golden brown and the rhubarb cooked through.

Serve with crème fraîche or ice cream.





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Partnership News

“AROUND THE WORLD IN 26 DAYS”

Service Users based at the Southill Day Centre, an outreach unit of The Ridgeway Day Services in Weymouth which provides social and educational opportunities for adults with a learning disability have been ‘travelling around the world’ exploring the many cultures and traditions of different countries.

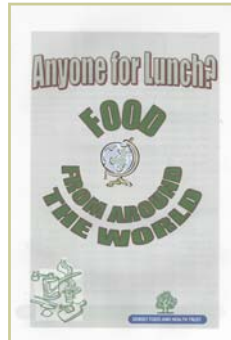
They have learnt from guest speakers about Muslim traditions and beliefs and the differences between living in the Gambia, West Africa and Weymouth. On an evening out they enjoyed celebrating the Chinese New Year at the Ming Wah Restaurant.

Jo Robinson, Day Services Officers at the Southill Centre together with Sally Knight from the Dorset Food and Health Trust devised a mini-project, to look at foods from other countries focusing on China, India and Italy. They aimed the course to look at where in the World the countries are, how the food types are transported to the United Kingdom and how the diet in the countries differ to ours. It has also given the service users the opportunity to cook and sample a variety of foods which many had never tried before and to compare them with our traditional English dishes.

The Trust undertakes projects to promote healthy lifestyles through healthy eating, in a direct response to the growing levels of obesity, within both children and adults. However, this was the first time the Dorset Food and Health Trust have undertaken a project working with adults with a learning disability which has been specifically designed to look at foods from other Countries, alongside the healthy eating message.

Both Jo and Sally agreed that it had been a really successful project which had seen the group appreciate how far some of our foods travel and how to cook food healthily. It was also encouraging to see how the attitudes of the group changed when they saw how the raw ingredients were made into delicious curry, stir fry’s and pasta bakes.

Jo Robinson commented that “we are always looking for new opportunities for our service users here at the Southill Centre to experience something different, something that they have maybe never tried, this has been a valuable experience for everyone in a group to work together. We are now going to share our experiences by holding our own in-house “Multi-Cultural Day” at the Day Centre where we will learn about the Jewish culture, have a buffet with service users cooking a range of foods tried out in the course, and a spot of Chinese kite flying”



Date For Your Diary..

The date for the next Dorset Food and Health Trust AGM has been set for Wednesday 3rd December 2008. Please put the date in your diary now. If your contact details change please ensure that we are informed of your updated details which should be emailed to: trudie@dorsetfoodandhealth.co.uk



Makes you think.....

Cheerfulness is the best promoter of health and is as friendly to the mind as to the body.

Joseph Addison