

## AFAL 2007/8 nomination summaries

### Title: **Grow your Grub!**

Location	Vale of Glamorgan
Contact name	Marie Johnson
Contact address	Local Public Health Team, 2 Stanwell Road, Penarth, CF64 3EA
Contact telephone	02920 350 671
Contact email	marie.johnson@nphs.wales.nhs.uk
Activity	Health education, Food and Fitness, School nutrition, Cooking skills, Growing food, Physical activity
Target groups	Children Primary school aged, Learning difficulties
Summary	Grow your Grub! is an innovative idea which promotes a comprehensive 'Farm to Fork' approach of teaching alongside using non-traditional items to grow fruit and vegetables due to a lack of 'green space'. The aim of this project is to improve fruit and vegetable consumption by increasing children's knowledge and experience of growing healthy foods. Running over six consecutive weeks the 2 hour workshops cover planting seeds, garden maintenance, healthy eating, the global context of food, sensory experiences of tasting, active living and basic food preparation skills. They have also produced a bilingual resource booklet for use by other schools and voluntary organisations.

### Title: **Food for Thought. Café Coed**

Location	Newport
Contact name	Bob Barry
Contact address	Unit 7, The Shopping Centre, Duffryn, Newport, NP10 8TE
Contact telephone	01633 816916
Contact email	<a href="mailto:bob@duffryncomlink.org.uk">bob@duffryncomlink.org.uk</a>
Activity	After-schools club, Catering, Health education, Breakfast club, Community Café, Food provision, Cooking skills, Food Co-op
Target groups	Children 0-1 years of age, Children Primary school aged, Families, Learning difficulties, Men, Older people, Professionals and practitioners, Single parents, Young adults, Children 1-4 years of age, Low income consumers, Pregnant women, Women
Summary	This project provides a high quality, safe café facility and service, using fresh and affordable ingredients, to sell healthy snacks and drinks. The café aims to educate and inform eating habits while providing good wholesome food at minimal cost, and has arranged and delivered training covering basic food hygiene, food preparation skills and customer care.

**Title: Gellideg Foundation – Cooking in schools**

Location	Merthyr Tydfil
Contact name	Martin Suttleworth
Contact address	Flat 2 Winchfawr House, Landbury Road, Merthyr Tydfil, CF48 1HA
Contact telephone	01685 383929
Contact email	<a href="mailto:martin@gellideg.net">martin@gellideg.net</a>
Activity	Health education, Food and Fitness, School nutrition, Cooking skills
Target groups	Children primary school aged
Summary	This is a practical cooking course that aims to encourage children and young people to understand the importance of a healthy lifestyle through discussion, practical cooking and lifestyle sessions.

**Title: Food Matters/BWYD o BWYS Wrexham**

Location	Wrexham
Contact name	Amy Roche
Contact address	Dietetics Department, Wrexham Maelor Hospital, Croesnewydd Road, Wrexham, LL13 7TD
Contact telephone	01978 727159
Contact email	<a href="mailto:amy.roche@new-tr.wales.nhs.uk">amy.roche@new-tr.wales.nhs.uk</a>
Activity	Health education, Food and Fitness, School nutrition
Target groups	Children secondary school aged
Summary	This project is a peer led food and nutrition training programme for year 9 pupils. Young people can acquire food & nutrition skills and knowledge, and also have an impact on their local community. The project aims to increase awareness of the principles, and increase access to, a healthy balanced diet.

**Title: Bwyd y Byd / World Food**

Location	Merthyr Tydfil
Contact name	Ann Evans
Contact address	Ysgol Santes Tudful, Queens Road, Merthyr Tydfil, CF47 0HE
Contact telephone	01685 722212
Contact email	<a href="mailto:office@santestudful.merthyr.sch.uk">office@santestudful.merthyr.sch.uk</a>
Activity	Health education, Food provision, School nutrition, cooking skills

Target groups	Children Primary school-aged
Summary	This one-day event involved volunteers coming into the school and teaching pupils about where food comes from, different cultural foods and various tasting sessions. The project aimed to raise awareness of how different people from across the world prepare, eat and grow food.

