



Medway Food
Partnership

MEDWAY FOOD PARTNERSHIP NEWSLETTER
ISSUE 7: WINTER 2022 EDITION

MEDWAY FOOD NEWS

Your seasonal update from Medway Food Partnership

MEDWAY FOOD PARTNERSHIP ANNUAL EVENT



In this issue: Medway Food Strategy, Food For The Planet Grant, Fit and Fed Programme, Food For Life Update, and More...



Medway Food Partnership Annual Event

The Medway Food Partnership 2nd Annual Network Event took place on Thursday 10th November 2022.

Opened by the Mayoress of Medway, the event had a great turnout out of over 80 members attending from the voluntary sector, NHS organisations, wider council departments, local businesses, and residents. There was a marketplace giving partners the opportunity to showcase their work, spark conversations and gave the chance for networking. There were interactive sessions for recipe ideas, ways to connect the partnership into individual workstreams and gained ideas for weaving food

into a healthy lifestyle for the 3rd Phase of the [Medway Can](#) campaign.

We heard from some fantastic speakers including special guests from OHID (Office from Health Improvement and Disparities – formerly Public Health England), University of Greenwich, Nigerian Association, Produced in Kent, Sustain and Agriculture and Farming. The event was closed with a thought-provoking speech from our Public Health portfolio holder, Cllr David Brake.

If you were unable to attend the event and would like to view the presentations from the day, please email foodpartnership@medway.gov.uk

Medway Food Strategy

The Medway Food Partnership is currently writing a 5-year food strategy spanning across 2023 to 2028.

We know that to transform Medway's food culture and food system requires a joined-up strategic approach and committed long-term collaboration between individuals and organisations across every sector and at every level, from community grassroots and third sector organisations to businesses and council leaders. Key to achieving this are: a strong cross-sector food partnership and an inspiring and ambitious food vision backed by a clear strategy and action plan.

Therefore, this food strategy will serve as a framework to achieve our vision of creating an

environment that supports sustainable access of healthy food, skills, and education for all, building healthier communities and better futures for everyone in Medway.

To ensure key stakeholder views and priorities are incorporated into the strategy, we are keen to hear from you at: foodpartnership@medway.gov.uk

Do not miss out on the opportunity to have your say!

Food for the Planet Grant

Food for the Planet is helping local authorities, businesses and organisations take simple actions to tackle the climate and nature emergency through food.

Grants of up to £5,000 are available to any UK local food partnership, local authority or community group.

New grants have been launched by Sustain as part of the Food for the Planet project. The grants aim to support communities to campaign and advocate to make food in their area better for people and the planet. Applicants are encouraged to propose their own ideas for great local action but should focus on areas that have a big impact locally. The deadline for applications is 5pm, 10th of February 2023.

More information about the grant and how to apply can be found [here](#).



High Fat, Salt, Sugar Advertising Consultation

We still have some way to go in reducing our Childhood Obesity Targets but one thing we can do is input in the consultation for advertising restrictions on TV and online for products high in fat, salt or sugar.

For more information visit the website.

Fit and Fed Programme

For the second year in a row, to help address holiday hunger in our community, we ran a festive version of our Fit & Fed program. This was made possible, thanks to the support of MedwayGo through the Holiday Activity Fund and a kind donation of recipe ingredients from the Morrisons community team in Walderslade.

We ran for three days in the lead-up to Christmas Eve and on this occasion, we welcomed back Mike our community chef who each day prepared a warm, delicious nutritious lunch.

Despite the wet weather and no access to the school field, it was our busiest Christmas to date with over 50 young people joining us each day to be immersed in a world of sporting and creative activities provided by our delivery partners including Nucleus Arts, Olympia Boxing, Sport On Your Doorstep, Street Games.

We were also delighted on the last day to be joined by Luton Road very own Santa Claus to bring some even more festive joy.



Food for Life Update



It has been a busy few months for the Food for Life programme in Medway!

The first face-to-face training session for staff was held in November: 21 staff attended from schools and Medway Council. The training provided a great introduction to the Food for Life programme, focussing on a recipe and giving staff the knowledge and skills to develop growing and cooking with pupils in their settings. Some of the feedback included:

“ Being the student made it easy to see how to replicate... it was so inspiring hearing how other schools have used your materials. It was brilliant! Informal, interesting, inspiring.

There will be more Food for Life training sessions available for staff throughout 2023 so watch out for upcoming dates.

The brand-new Learning and Skills hub is now live, including a wide range of resources and inspiring case studies to support settings in running food and farming related activities. You can browse the different sections covering cooking, growing, farming, food nutrition and early years education.

There are now 17 schools enrolled on the Food for Life programme and schools have started submitting evidence towards their Food for Life School Awards. Schools who enrol on the Food for Life programme receive for free:

- 1:1 support
- A wealth of resources including curriculum links, lesson plans, online training, growing calendars, recipes, and more
- Face to face training opportunities on cooking, developing growing, and farm links
- Access to the coveted School Award framework.

Remaining spaces to enrol for this academic year are limited – if you are a school in Medway and would like to find out more, please contact the Food for Life Programme Manager, Grace Dennis, on gdennis@soilassociation.org



Medway Go

MedwayGo is a holiday activities and food programme that is delivered over the Easter, Summer and Christmas school holidays to children aged 5 – 16, eligible for free school meals (benefit-related).

