



FEEDING STOCKPORT

MAKING OUR FOOD MORE SUSTAINABLE IN STOCKPORT

OUR FIRST YEAR
PROGRAMME UPDATE

DEC 2014

Stockport

SUSTAINABLE
FOOD cities



Network Member



OUR FIRST YEAR...

As our first year draws to a close, we thought it would be good to reflect on some activity happening across the Borough. We aren't able to showcase everything as there is a fantastic amount of great work happening across the food system here in Stockport. By working together, building relationships, collaborating and supporting trade networks we are laying great foundations between us using food as a vehicle of change.

So at this festive period, we would like to say thank you to all our partners, supporters and sceptics in making us relevant and focused on where we want to go and how we want to do it. We look forward to working with you all in the New Year.

JEMMA - FEEDING STOCKPORT COORDINATOR.



Feeding Stockport is part of the Sustainable Food Cities Network. The programme is funded by the Esmee Fairbairn Foundation through Sustainable Food Cities (Soil Association, Sustain and Food Matters), with local funding from Stockport Council and Stockport Homes. Stockport is one of 6 cities/regions in the UK who have been selected to receive funding.

The programme is diverse and works on many different fronts, with the aim of improving the food system in and around Stockport for the benefit of our population. We are supporting public, private and voluntary organisations and community groups to make a difference. Collaboration, education, awareness raising, procurement and economic development are just some of the things we are trying to improve. The benefits of a more sustainable food system are far reaching: improving livelihoods, the environment, health and wellbeing, and ultimately making Stockport a fantastic place to live.

We work on six priorities and through this publication you will see how our current projects contribute to these priorities and the overall aim to make our food more sustainable in Stockport.

FEEDING STOCKPORT IS COORDINATED BY JEMMA GRIME OF THE KINDLING TRUST.



Feeding Stockport is supported by the Kindling Trust, a Greater Manchester social enterprise working for a just and ecologically sustainable society. Kindling sets up and supports progressive, practical projects that use food as a vehicle for tackling some of today's most pressing social, economic and environmental problems. Our eventual aim is to establish a farm and social enterprise centre close to Greater Manchester where we can bring together, demonstrate and build on all the initiatives we currently run.

Being part of the Sustainable Food Cities network through Feeding Stockport brings together the various strands of our work, collaborating with communities, farmers, businesses, food activists and policy makers to build a healthier, fairer and more sustainable food system. Kindling's other projects include FarmStart, the UK's first and only incubator farm for brand new organic veg growers (hopefully expanding to Stockport soon, read on for details!) Greater Manchester Land Army, taking city dwellers out to local farms to get their hands dirty and help out busy small-scale growers; and Manchester Veg People, a one-of-a-kind co-operative made up of both organic veg growers and buyers, including the University of Manchester.

A MESSAGE FROM THE CHAIR...

STOCKPORT FOOD PARTNERSHIP

The Feeding Stockport Food Partnership has been established to make the food system more sustainable in Stockport.

Re-balancing the food system looks beyond food and delves into the economic, environmental and health aspects of what we eat, how we eat it, where we eat it and how did the food take that journey from farm to fork?

This is a complex system and one that cannot be solved by working in isolation. By bringing together a range of organisations, projects and resources we aim to work on various aspects of the food system in ways which develop mutually beneficial relationships and improve the lives of our community at large.

As 2014 draws to a close, it is hard to believe that Feeding Stockport is approaching the end of its first year!

I have been privileged to chair and work with the Stockport Food Partnership since our first meeting in August. It has been inspiring to see how different members have embraced the idea of working together to improve Stockport's food system and explore how we can help the borough become more self-sustainable. As I am sure you can see from this newsletter, Feeding Stockport is ambitious in its aims and scope; covering many areas from procurement of food, the food business economy through to community growing and healthy eating.

