



Food for Thought

Issue 9

April 2009

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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POPP Project concludes....

Our 'Anyone for Lunch' project, funded by Dorset Partnership for Older People (POPP) which began in April 2007 concluded at the end of March 2009. Our two Project Workers, Sarah Rampton and Sally Knight have worked extremely hard to ensure successful outcomes and we are pleased to report that we have exceeded many of the targets initially set. When we started this project 2 years ago reaching our target numbers seemed a long way off. We were convinced of the value of cooking and eating together as a means of raising awareness of healthy eating issues, promoting social interaction and building self-confidence. But would the age group we were targeting feel the same? It seemed that they did, evidenced by the amount of interest generated across a broad spectrum of the 50+ generation. We have taken workshops to sheltered housing projects, carers groups, mental health drop-ins, stroke associations etc. as well as to interested individuals referred from events and advertising. All the groups have been different with varying demands, expectations and practical issues. The common denominator was bringing people together to work in a group producing a variety of meals and eating together. Without exception the groups all related to each other in some way; friendships were formed and skills discovered and rediscovered. Taking the workshops to where people lived or felt comfortable worked well. Although we sometimes struggled with quirky cookers; the basic equipment was shared by all, with nothing threatening or elaborate. Part of our thinking was proving that interesting healthy meals could be produced quickly and simply. Moreover, we were struck by the great sense of fun and good humour in the groups. Stories were told and re-told, people were gently teased and everyone laughed a lot - we couldn't ask for a more successful outcome than that!



We would like to take this opportunity to thank everyone involved in this project, especially Sally and Sarah who have worked so hard to ensure its success. Our special thanks also go to Sue Warr and the POPP team, and to all of the POPP wayfinders.

Sally and Sarah have now wound down events and developed the handover contacts for the new Project Worker who will continue to run elements of the cookery sessions under new funding acquired from the Tudor Trust.



Tudor Trust begins....



Following on from the success of the POPP project delivering cookery workshops for older people, we are delighted to announce that we have been successful in obtaining additional funding from the Tudor Trust to continue with this very popular work. Tudor Trust have granted us 2 years funding to continue and expand the cookery workshop element of the project. We will be working closely with groups who have experienced a major change in their lives, from bereavement to long term illness or disability which is affecting their or their families' lives. We will continue to run sessions for groups across Dorset as well as in Bournemouth and Poole.

We are pleased to have appointed Annie Newbury as the new Project Worker who will run the cookery sessions under the Tudor Trust funding. Annie joined the team on 20th April and will be working 14 hours a week, flexibly.

Sarah Rampton and Sally Knight - POPP Project Workers

Sarah Rampton

I started the autumn months with a full diary of events already arranged from the summer.

The needs of our participants proved interesting and challenging in their diversity, with many groups being made up of a broad mix of people of different ages and capabilities. I was surprised and delighted that we managed to attract some people in their nineties



Sarah Rampton

to some of our workshops. Without exception, all of the groups were heartily sorry when the last session came and really wanted to carry on. I am hopeful that some lasting friendships and networks of ongoing support were formed.

I have worked with people with physical difficulties (including sight loss), learning disabilities, those coping with diabetes and other dietary needs, carers, competent cooks in search of new ideas and some lonely and vulnerable people. I really feel that as the project became so well established in the county we were able to reach those who were most in need. Although there were other successes during the final months of the project, I would like to focus on my final set of workshops at

Rawson Court in Gillingham. I think that these last cookery sessions have been an excellent way to end this work and they also demonstrate all the positive benefits of the 'Anyone for lunch?' project.

Initially, it was quite hard and took several months to meet prospective Cookery Workshop participants in Gillingham. Eventually, with the help of the Signpost sheltered housing facility at Rawson Court we were able to set up a very well attended group. About half of the participants were resident at Rawson Court and the other half came from the wider community. This mix worked extremely well, as people were genuinely pleased to meet new friends and it was something that the Housing Officers at Rawson Court were keen to promote. There was a diversity of ages from mid fifties to late

eighties / early nineties. They enjoyed each others company so much that they have resolved to continue to meet - to enjoy food together, but also possibly art, craft, music and trips out as well. One of the very elderly ladies has been invited by the residents of Rawson Court to come and play their piano as she no longer has one of her own. She in turn is offering lessons to another member of the group. I left them, in animated discussion with ideas flying for what they would like to carry on and do. It was great to walk away and feel that 'Anyone for lunch' had been a catalyst for these people to come together and hopefully enjoy carry on meeting for a long time after our input has ended.