Over 1000 children joined some of the exciting events that were on offer from MedwayGo over the Christmas holidays. Children from all over Medway took part in over 65 different events that included sports, theatre trips, football, swimming, theatre skills, dance, creative arts and so much more. All programmes offered children the opportunity to take part in physical activities, learning about food and nutrition and a hot, healthy meal at the end of each session.

All meals were provided locally from providers who are local to Medway, and ingredients that were sourced locally. The meals were all made with a variety of healthy, and nutritious ingredients and made to school food standards. This ensures that children do not miss out on a healthy meal like they would be having at school.

Plans are underway for the Easter programme which will be running from Monday 3rd April – Thursday 6th April 2023.

For more information about MedwayGo or to register for future events, please visit our [website](#). Please also see our [blog](#) for regular activities and information for children to do at home.



MedwayGo

Medway Can

[Medway Can](#) moves to phase 3 of the yearlong campaign, marked by an event at the Pentagon Centre on Friday 27 January. During the day we invited shoppers to watch cookery demonstrations, take part in some light activity and talk to one of the Medway Can team about health and wellbeing. People that took part in an activity had the chance to take away some ingredients to make the recipes at home. Medway Can reached a major milestone this month achieving its objective of getting Medway residents to move round the world, by logging their miles on the website.

Phase 3 will also see some targeted work within workplaces, promoting the benefits of a healthy diet to employers and employees. We will also continue the successful engagement work within schools and nurseries.



Subgroup Updates:

Subgroup 1: Poverty, Food Security & Emergency Food Support

This subgroup is progressing with their work to tackle food poverty in Medway by exploring funding opportunities to kick-start the Medway Food Hub. We are also updating the mapping of food provision and access across Medway to support those in need, especially during the winter season.

The amazing work of our partners continues as they supported an incredible estimate of **16,976** households on a monthly basis in 2022. This built on the work of previous years where **7,654** food parcels were delivered during Christmas in 2020 and **16,357** in 2021.

If you feel you have something to add to this area of work or would benefit from attending subgroup 1 meetings for your organisations, please email: oluseyi.obadare@medway.gov.uk

Subgroup 2: Healthy Food For All & Education/Skills

The healthy food for all and education and skills subgroup are progressing with their work to educate community members on healthy eating and improving cooking skills by providing cookery courses for all ages.

[Find out more about our family cookery classes here.](#)

The group has also been working to map growing projects and are exploring funding opportunities to support these. With the culturally diverse Eatwell guides in circulation, our current focus is to evaluate their uptake and usage. If you/your service users have accessed the cultural Eatwell guides, we would be grateful if you could [complete the evaluation form](#).

To get further information or contribute to this subgroup, please email zikra.khan@medway.gov.uk

Subgroup 3: Climate Change

This subgroup focuses on the environment and how food can be supportive of sustainable practices and the climate change agenda. The subgroup has continued to promote the nation-wide water Refill scheme with local businesses with support from City to Sea. Currently 66 Medway businesses are signed up to the scheme.

The sub-group has also set new priorities for the year. These include:

- Establish a clear communications plan and toolkit with the aim of increasing the number of Medway businesses signed up to the Refill scheme.
- Develop a resource to explain the link between food and climate change to our residents and partners. Also, to develop a list of practical food solutions/ pledges that our residents and partners can take to help address climate change.
- Use the Sustainable Food Places application process as the catalyst for tracking, monitoring and co-ordinating food work into a strategic approach which aligns with Medway's Climate Change Action Plan.
- Explore the Every Mouthful Counts toolkit for Local Authorities to identify where big emissions savings can be made through food and to help establish the next set of priorities.

If you would like to be part of the climate change subgroup, please email: foodpartnership@medway.gov.uk

Subgroup 4: Business and Procurement

This subgroup is continuing to review its healthy vending into a simplified version ready to support businesses in working with vending suppliers to transition to healthier vending offers. The group will continue work in the new year to encourage uptake of more food related businesses to join the Medway Food Partnership and increase healthy vending and water refill across all Medway Businesses. A toolkit to promote the MFP to businesses and the benefits to be gained by becoming a member is now available and face to face meetings with potential new members are taking place. If you are a local food business who either produces or manufactures food and would like to join us, then please do get in touch via vicki.broome@medway.gov.uk or foodpartnership@medway.gov.uk



Subgroup Updates (continued):

Subgroup 5: Oral Health

The Oral Health subgroup met in September to discuss the ideas for actions from the Strategy Launch event covering what we are already doing and what we could do to meet the three main priorities (listed below) and improve the oral health of Medway Communities.

- Increase fluoride application through regular toothbrushing routines birth to old age
- Reduce the free sugars in diets of service users and communities
- Joint working to increase attendance for regular dental checks birth to old age

The issues around accessing NHS dentistry remains a difficult topic. NHS England announced phase 1 of the NHS Dental Contract review in July with the aim of increasing NHS appointments and encouraging dentists to remain working in the system. Children under the age of 18, pregnant mothers (and 12 months after the birth) and vulnerable people on various benefits are entitled to free NHS dental treatment.

NHS Helpline 111 or Kent Dental helpline: 0300 123 4412

[Visit the NHS website for more details.](#)

Oral Health training has been delivered to a variety of professionals at Shawswood Residential and Dementia Care Home.

November was Mouth Cancer Action Month, promoting awareness of the early warning signs of mouth cancer and how everyone can check their own mouth to reduce late stage diagnosis. For more informations visit the [Dental Health website](#), or [watch this short video](#).



Special Mention to our Food Partnership Members this year:

