

Minutes from Bradford and Airedale Network Meeting – 14-9-12

Host Venue Bradford City Hall

Present: Jeannie Smith (Chair), Pam Bhupal, Cheryl Woods, Behla Hutchinson, Carlton Smith, Soraya Overend, Jane Robinson, Diane Berry, Zak Ansari, Nazia Naureen, Rehana Kauser, Kate Stanley, Arifa Masud, Parveen Purewal.

Apologies: Nirmal Bassi, Karina Addy, Kevin Warnes, Carrie Fennell, Damien Obrien

1) Welcome and Introductions.

2) Food Strategy Update – Pam Bhupal/ Carlton Smith - Bradford Council have officially adopted the 'Bradford District Food Strategy' it was endorsed by the Council in July 2011.

The very first Bradford Food Charter was written over 10yrs ago and set the standard for the country.

The aim of the strategy is to encourage communities and individuals to make better choices. There are 10 key aims within the action plan and 5 sub groups- * Land Availability (Especially mini allotments) *Health, *Food Industry, *Education and *Communications.

The action plan is a working progress and can be tweaked, if you have any suggestions please pass them onto Pam. Jeannie will send a highlighted copy out.

Pam completed a short exercise to identify any food projects in and around different areas of Bradford. This will help us get a wider picture of what is happening in Bradford. Pam will collate this information and send it out through the food Network.

3) Short film shown by Jane Robinson – to send the link

4) Food Website 'Be What you Eat' (www.bwhatyoueat.org.uk) - Kate Stanley
Everything to do with food will be on this new website. It is linked to the Diva website but it is a separate site - data and programming was used from the Diva site for the development of the new site. It is external from the council website. There is basic data on it at the moment.

Please have a look at it and send any suggestions to Kate. You can have a link on it and update data.

Jeannie: Healthy eating advice needs to be evidence based.

The active Bradford website (www.activebradford.org.uk) is managed by the Obesity team and they have been developing a 'Food Bradford' website this could now inform / join into one.

Zak: It should be modeled on the eat well plate, links to the dietetic website for advice on nutrition etc.

Nazia; suggested having this new website information on the diva site.

5) Steering group- A steering group needs to be formed. So far on the panel will be Jeannie, Zak, Carlton, Cheryl and Pam. Anyone else interested please contact Pam pam.bhupal@bradford.gov.uk

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The meetings are held 4 times a year, If you have any agenda items or information for the meetings please send to parveen.purewal@bradford.nhs.uk

6) Food Co-ops- Carlton: They are all going very well. 9/10 is active. Anyone can purchase fresh fruit and vegetables at reduced prices. Healthy Start vouchers are accepted at most Food Coops BCEP website has the full details www.bcep.org.uk. Anybody interested please contact Carlton. Kits to set up new food coops are provided.

7) Community Projects Update.

Bradford Ministry of Food - based in John Street Bradford (near Oastler Shopping Centre) **Soraya Overend** Project Manager gave an update on the Bradford Ministry of Foods achievements within the last year. Ministry of food has been running for 3 years now and has delivered 36 x 10 week programmes which are very successful. Capturing hard to reach groups, learning disabilities, senior's, school children, families on budgets, young offenders, basically anyone who wants to learn to cook and gain valuable life skills. Work experience is available for students.
Contact Tel Number: **01274 435279** or email Soraya.overend@bradford.gov.uk for further information.

Arifa Masud, Nutritionist at Café West- Delivers cook and eats, Luncheon clubs, and recently completed the obesity healthy weight training and will now deliver the 12week Healthy weight programme. Struggling with getting the community engaged at the moment.

BCEP – Behla Hutchinson - Allotment Projects offering free gardening groups in Bradford which are linked to the food co-ops. Ethos is grow, harvest cook and eat..! BCEP are targeting at risk groups. Sessions are taking place at Haycliffe Lane, Wibsey Community Garden, Project 6 and Queens Road. Transport costs are offered.
Contact Behla on Tel: 01274 223236 or email behla@bcep.org.uk for further details.

BCEP - Jane Robinson also works predominantly with three allotments across the Bradford District on food growing projects and cook and eats . there is a demonstration garden at Westbourne Green. A planting a garden at Project 6 in Keighley. Jane runs awareness raising events such as 'Apple Day' on 7-10-2012 at Bowling Park.

Pam Bhupal- Environment officer- Promoting the new strategy and coordinating the sub groups by working alongside other health professionals.

Zak Ansari- Dietitian- There is a huge drive towards awareness of Vitamin D deficiency. Continued work with BIB (Born in Bradford).
Training will be provided for Capability Capacity Nutrition educators.

Jeannie Smith- Public Health Obesity Lead (Children's), Currently running two children's weight management programmes MEND for families. A new weight management for parents of overweight / obese children called 'B Healthy'. Other work areas include the 'Bradford District Children's Obesity Strategy' a pathway for a predictor app for BiB, Workplace HealthyWeight.

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Good Neighbour Project Holmewood- Diane Berry

The Café is open Monday to Thursday from 11am -1pm .

The Fruit and Vegetable Food Co-op is open Wednesday to Friday .

There are approximately 100 customers per week at the café, which is open to all and co-op is a lot cheaper than supermarkets.

They have a furniture store items are very cheap. Please get in touch if you have any unwanted items- diane-berry@btconnect.com

Bradford University - Jackie Tankard- Course Leader please get in touch if you could offer a student placement- j.tankard@bradfordcollege.ac.uk

Hale - Cheryl has recently come into post. Starting cook and eat sessions and will be looking into an IGTprojet .

Obesity Team – Public Health – NHS Airedale Bradford and Leeds – Parveen Purewal

Currently running 13 Healthy weight across Bradford and Airedale. Criteria = BMI over 28.

MEND programmes also running in the Bradford area for Obese children aged 5 to 7 years of age and 7 years to 13 years of age. For further information please contact:
Tel: 01274 202801.

If you would like to know what is going on in your area with regards to any exercise classes or any other sporting activities please check out the Active Bradford website on www.activebradford.org.uk.

This site is for anyone who is interested in physical activity and sport in the Bradford District. Not only can you search for activities, but also find information on Bradford's Community Sports Network and Local Sports Alliances, BIG initiatives, resources, funding, training, volunteering, coaching and recent news. There is also the Events Calendar which details sports events that are taking place across the District. If you or you know of anyone who is interested in taking part in a physical activity or sport then the Active Bradford Directory is the place to start!

8). AOB

Agenda items for the next meeting: Update on

- Food strategy,
- 'be what you eat' website.

9) The next meeting:

Date: Monday 3rd December

Time: 1.30pm

Venue: Douglas Mill

We look forward to seeing you here

Please note that if you would like to park your car in the carpark area that you will need to come in to reception and ask for a visitors/parking permit.