Sarah

Sally Knight

During the autumn months I worked in the Dorchester area following up on a range of referrals. Magna Housing asked me to work with 3 of their Sheltered Housing Projects and run soup making workshops.



Sally Knight

These have proved very popular; only simple equipment is required, but it offers lots of opportunities for discussions about vegetables, cost comparisons, local foods etc. Following a lot of referrals from the Fit as a Fiddle event I have run 4 workshops at Dorchester Community Church (Acland Road). I included a week in this course on Store Cupboard Cookery and using leftovers. We made chicken and pasta salad, tuna pasta bake and a pasta in cheese sauce with lots of additional steamed vegetables added. It worked well with lots of openings to talk about shopping, waste, storage etc.

I have also been working with Lyn Evans, the new manager at Acland Road Day Centre. She is very keen to involve the service users in as many practical and stimulating activities as possible. There are a lot of early onset Alzheimers as well as other age related conditions in the Centre. We had a soup making session in November and then a muesli, smoothies and cereal bars workshop. I returned to the centre in January to run some mixed sessions with some people from the day centre and some from Fit as a Fiddle referrals. Lyn was keen to try this as we both felt it would greatly benefit the service users to have some different faces to work with. From the first week

the group really took off, in fact they got on so well I had difficulty stopping the chatter! During January I worked with Abbots Court, a Sheltered Housing project in Lytchett Matravers, to cook a group lunch.

I also ran a series of 4 workshops in Puddletown village hall with referrals from the healthy Eating Event.

As the project concludes and I reflect on the last two years; working with this project has given me some tricky moments but also a huge amount of pleasure and great personal satisfaction – how many jobs give you that?

Sally

'Cooking for One' Cookery Book now available on CD

Thanks to Dorset Blind Association, we are pleased to report that the very popular 'Cooking for One' cook book which was produced by us last year, is now available to order on CD.

The book has been transcribed on to 2 CD's and there is a small charge applicable to cover the CD production costs. If you are interested in obtaining a copy please contact us for further information on (01202) 849111 or by email at office@dorsetfoodandhealth.co.uk



We would like to take this opportunity to thank Dorset Blind Association for producing what we are sure will be a really valuable resource.



Funding News

Incredible Edibles

We are pleased to announce that we have been awarded an 18 month commissioning contract to deliver more Incredible Edibles Tool Kits and Parent Packs, as well as the associated training, to Health Visitors and Children's Centre workers within the Dorset Primary Care Trust area. A large part of the contract is about evaluating the use of the Tool Kits and Parent Packs both with staff who are using them and with parents who are the ultimate beneficiaries of the project. Our Public Health Nutritionist, Naomi Evans will be the Project Worker leading this work.

Pre School Pilot

We have also been awarded a 12 month Dorset Primary Care Trust commissioning contract to pilot 6 programmes of work promoting healthy lifestyles to children aged between 2 and 4, and their parents. The 5 week courses will be run in Children's Centres in Weymouth, North Dorset and Christchurch. The course incorporates messages around healthy eating and portion sizes, cooking together, food related behaviour changes, physical activity and other non TV activities for toddlers to help keep them moving. The programme is aimed at families irrespective of their children's weight, as a preventative measure. There will then be a 3 month evaluation period of this project. Naomi Evans has developed the course material and will be delivering this exciting new programme of work along with Wendy Holden.