There is no denying that food impacts us all. The partnership is successfully bringing together people from different spheres of society, all of whom are affected and influenced by 'food.' Naturally, there have been the various challenges associated with setting up something from scratch but I have been impressed by how quickly the partnership has evolved. We are already seeing evidence of collaboration, policy, influence and integration into a wide range of services across the public, private and CVS sectors. It is this engagement in change and willingness to share ideas/resources which I believe will carry us forward into 2015. I am looking forward to greater collaboration in the coming year and seeing how together we can build a more sustainable food system in Stockport.

Special thanks needs to go to Jemma (Feeding Stockport Coordinator) whose hard work and commitment should not go unnoticed, and without whom, we would not be where we are today!

I too hope that this newsletter inspires you to get more involved and to be part of Feeding Stockport.

Wishing you a Merry Christmas,

SARAH HAYNES - STOCKPORT FOOD PARTNERSHIP

CO-ORDINATED BY :



**FEEDING
STOCKPORT**

IN COLLABORATION WITH :



BUILDING COMMUNITY FOOD KNOWLEDGE, SKILLS & RESOURCES

FEEDING STOCKPORT PARTNERSHIP : COMMUNITY FOOD GROWING GROUP

The first meeting with representatives of community and voluntary groups, agencies and services from across Stockport with an interest in community growing met in October. It was a great opportunity to map out what's going on across Stockport, to share knowledge and experience, identify how we could all work together and develop support groups in the future. Members of the group have since met up and organised a community clean-up event during National Tree Week at Bridgehall Community Orchard.

The group are to meet again in February 2015 (venue and date tbc), to give an opportunity to catch up and find out more about what other community food growers and groups are doing in Stockport as well as meet some very special guests!! If you would like to hear more about our future events please contact

gemma.russell@stockporthomes.org or 0161 424 2914 or 07800 617834



BELMONT WAY GREEN SPACES PROJECT (HEATON NORRIS)

Residents around Heaton Norris Health Centre and Belmont Way are working with the local Groundwork team to bring the 'Incredible Edible' approach to the area.

With funding from Stockport Council's Strategic Housing Department, residents have devised a transformation of the planters, car parks and cul-de-sacs in their area. After meetings and walkabouts in the autumn, plans have been agreed that will see herbs, flowers, fruit bushes and trees replace some existing planting, as well as space for growing veg. Access, safety and play have also been prioritised, and a community garden will form part of the plans. Work will start in the New Year and, residents will be helping manage the spaces, followed by planting and growing workshops between March and May.

Liz Edwards, the Project Officer from Groundwork said...

"THOSE WHO GET INVOLVED WILL BE ABLE TO LEARN HOW TO CREATE EDIBLE LANDSCAPES AND BENEFIT FROM THE PRODUCE THAT WILL RESULT. SOME OF THE WORK WILL BE DONE BY CONTRACTORS, BUT WE'RE LOOKING TO RUN REGULAR VOLUNTEER SESSIONS WITH LOCAL RESIDENTS AND STAFF TEAMS FROM LOCAL BUSINESSES, WHERE PARTICIPANTS CAN LEARN PRACTICAL GARDENING SKILLS TOO"

Groups of residents are collaborating across Stockport to bring veg growing to public spaces. For more information about getting involved in the Belmont Way Green Spaces project, access veg growing training or get involved in a local community growing project contact Liz Edwards on 0161 220 1000 or email Elizabeth.edwards@groundwork.org.uk



GREEN & EDIBLE

During 2014 Stockport Homes' "Green and Edible" project has worked with over 600 residents to encourage them to get them active and involved in both their local green spaces and get them to think about the different ways that their green spaces and gardens can be utilised; for example growing their own foods.

After an initial physical audit of the greenspaces and through talking to local residents about their ideas, activities have included a programme of "Pop-up" gardens sessions, where residents learnt new skills and were encouraged to take away growing materials and equipment for them to grow their own vegetables.

Over 240 people participated in the sessions over the summer. One of them, Jenny Langton from Adswood, said...

"THE POP UP GARDEN HAS DEFINITELY OPENED UP THE MINDS OF SOME OF THE RESIDENTS, AND ONE OF OUR NEIGHBOURS IS GROWING A WHOLE RANGE OF VEG NOW IN HIS GARDEN WITH HIS DAUGHTER, I JUST HOPE YOU GET TIME TO INFLUENCE MORE PEOPLE"

Over 40 residents have attended 5 "Seeing is Believing" trips to bring new ideas and ways of doing things back in their own neighbourhoods. With trips to Incredible Edible Todmorden, The Incredible Farm in Walsden and Hulme Community Garden Centre inspiring many of our group.

Following the Pop-up gardens a programme of "Plant, Grow, Make" activities held at local community centres began. These sessions included; winter food seed planting, jam and chutney making, foraging fruit for free from local greenspaces, natural and recycled "Thriftmas" decorations and homemade wreaths.

If you would like to get involved in the Green and Edible Adswood and Bridgehall Project then please contact gemma.russell@stockporthomes.org or 0161 424 2914 or 07800 617834





BUILDING COMMUNITY FOOD KNOWLEDGE, SKILLS & RESOURCES



SUSTAINABLE LIVING IN THE HEATONS



Sustainable Living in the Heaton (SLH) is a group of local people who willingly volunteer their time and skills to make the Four Heaton even better, for now and the future. Volunteers from all walks of life plan and carry out activities that make a difference and help people learn about living a more sustainable lifestyle. SLH have been recognised for their efforts, recently winning the Best Community Project at the Manchester Evening News Environment Awards. Well done to all.

FOOD GROWING:

2014 has been a busy year for SLH as we have worked on creating yet more community herb beds. Our growing projects are all about community involvement. They are about getting to know neighbours and encouraging nearby residents and businesses to take an active interest in their local community. We want our attractive beds to act as a village pump, where local residents can more readily interact and have a chat. Our herb beds won't feed everyone but they are exemplars of what folks can do in their own backyards and gardens. They also act as an education tool and during the activity days people can ask 'What is this?', 'How would I use it in cooking?' and find out more.


The beds have been hugely popular with the local community and people are regularly seen stopping to read the notices and/or take some herbs to make their dinners even more delicious. The beds vary in size and shape and are located in both prominent and hidden locations. There are always volunteers willing to lend a hand to create the beds and SLH have been overwhelmed with the support provided by third parties including donations of good quality timber and Black Gold (compost to you and me!) which has been provided by local businesses.

We've identified two new locations for more community beds in 2015 and these will soon be under construction. SLH are always willing to have more volunteers so whether you are a dab hand at hammering bits of wood together and want to help out on the construction side or are green fingered and can help with growing or just want to find out more please do contact us via:

 07980 584445

 slheatons@gmail.com

 www.slheatons.org.uk

 www.facebook.com/slheatons

 @slheatons



TACKLING FOOD POVERTY & IMPROVING ACCESS TO HEALTHY, AFFORDABLE FOOD

CASU GREENMAN

CASU Greenman set up several years ago to support individuals' recovery from drug and alcohol dependency through working the land, running market stalls in some of Stockport's more disadvantaged areas and operating a wholesale produce delivery service.

Along with other partners, we are currently supporting and providing advice to CASU to fulfil the potential of their amazing site, where they currently have an acre of growing land and polytunnels, on a site the size of one and a half full-sized football pitches! The site has a huge amount of potential to increase local food production, improve users' health and wellbeing and much more, and we are really excited about what the next year will bring.

We would like to thank Caz, Col and Dianne from CASU, Jim and Fran from Stockport Growing Together In Partnership, Nick and Terry from Stockport Council, Sue from Bubble Enterprises, Graham from Carillion and Alan, Charlotte and Adam from Glebelands City Growers who are all working together on a model for this site which ensures it will continue to grow and reach its full potential.

PENNY LANE PANTRY

PLP is a community group, supported by Stockport Homes, for people living in the Central area of Stockport. Local residents can become members for £2 per week and in return, choose a weekly selection of food from the Pantry, which can be worth up to £15 depending on what's available. The Pantry is run primarily by local residents volunteering their time and is coordinated by Anna Jones from Stockport Homes. Currently, Anna is very busy on expanding the project into other areas in the borough.

Much of the Pantry's produce is supplied through FareShare, reducing food waste by diverting edible food to a good home instead of landfill. The Pantry also uses local suppliers for fresh fruit and veg. Projects of this type contribute to a range of positive outcomes; they reduce the ecological impact of the food system by reducing waste, improve skills and employability, support the local food economy and help to build stronger communities. Feeding Stockport is working with the Pantry to help build a more sustainable supply chain and provide advice and support around their food offer.



PLANNING AND PUBLIC HEALTH

In other news... Stockport's planning team have made the news in this month's Town and Country Planning magazine showing again how working together on the food, health and sustainability agenda can work for all of us. Well done Angie and the team. The article [Better Together – embedding health into all stages of the planning process at Stockport](#) nicely illustrates the partnership element and we are pleased to be linking into this with sustainable food.

TACKLING FOOD POVERTY & IMPROVING ACCESS TO HEALTHY, AFFORDABLE FOOD

THE GREATER MANCHESTER HOUSING PARTNERS ARE COMING TOGETHER TO WORK TOWARDS TACKLING FOOD POVERTY

Housing providers across Greater Manchester have increasingly been collaborating and working more closely with one another. Over the past year, the GM group discussed food poverty and the role of services such as FareShare and projects like Penny Lane Pantry (Stockport Homes). This coming year, on Tue 10th February the GM Housing partners will meet again and talk solutions, how we can support each other across GM and look to set up and support initiatives locally which help people out of food poverty.



These initial ideas could be anything from bulk-buying schemes, enabling the development of community shops, to community workshops around cooking on a budget. By sharing challenges we can work on solutions to this problem which is a high priority across all of our areas. Feeding Stockport is actively involved with developing solutions through a number of Stockport Food Partners.

If you're a housing provider interested in attending or would like to find out more please email julie.ralph@boltonathome.org.uk who is coordinating this event on behalf of the GM Housing Partners



THE HIGHGATE CENTRE BENTS AVENUE, BREDBURY

The new community space or hub at the Highgate Centre on Bents Avenue will be opening at the start of February 2015. It has been refurbished by Mossbank Homes and will be run as a partnership with local people and community groups. It will serve as a resource centre providing advice and training on employment and career opportunities, health and personal wellbeing and just as importantly will be a social centre to meet and talk with friends and neighbours and work on shaping the services which are of benefit to local people. There is great interest in establishing a group to work on development of land for a community garden and related food projects. This will involve collaboration with Feeding Stockport and other partners.

More information will follow in the new year regarding fun consultation events for all ages to be held at the centre.



HAWK GREEN ALLOTMENT PROJECT

We are expecting planning permission for the Hawk Green site on Waterside in the very near future. An enthusiastic grow your own food group has been established and we look forward to the start on site and conversations on what will be planted early in the new year.

For more information please contact

Lindsay.McAllister@mossbank.org.uk

PROMOTING A VIBRANT & DIVERSE SUSTAINABLE FOOD ECONOMY

STOCKPORT FOOD BUSINESS NETWORK

THE FORUM

The 24th Nov 2014 marked the first Food Business Network meeting in Stockport, designed to link up good food producers, caterers and retailers from within Stockport and its peripheries.

Feeding Stockport is working to improve and diversify the food offer in Stockport, supporting the local economy, enhancing the food culture and raising awareness around good food produced in a more sustainable manner. By this, we mean supporting artisan and traditional food producers, farmers and restaurants. In shortening our supply chains, using less processed food, improving traceability and establishing food provenance we hope to make Stockport a real 'food destination'.

This is a forum where Stockport food businesses can meet buyers and sellers of great local produce and share ideas, successes and challenges with like-minded people. Our first forum of interested businesses discussed the idea of a network focused on food which would act to introduce producers to buyers and create some trade relationships in and around Stockport. Our first meeting, kindly hosted by the Magnet Freehouse, has already yielded a product trial!