**Title: Encouraging Healthy Eating within my Comprehensive School**

Location	Blaenau Gwent
Contact name	Mair Johns
Contact address	Abertillery Comprehensive School, Abertillery, Blaenau Gwent, NP13 1YL
Contact telephone	01495 217121
Contact email	<a href="mailto:Mair.johns@blaenau-gwent.gov.uk">Mair.johns@blaenau-gwent.gov.uk</a>
Activity	Breakfast club, School nutrition, Tuck shop
Target groups	Children Secondary school-aged
Summary	The aim of the project is to encourage pupils to eat healthily. The School's Nutrition Action Group (SNAG) organised a range of activities including a fruit tuck shop, breakfast club and healthy workshops for year 7 pupils.

**Title: Whopper Shocker**

Location	Rhondda Cynon Taff
Contact name	Isla Horton
Contact address	Fairbridge in the Valleys, 6 Station Street, Porth, RCT, CF39 9NR
Contact telephone	<a href="tel:01443688012">01443 688012</a>
Contact email	<a href="mailto:fitv@fairbridge.org.uk">fitv@fairbridge.org.uk</a>
Activity	Catering, Health Education, Weight Management, Breakfast club, Food and Fitness, Healthy heart, Physical activity
Target groups	Alcohol and drug misusers, Learning difficulties, Men, Single parents, Young adults, BME, Children Secondary school-aged, Homeless people, Low income consumers, Mental health problems, Pregnant women, Women
Summary	This project aims to improve the eating habits and budgeting capabilities of young NEET (not in education, employment or training) people. The course educates young people on how to plan meals, budget for items, as well as how to cook meals, integrating 5 portions of fruit and vegetables per day for under the price of a whopper meal (£4.77).

**Title: Rural North Flintshire Food Co-op**

Location	Flintshire
Contact name	Nikki Booth
Contact address	Rural North Flintshire Family Centre, Nant Y Gro, Gronant, LL19 9YP
Contact telephone	01745 859710
Contact email	<a href="mailto:Nikki.booth@flintshire.gov.uk">Nikki.booth@flintshire.gov.uk</a>
Activity	After school clubs, Food delivery, Community café, Food co-op
Target groups	Children 0-1 years of age, Children Primary school aged, Families, Men, Older people, Single parents, Young adults, Children 1-4 years of age, Restricted access, Women
Summary	This food co-op provides fresh, affordable, locally grown produce to socially isolated residents. The co-op provides a delivery service to the house bound or elderly residents. Recipe tips and nutritional advice is also included in the food bags to reinforce the healthy eating message.

**Title: Bywyd Lach y Moelwyn**

Location	Gwynedd
Contact name	Mrs Bini Jones - Governor
Contact address	Ysgol y Moelwyn, Blaenau Ffestiniog, Gwynedd, LL41 3DW
Contact telephone	01766 762608
Contact email	N/A
Activity	Catering, Health education, Weight management, Breakfast club, Food and Fitness, School nutrition, Youth clubs, Cooking skills, Physical activity
Target groups	Children Primary School-aged
Summary	The aim of this project, which ran over 3 evenings a week, was to link healthy eating to fitness and health promotion within the school. Activities included setting up a working group to look at healthy eating, removing the school vending machines, food theme days, visits by professional chefs and aerobic sessions for staff and pupils.

**Title: Potty Potato**

Location	Powys
Contact name	Jane Booth
Contact address	11 Wildwood Court, Oldford, Welshpool, Powys, SY21 7UU
Contact telephone	01938 552684

Contact email	<a href="mailto:Boothj1968@aol.com">Boothj1968@aol.com</a>
Activity	Food co-op
Target groups	Children Primary school aged, Families, Older people, Single parents, Low income consumers
Summary	The project main activities are providing fresh fruit & vegetables at affordable prices to the local community while promoting 5-a-day and healthy eating messages.

**Title: Plas Cybi Volunteers**

Location	Anglesey
Contact name	Bill Hart
Contact address	15 High Terrace, Holyhead, Anglesey, LL65 1SP
Contact telephone	01407 763026
Contact email	<a href="mailto:kbhart@serangoon15.fsnet.co.uk">kbhart@serangoon15.fsnet.co.uk</a>
Activity	After-school club, Food delivery, Health education, Food and Fitness, Food co-op, Tuck shop
Target groups	Cardiovascular disease, Children 0-1 years of age, Children Primary school-aged, Children 1-4 years of age, Children Secondary school-aged, Families, Learning difficulties, Men, Older people, Professionals and practitioners, Single parents, Young adults, BME, Low income consumers, Mental health problems, Pregnant women, Women
Summary	This is a food co-op that allows all members of the community to access good quality fresh fruit and vegetables at affordable prices.