Schools Workshops

In addition, we have been commissioned by Dorset PCT to run a pilot of school lunch box and parent cookery sessions in selected Dorset schools over a 12 month period from April 2009 to March 2010. The Dorset schools selected are those looking to achieve healthy schools plus and who have identified obesity as their main theme; many of whom are also in areas that rank high on the indices of deprivation. Sarah Rampton and Sally knight will be working on this project with Sarah running healthy eating workshops with both children and parents; looking at healthy lunch boxes, food labelling, the balance of good health using the FSA Eatwell plate and the traffic light labelling system, as well as offering tasting sessions. Sally will be running cookery workshops directly with parents, teaching them basic cookery skills, how to cook nutritious meals on a tight budget, food labelling including the traffic light labelling system and looking at the balance of good health, again using the Eatwell plate model.

Food & Nutrition Initiative to support Obesity Management in Primary Schools

We have been awarded a 3 year contract from Bournemouth & Poole Teaching Primary Care Trust to support obesity management in primary schools. This contract will see DFHT project workers working directly with year 4 children in selected schools, following them through to year 6, to monitor changes in behaviour, eating patterns and weight. We will be working closely with East Dorset Community and Poole Hospital Dietetics department, who will work with 48 families over the 3 years with detailed intervention, engaging with children who are overweight or obese, or who have self reported poor dietary habits which are coupled with familial obesity. In the South West region, Bournemouth and Poole has the highest rate of overweight children. Locally, 31% of 10 to 11 year olds are overweight and of these, more than half (16.3%) are obese. A national study conducted by the Department of Health found that nearly 90% of parents of overweight children did not recognise the fact. This project aims to go some way to addressing these health inequalities.

Dorset Food and Health Trust AGM 2008



The Dorset Food and Health Trust AGM 2008 was held at East Dorset District Council Offices on 3rd December.

The event was well attended and we were pleased to welcome Toni Smith, South West Regional Co-ordinator for the Food Standards Agency as guest speaker. Toni delivered a very interesting presentation on the FSA's 'Saturated Fat and Energy Intake Programme' which was an advance taster of the new initiative launched in February 2009. The initiative aims to raise awareness of the health risks of eating too much saturated fat. The UK is currently eating 20% more saturated fat than UK Government recommendations. The campaign promotes a range of simple, positive and practical steps we can take to help improve our health and reduce the risk of developing diet-related illness. Following her presentation, Toni was able to gain feedback from those present on the resources they would like to see to support this initiative.

The meeting went on to deal with the usual business of the day including; reports from the Chair and Director, presentation of accounts, election of auditors etc. The meeting concluded with a buffet lunch, which was prepared by Dorset Food and Health Trust staff.

Copies of the Annual Report for 2007-2008 were circulated at this event. If you were not able to attend the AGM and would like us to send you a copy of the Annual Report please contact us on (01202) 849111 or by email at: office@dorsetfoodandhealth.co.uk

Copies can also be downloaded from our website at: www.dorsetfoodandhealth.co.uk



Toni Smith from the Food Standards Agency with Steve Duckett, Chair of Dorset Food and Health Trust

Partnership News

Dorset County Council

Bag for Healthier Life

Dorset County Council now have their 'Bag for Healthier Life' posted on the national Food Vision website as a best practice case study. Information on the bags can be found at:-
<http://www.foodvision.gov.uk/pages/bag-for-healthier-life>



Recipe for change - Important news for Food Producers

Food producers in Dorset may be interested to know that there is a new resource to help them make their food a healthier choice.

More and more people are becoming aware of what is in the food that they eat, and are making healthier choices at the checkout. There may be steps that you can take to make your food more appealing to health conscious consumers, and to improve the health of the community as a whole. Dorset County Council's trading standards service, with the help of Devon County Council, has produced a booklet called 'Recipe for Change'. This booklet will help you look at your products to see if they can be reformulated to help meet healthy eating targets set by the Food Standards Agency. These are:

- To reduce the average salt intake of UK adults from 9.5g to 6g per day.
- To reduce the average intake of saturated fat from 13.4% to 11% of food energy.
- To develop and implement a strategy which helps to reach a balance between calorie intake and energy output.

Recipe for Change tackles issues such as salt reduction, types of fats and how to reach a balance, portion sizes, sugar alternatives, healthy levels of sugar, fat and salt, and nutritional labelling.