The wider group felt that a forum which could be the voice of the independent food sector would be advantageous and are keen to meet in the new year to resume discussions and look to grow the number of businesses in the network. If you are a local food businesses please contact jemma@kindling.org.uk so we can include you in our future FBN communications.



STOCKPORT MARKET

Stockport market used to be a hub of activity in previous decades but has suffered in a changing retail market and tough economic times. However, Stockport Old Town, which boasts the fantastic Victorian marketplace with its beautiful architecture has quietly been undergoing something of a revival, led by the brilliant Foodie Friday monthly food and drink festival.

Feeding Stockport has been working with many of the traders, discussing local food and drink, and it's been great getting to know more about them and what they can offer market customers. We've heard some excellent stories around heritage and provenance from the Gardiner family who have been on the market since 1918, Mark, a chef who owns Wally's fruit and veg is never short of a recipe or two, Simon from Ormans butchers who have reinvented themselves with their online FoodsForFitness business and Corin, championing craft beer at the successful High Peak Beer come Bottle Shop of Heaton Moor.

These traders in particular have challenged us to be relevant, do things differently and make a difference. Next year we will be challenging them. A special thanks to Paul Downs in supporting our integration and Pete Ashworth in looking to the importance of food when considering the strategic direction of the market.



FOODIE FRIDAY

@FoodieFridaySK

GREAT FOOD - GREAT BEER - GREAT MUSIC

6.00pm til 9.00pm

Stockport Market

next one...

Friday 19th December 2014

PROMOTING A VIBRANT & DIVERSE SUSTAINABLE FOOD ECONOMY

NEW FOOD BUSINESS IN STOCKPORT OLD TOWN PICKING UP SOME KEY SUSTAINABILITY POINTS!

PEDALLIN' GREAT COFFEE IN STOCKPORT OLD TOWN!

As many of you know, here at Feeding Stockport we love new ventures and something a little bit different that improves the sustainability of our food system. Well Tandem have brought a cycle friendly coffee house into the centre of Stockport.

So this is what Tandem say "Why Tandem? Well, we believe good things come in pairs. Like strawberries and cream, beans on toast, fish and chips - need we go on? Tandem is about grind-on-demand coffee with good cakes and good company, served in a cycle-friendly environment. Bakes and bikes. Another great pair. And to be fair, some of us are more about the bakes, whilst others are all about the bike (apologies for almost quoting a discredited someone there...) But when you come in and meet us, you can have fun trying to figure us out. And whichever camp you naturally fit into, you'll be welcome at Tandem Coffee House."

47, Lower Hillgate, Stockport, SK11JQ

WE HAVE SOME GREAT CYCLE FRIENDLY FOOD BUSINESSES AND WOULD LOVE TO SHOWCASE MORE, JOIN OUR FOOD BUSINESS NETWORK TO GET INVOLVED.



LOCAL PRODUCERS' MARKETS

Stockport is a great incubator for new food business talent with support provided by Stockport Council and Blue Orchid. More recently the libraries service in Stockport have also run a focused session on setting up a food business and offer resources in the libraries to help people get started.

We have some brilliant local markets in Stockport, including the excellent Heaton Moor Producers Market started by Amanda Fourie back in March 2010. Over its four years the market has grown in popularity with locals and traders alike. The location, originally on the Kushoom Koly car park, has now grown to expand down a good part of Shaw Road with Amanda marshalling the road closure when the market kicks off at 11am!

These markets have a great vibe, they sell fantastic artisan produce made by local people predominantly and act as a great 'test bed' for new ideas and products. We would love to hear from market organisers and new artisan producers across Stockport.

CONTACT jemma@kindling.org.uk



CAN YOU HELP KICKSTART NEW FARMING ACTIVITY AROUND STOCKPORT?

The Kindling Trust established the UK's first incubator farm for new organic veg growers in Cheshire two years ago to make the route into farming easier.

There are lots of people out there with a passion for working on the land and with new ideas and innovative approaches to sustainable food production. But for a new generation of people wanting to farm commercially there are huge barriers to starting out. Access to land, money and lack of commercial experience are all huge hurdles for new veg growers. FarmStart is an incubator farm for them to trial their food and farming business ideas in a low-risk way.

Now approaching our third growing season, sixteen people are being supported and we are looking for our second farm site... in Stockport!

So, if you know of a few acres of farmland going spare, would like to earn additional income by renting us land or would be interested in joining a Stockport FarmStart site, please email: alex@kindling.org.uk. Please help us spread the word and for more information visit: <http://kindling.org.uk/farmstart>



TRANSFORMING CATERING AND PROCUREMENT

SCHOOLS

Feeding Stockport would like to extend a warm welcome to Chloe Joyner who joins us for the next few months working on our School Food project. This project aims to share good practice around school food, supporting schools with the new school food standards and the catering providers who serve them. We would like to thank Sharon and Lisa from Solutions SK who have pledged some key actions and are taking great strides forward in their sustainable food journey. It is always a pleasure! Taylor Shaw are also active on this agenda and we have been pleased to see the monitoring and commitments made at head office through Jeff and more locally Trisha. We will be looking at supporting more local work across various providers in 2015.



FOR MORE INFORMATION PLEASE CONTACT
jemma@kindling.org.uk

SCHOOLS GROWING

Several schools in Stockport are embarking on, or successfully running growing projects with their children. These include St. Bernadette's CP, Cheadle Heath Primary and Norris Bank Primary and we have had interest from schools around the borough who see the benefit of outdoor activity around growing. We would like to hear from schools growing to add to our new directory and share good practice happening across the borough.



CONTACT
jemma@kindling.org.uk

FEEDING STOCKPORT PARTNERSHIP - ON THE ROAD...

FOOD ACTIVE - MANCHESTER

We've been adding our weight to the Food Active campaign, this time in "Developing effective local healthy weight policy and sharing good practice across the North West". With a workshop run in partnership with Stockport Council's Public Health Specialist Jane Jefferson, we showcased the importance of a strong Food Partnership in contributing to the wider sustainable food argument. Titled *Feeding Stockport: A cross-sectional food partnership utilising sustainable food as a key driver to support public health outcomes*, our workshop was really well attended and we had some great, challenging discussions with multi-disciplinary colleagues from around the North West.

UNIVERSITY OF SALFORD - URBAN FOOD

We have contributed to some research on urban food policies and practices which the University of Salford, led by Dr Mike Hardman, has been carrying out. We hope we have been of use! Mike has since offered to contribute to our Stockport Food Partnership, taking the academic seat round the table. Mike's focus is around food security, particularly attempts to introduce agricultural activity into cities, and he is a leading author on Guerrilla Gardening!

FOOD MATTERS LIVE - LONDON

We attended the very first Food Matters Live, a new annual event exploring the relationship between food, health and nutrition. It was great to see Food Provenance generate such a passionate debate, mainly through Jay Rayner Observer Food Critic and Emily Watkins, former Chef at the Fat Duck who now has her own restaurant celebrating local food. This debate drew one of the largest audiences of the day and some great points were made. Particularly interesting was the link consumers make when seeing a recycled packaging logo on the front of pack and the perception of good, natural provenance, something our Food Business Network Forum members were interested to hear.



SUSTAINABLE FOOD CITIES, OUR COLLEAGUES...

We have had several meetings this year with the other regions working on sustainable food as part of the funded pilot. Our colleagues in Liverpool, Newcastle, Bournemouth & Poole, Cardiff and Belfast are all making a strong impact in their areas, from promoting sustainable fish to challenging procurement in hospital settings.

We hope you have enjoyed this update and it has given you a taste for the sort of work we are involved in.

For more information please contact Jemma Grime
jemma@kindling.org.uk or call 07834 561258

www.feedingstockport.org.uk