**Title: White Rose Primary after School Cookery Club**

Location	New Tredegar, Gwent
Contact name	Jan Lloyd
Contact address	White Rose Primary, School Street, New Tredegar, Gwent, NP24 6DW
Contact telephone	01443 828060
Contact email	<a href="mailto:Janlloyd40@hotmail.com">Janlloyd40@hotmail.com</a>
Activity	After school club, Health education, Food and Fitness, Cooking skills
Target groups	Children Primary school-aged, Families
Summary	This project is a weekly after school cookery club for year 4 pupils which educates children about eating a healthy balanced diet and where food comes from alongside basic cooking skills. The pupils cook two dishes during a session where they are encouraged to participate in all aspects of the preparation and cooking including the clearing up. The pupils take home the food they have prepared to share with their families.

**Title: Eating well in the Early Years**

Location	Llandudno
Contact name	Anne Owen
Contact address	Conwy & Denbighshire NHS Trust, Argyll Road Clinic, Argyll Road, Llandudno, LL30 1DF
Contact telephone	01492 862005
Contact email	<a href="mailto:Anne.owen@cd-tr.wales.nhs.uk">Anne.owen@cd-tr.wales.nhs.uk</a>
Activity	Health education, School nutrition, Food co-op
Target groups	Children 0-1 years of age, Children Primary school-aged, Families, Learning difficulties, Children 1-4 years of age, Children Secondary school-aged, Low income consumers, Teachers and learning assistants
Summary	The school nurse team in the area deliver lessons to local schools on healthy eating, oral health and hand washing. They also deliver sessions with teaching staff on healthy choices, sessions with parents on food labels, shopping and cooking at home.

**Title: Bwyd o Bwys**

Location	Cardiff
Contact name	Eleri Griffiths
Contact address	Waterhall Youth Centre, <a href="#">Heol Pentrebaen, Fairwater, Cardiff, CF5 3PZ</a>
Contact telephone	02920 564766
Contact email	<a href="mailto:egriffiths@cardiff.gov.uk">egriffiths@cardiff.gov.uk</a>
Activity	After-school clubs, Catering, Health education, Weight management, Food and Fitness, Healthy heart, school nutrition, Breastfeeding, cooking skills
Target groups	Children 0-1 years of age, Children Primary school-aged, Children 1-4 years of age, Children Secondary school-aged
Summary	This project allowed a group of pupils to undertake a Level 2 OCN course and then taught them to disseminate the information to the community through the medium of Welsh. The aim of this was to raise awareness of healthy eating and trying to change attitudes to food.

**Title: IntergeneRATIONS**

Location	Cardiff
Contact name	Nick Corrigan
Contact address	Fairbridge De Cymru, 42 The Parade, Cardiff, CF24 3AD

Contact telephone	02920 303910
Contact email	<a href="mailto:nick.corrigan@fairbridge.org.uk">nick.corrigan@fairbridge.org.uk</a> <a href="mailto:de_cymru@fairbridge.org.uk">de_cymru@fairbridge.org.uk</a>
Activity	Health education, Weight management, Food and Fitness, Cooking skills
Target groups	Alcohol and drug misusers, Families, Older people, Single parents, Young adults, BME, Children Secondary school-aged, Homeless people, Low income consumers, Mental health problems, Pregnant women
Summary	The aim of this project is to provide young people with an understanding of cooking on a budget. This project brought together two generations from one community through the medium of food, and an activity designed to stimulate discussion and learning. The challenge was a cook-off to find out which group could make the most tasty/thrifty dishes with limited ingredients/budget and then to compare dishes and recipes at the end.

**Title: Season's Cooking Club**

Location	Cardiff
Contact name	Lynne Andrews
Contact address	St Paul's Vicarage, Llanmaes Street, Grangetown, Cardiff, CF11 7LR
Contact telephone	02920228707
Contact email	<a href="mailto:lynnemandrews@aol.com">lynnemandrews@aol.com</a>
Activity	Health education, Cooking skills
Target groups	Families, Men, Single parents, Young adults, BME, Low income consumers, Women
Summary	This project helps parents learn how to cook healthy foods while learning nutritional information. The cookery classes also allow participants to work towards the Open College Network (OCN) Level 1 qualification – Cooking for all.