It offers practical and realistic advice on how to reduce the levels of sodium, saturated and hydrogenated fats and sugars and how best to label your products so that consumers can easily see what they contain, which helps them make a healthy choice.

If you would like a copy of the 'Recipe for Change' booklet, please contact trading standards' business advice line on (01305) or (01202) 224702, or email tradingstandards@dorsetcc.gov.uk. Alternatively you can read it in PDF format on the 'Dorset For You' website by using the following link: [http://www.dorsetforyou.com/media/pdf/ff/i/Recipe_for_Change_\(Fa_64EC9\).pdf](http://www.dorsetforyou.com/media/pdf/ff/i/Recipe_for_Change_(Fa_64EC9).pdf)

Dorset Primary Care Trust



Healthy Choices is a joint initiative between the local NHS and commercial weight loss companies. Funded by Dorset PCT it offers practical support and guidance to help people attain and manage healthier lifestyles through local weight loss sessions.

Enrolment into *Healthy Choices* is by referral from your local health professional i.e. a GP or Practice Nurse. They will measure your height and weight, calculate your body mass index (which should be 28 or over to qualify) and discuss if *Healthy Choices* is right for you. *Healthy Choices* is a 12 week programme and is free for qualifying individuals on referral by their health professional.

For more information visit: www.dorset-pct.nhs.uk and click on the 'healthy eating' tab of the 'healthy living' section.

See page 6 for more Partnership News

Use Your LOAF!



Bread, in one form or another, has been one of the principal forms of food for man from earliest times. The trade of the baker is one of the oldest crafts in the world but that doesn't mean we should take it for granted or get bored with this staple part of our diet. Today bread is available in many shapes and forms, gone are the days of just finding white sliced bread on the supermarket shelves - so be adventurous, try a new variety, or even have a go at making your own! It really is more simple than you might think - it's a great activity to get the kid's involved in and kneading dough can be very therapeutic!

Try something new - instead of the usual sweet bread and butter pudding try a variation such as a savoury version like the Savoury Cheese and Tomato Bread Pudding recipe on the next page - you could also try adding flaked tuna to this recipe to make it into a more substantial meal.

Avoid waste by using a liquidiser or food processor to turn your leftover or slightly stale bread into breadcrumbs; freeze any you don't need right away for use on another day - these can be used as coating crumbs, to make stuffing or combine with nuts and seeds to make vegetarian nut roasts or burgers. You could also use them in recipes such as Apple Brown Betty - see the recipe on the next page.

However you decide to 'use your loaf' - be adventurous and try something different!



SAVOURY CHEESE & TOMATO BREAD PUDDING

(Serves 4)

6 slices wholemeal bread
 40g (1½oz) softened butter
 10ml (2 teaspoons) Dijon mustard
 4 fresh tomatoes
 2 medium eggs
 200ml (7 fl oz) semi-skimmed milk
 50g (2oz) Cheddar cheese
 Seasoning to taste



Preheat the oven to 200°C, 400°F, Gas Mark 6. Spread the bread with butter and mustard. Cut each slice into quarters.

Slice the tomatoes and put half of them in a layer in a greased ovenproof dish. Build up layers of bread, cheese and remaining tomatoes, leaving some of the cheese for the top.

Beat together the eggs and milk, season and pour over the bread pudding. Sprinkle the remaining cheese over the top and bake for 30-35 minutes until golden and crispy on top.

Serve with steamed broccoli.

APPLE BROWN BETTY

(Serves 4)

50g (2oz) butter
 150g (6oz) fresh breadcrumbs OR 75g (3oz) breadcrumbs and 75g (3oz) porridge oats
 900g (2lb) Bramley apples, peeled cored and sliced
 100g (4oz) caster sugar or soft brown sugar
 Juice and rind of 1 lemon
 1 teaspoon ground cinnamon
 A little demerara sugar



Melt the butter in a large saucepan or frying pan. Add the breadcrumbs and porridge oats if using. Stir over a medium heat for 5 minutes until the crumbs are crisp and golden.

Mix the apples with the sugar, cinnamon, lemon rind and juice in a bowl.

Press a third of the breadcrumbs into the bottom of an ovenproof dish; cover with half of the apple mixture. Add the next third of crumbs, then the rest of the apples and finally the last of the breadcrumbs.