**Title: Mums Matters**

Location	Cardiff
Contact name	Lynne Andrews
Contact address	C/O Women's Workshop, Clarence House, Clarence Road, Butetown, Cardiff, CF10 5FB
Contact telephone	029 2022 8707
Contact email	<a href="mailto:lynnemandrews@aol.com">lynnemandrews@aol.com</a>
Activity	Health education, physical activity

Target groups	Single women, Women, Mothers, Grandmothers and Carers of Children
Summary	This project is a support group for mums, to encourage them to learn new skills and promote a healthy lifestyle for families. Activities include nutrition talks, juice bars and aerobic classes.

**Title: Pembrokeshire Health Promoting Pre School Project**

Location	Haverfordwest
Contact name	Mary MacDonald
Contact address	NPHS Pembrokeshire, Unit 5, Merlins Court, Winch Lane, Haverfordwest, SA61 1SB
Contact telephone	01437 771233
Contact email	<a href="mailto:Mary.macdonald@nphs.wales.nhs.uk">Mary.macdonald@nphs.wales.nhs.uk</a>
Activity	After-school clubs, Catering, Health education, Breakfast club, Food and fitness, Food provision, Breastfeeding, Cooking skills, Physical activity
Target groups	Children 0-1 years of age, Families, Professionals and practitioners, Children 1-4 years of age
Summary	The project aims to encourage healthy lifestyles, especially with regard to food & fitness for preschool children and their families. The pilot was based in two nurseries which also run breakfast clubs, after school clubs and holiday clubs. The activities and experiences encourage children to make decisions about healthy food choices, highlighting the relationship between diet, oral health & general health, while emphasising the importance of health and exercise.

**Title: Bush Tucker Trail**

Location	Blaenau Gwent
Contact name	Karen Harris
Contact address	Coed Y Garn Primary school, Parrot row, Blaina, Blaenau Gwent, NP13 3AH
Contact telephone	<a href="tel:01495290044">01495 290044</a>
Contact email	<a href="mailto:coeygarn.primary@blaenau-gwent.gov.uk">coeygarn.primary@blaenau-gwent.gov.uk</a>
Activity	Catering, Health education, Breakfast club, Food and Fitness, Food and Fitness, Food Provision, Healthy heart, school nutrition, Growing food
Target groups	Children 0-1 years of age, Children Primary school-aged, Families, Learning difficulties, Men, Professionals and practitioners, Single parents, Children 1-4 years of age, Children Secondary school-aged, Low income consumers, Pregnant women, Women
Summary	This project aims to encourage parents to provide a healthy and wide range of foods for their children. It involves classes trying various foods, with each child marking on an evaluation sheet their likes and dislikes. This is then taken home by the children and accompanied by recipe suggestions for the parents. A Health Matters course ran alongside this project for the parents, looking at food choices and preparing meals with their children.

**Title: C3 Training Programme (Children Cooking in the Classroom)**

Location	Rhondda Cynon Taff
Contact name	Ann Quirke & Kerry Robinson
Contact address	Rhondda Cynon Taff Local Public Health Service, Ymysmeurig House, Unit 3, Navigation Park, Abercynon, Cf45 4SN
Contact telephone	01443 744886
Contact email	<a href="mailto:Kerry.robinson@nphs.wales.nhs.uk">Kerry.robinson@nphs.wales.nhs.uk</a>
Activity	Health education, Food and Fitness, School nutrition, Cooking skills
Target groups	Children Primary school-aged
Summary	<p>The C3 (Children Cooking in the Classroom) Training Programme consists of a three day training course for teachers and learning support assistants designed with three main elements</p> <ul style="list-style-type: none"> <li>• Food hygiene theory</li> <li>• Healthy eating/ nutrition theory (HFSD)</li> <li>• Practical ways to undertake cookery in the classroom including a 'hands on' cookery session</li> </ul>

**Title: Cyrenians Community Centre – (Owl and Parrot Café & Nine Carrots Food Co-operative)**

Location	Swansea
Contact name	Clare Evans
Contact address	<p><b>All postal enquiries:</b> C/O Cyrenians Cymru, 124 Walters Road, Swansea, SA1 5RG</p> <p>Centre address: Cyrenians Community Centre, High Street, Swansea</p>
Contact telephone	07887 803108
Contact email	<a href="mailto:claire.evans.cyr@btconnect.com">claire.evans.cyr@btconnect.com</a>
Activity	Health education, Community café, Cooking skills, Food Co-op
Target groups	Alcohol and drug misusers, BME (Black & Minority Ethnic Groups), Homeless people, Low income consumers, Mental health problems, Community
Summary	<p>The project is aimed at homeless and vulnerable adults and uses a 'bottom up' approach to community development to engage and involve hard to reach groups in an innovative, friendly and appropriate way. The Café provides an opportunity to promote well-being of those who are socially excluded whilst providing healthy and nutritious food at a subsidised cost. The Co-op provides access to affordable fresh fruit and vegetables and has the potential to build links with the wider community through an open door policy. Activities also include basic cookery skills, a recipe exchange with local BME groups and taster days to promote healthy choices.</p>

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**Title: Small Steps.....to healthier eating**

Location	Rhondda Cynon Taff
Contact name	Sue Wing
Contact address	Rhondda Cynon Taff Local Public Health team, NPHS, Ymysmeurig House, Unit 3, Navigation Park, Abercynon. CF45 4SN
Contact telephone	01443 744900
Contact email	<a href="mailto:Susan.wing@nphs.wales.nhs.uk">Susan.wing@nphs.wales.nhs.uk</a>
Activity	Health education, Weaning and early childhood nutrition, behaviour change
Target groups	Children 0-1 years of age, Children 1-4 years of age, Families, Men, Professionals and practitioners, Single parents, Low income consumers, Women
Summary	The Small Steps project resource pack was designed to help key professionals to support families in addressing issues relating to infant and toddler feeding. The pack contains background information, leaflets for parents outlining key messages and a booklet to help guide families through the process of making and planning changes. A series of practical workshops has also been developed for parents, including informal activities to promote discussion as well as practical cooking for feeding babies and toddlers.

**Title: Clued Up On Food**

Location	Rhondda Cynon Taff
Contact name	Kerry Robinson
Contact address	RCT Local Public Health Team, Ynysmeurig House, NPHS, Unit 3, Navigation Park, Abercynon, CF45 4SN
Contact telephone	01443 744886
Contact email	<a href="mailto:Kerry.robinson@nphs.wales.nhs.uk">Kerry.robinson@nphs.wales.nhs.uk</a>
Activity	Health education, School nutrition
Target groups	Children Primary school-aged, Teachers in primary settings
Summary	This project produced the resource (in the form of a CD-ROM), 'Clued up on food: A whole school approached to food and nutrition', for teachers in primary schools. The project was developed to create optimum environments in which healthy eating behaviours are encouraged and supported within the school setting. Sections on the CDROM include; healthy eating tips for parents, research on dining room environments and a section containing 17 lesson plans.

**Title: Childhood Obesity Family Intervention – The Healthy Dragons Club**

Location	Rhondda Cynon Taff
Contact name	Tracy Taylor
Contact address	RCT Local Public health Team, NPHS, Ymysmeurig House, Unit 3, Navigation Park, Abercynon, CF45 4SN
Contact telephone	01443 744900
Contact email	<a href="mailto:Tracey.taylor@nphs.wales.nhs.uk">Tracey.taylor@nphs.wales.nhs.uk</a>
Activity	Health education, Weight management, Food and Fitness, Cooking skills Physical Activity, Behaviour change
Target groups	Families, Professional and practitioners, Single parents, Children aged 9-11 years
Summary	The project is a multi-component, family based intervention initiative to help and support obese children and their families with weight management. It is a ten-session programme, which includes work on Food and nutrition, Physical activity and Psychological & behaviour change.

**Title: Co-op Bwyd Ysgol Tanygrisiau**

Location	Blaenau ffestiniog
Contact name	Mrs Hazel Hughes
Contact address	Ysgol Tanygrisiau, Blaenau ffestiniog, LL41 35U
Contact telephone	01766 830795
Contact email	<a href="mailto:pennaeth@tanygrisiau.gwynedd.sch.uk">pennaeth@tanygrisiau.gwynedd.sch.uk</a>
Activity	Food delivery, Health education, Food and Fitness, Food provision, Healthy heart, Food Co-op
Target groups	Children Primary school-aged, Children 1-4 years of age, Families, Older people, Single parents, Low income consumers
Summary	This project aims to raise awareness amongst families of the importance of a healthy diet, of eating fresh fruit and vegetables, and then supplying these at a reasonable cost. The project informs the community of the food co-op service, using the school as the focus point for receiving all the orders. The children then participate in sorting the fruit and vegetables into bags.