Sprinkle with a little demerara sugar. Cover the dish with foil and bake at 200°C, 400°F, Gas Mark 6 for 20 minutes. Remove foil and continue baking for a further 20 minutes until apples are tender and the top is golden brown.

Variations:

- Try using different types of breadcrumbs; granary bread, multigrain, fruit bread or a mixture.



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Partnership News

Christchurch Food Festival Education Trust

Christchurch Food Festival Education Trust has been awarded charity status by the Charity Commission. The Trust was set up to continue and expand work done via the Christchurch Food and Wine Festival and is run by a Board of Trustees who include teachers, home economists and health specialists. Its aims, as stated in its Trust Deed, are: "To advance education and promote the health of the residents of Christchurch area by providing and/or assisting in the provision of education, training and guidance on nutritional health and food preparation." The Trustees have been working for the past year to organise a variety of projects to support and achieve their aims, including further work in schools and organising and funding courses with other sectors of the community which are now coming to fruition.

The Trust will be funding the popular Kid's Kitchen being held during the first weekend of the Food Festival, along with additional cookery demonstrations at the Clay Studio. They have also teamed up with Dorset Youth Service and Connexions to help young people not currently in education or employment to find out more about healthy eating and cooking on a budget. Six young people are taking a six-week course at the Lighthouse Youth Centre with chef Mark Mussell from The Old Vicarage at Hinton. The aims of the course are not only to teach the skills of budgeting and purchasing food economically and cooking some key healthy dishes, but also to improve the young people's self-confidence. During the first three sessions Mark Mussell has shown how to cook pizzas costing around 50p each and how to make six different dishes out of two chickens by using every part of whole birds, rather than buying filleted portions. Mark even managed to get hold of some pheasants from a local shoot and showed how to pluck and bone them. Mark said: "It's really good fun. It's nice to be able to teach others how easy it is to cook something from scratch rather than buying more expensive ready meals. It's cheaper but it's also a lot healthier."



Young people on the Lighthouse course with Chef Mark Mussell (centre)

One of the trustees of the Education Trust, Allan Wood, visited the course and was very impressed by what he saw. "I was amazed that, on their third session, the young people were given bags of vegetables and other economical products and, in a Ready Steady Cook challenge, had to come up with a starter and main course in less than an hour. What they produced was really inventive and very tasty. This is exactly what the Trust is there to achieve – introducing ideas about healthy and nutritious food which people may not otherwise have come across." Steve Cox-O'Rourke, Senior Youth Worker for Christchurch, said: "I am delighted that this project has taken place which illustrates partnership working on a local level. It's great to see The Lighthouse used for such a variety of activities and for the benefit of local young people."



Children at Burton Primary School with (from left) Julie Ratcliffe, chairman of the Trust, chefs Ian Hewitt and Jamie Fanger and the Mayor and Mayoress of Christchurch

The Trust has also given cookery demonstrations at a number of Christchurch schools including Burton Primary. The demonstrations at Burton Primary were carried out by chefs Ian Hewitt from The Ship in Distress and Jamie Fanger from The Crooked Beam who cooked dishes with an Indian theme. The Mayor and Mayoress of Christchurch, Cllr David Flagg and Denise Flagg, visited Burton Primary School to see the work of one of the Mayor's nominated charities in action. After the event, the Mayor said: "It's marvellous to see the children enjoying the interactive way the chefs go about preparing the food and teaching them how to cook as well as choosing healthy options. Ian and Jamie are doing a splendid job in passing on their knowledge and skills and I hope the children have learnt something about food they may not have tried before. The chefs may even have converted some children who previously thought they didn't like certain foods. I'm delighted to experience first hand one of my charities and see how the money is being put to good use in providing an education for our youngsters."

Date For Your Diary..

This year's Dorset Food and Health Trust AGM will be held on Wednesday 2nd December 2009 at 12.00 noon. It will be held at East Dorset District Council offices, Furzehill, Wimborne. 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.....

We should look for someone to eat and drink with before looking for something to eat and drink... - Epicurus