**Title: Trigonos / Ilysiu Lleu – Gardening and Health**

Location	Gwynedd
Contact name	Judy Harris
Contact address	Trigonos, Plas Baladeulyn, Nantlle, Caernarfon, Gwynedd, LL54 6BW

Contact telephone	01286 882388
Contact email	<a href="mailto:info@trigonos.org">info@trigonos.org</a>
Activity	Local market, Food provision, Growing food
Target groups	Families, Older people, Low income consumers
Summary	This project was developed with Llysiau Lleu to promote healthy eating and sustainable land use – to make good food easily available to local people at a price they can afford. They wish to reduce ‘food miles’ by encouraging the local market to widen the variety of home produce, hoping to expand their own production to meet the growing demand. They offer support, advice and practical help in the cycle of land preparation to marketing.

**Title: Bryncynon Over 60’s Dinner and Dance Club**

Location	Mountain Ash
Contact name	Julie Penny
Contact address	The Feel Good Factory, Bryncynon Healthy Living Centre, Abercynon Road, Matthewstown, Mountain ash, CF45 4XL
Contact telephone	01443 479018
Contact email	<a href="mailto:healthylivingcentre@hotmail.co.uk">healthylivingcentre@hotmail.co.uk</a>
Activity	Catering, Food Provision, Physical Activity
Target groups	Men, Older people, Low income consumers, mental health problems, Restricted access
Summary	This project seeks to reduce social isolation and increase confidence to positively affect health and well-being. The Dinner and Dance Club provides the participants with a wholesome meal demonstrating an excellent way of combining healthy eating with physical activity amongst a vulnerable group of the community.

**Title: Smoothie Time**

Location	Cardiff
Contact name	Carmen Lewis
Contact address	Occupational Therapy Department, Whitchurch Hospital, Park Road, Cardiff, CF14 7XB
Contact telephone	029 2033 6568 / 07971329696
Contact email	<a href="mailto:Carmen.lewis@cardiffandvale.wales.nhs.uk">Carmen.lewis@cardiffandvale.wales.nhs.uk</a>
Activity	Health education, Rehabilitation, Weight management, Breakfast club, Food and Fitness, Food provision, Cooking skills
Target groups	Alcohol and drug misusers, Men, Low income consumers, Mental health problems, Restricted access

Summary	The aim of this project was to promote healthy eating to inpatients at Whitchurch hospital. Choosing fruits, preparing and then making the smoothies are activities that encourage the patients to develop skills and confidence, encouraging them to keep this up when they leave hospital and return to the community. The sessions also give the opportunity to socialise with other patients and the staff.
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**Title: Catwg Country Store**

Location	Neath
Contact name	Lisa Kethro
Contact address	Catwg primary School, Main Road, Cadoxton, Neath, SA10 8BL
Contact telephone	01639 642731
Contact email	<a href="mailto:Catwg.pri@npt.gov.uk">Catwg.pri@npt.gov.uk</a>
Activity	Health education, Food and Fitness, Food provision, School nutrition, Food co-op
Target groups	Children Primary school-aged, Families
Summary	This is a food co-op run by year 6 pupils, to provide affordable, locally grown fresh fruit and vegetables to the school community. The project is trying to achieve an increase of the uptake of 5 a day, develop an understanding of good nutrition, and provide access to healthy food, while extending relationship between the school, the parents and local community.

**Title: Fuel Up**

Location	Porth
Contact name	Nic Isacc
Contact address	Porth County Community School, Cemetery Road, Porth, CF39 OBS
Contact telephone	01443 682137
Contact email	<a href="mailto:Pccse3@hotmail.com">Pccse3@hotmail.com</a>
Activity	After-school clubs, Catering, Farmers market, food delivery, health education, Breakfast club, Community café, Food and Fitness, Food provision, Healthy heart, school nutrition, Youth clubs, Cooking skills, Food co-op, Physical activity
Target groups	Children Primary school-aged, Children Secondary school-aged, Families, Learning difficulties, men, Older people, Professional and practitioners, Single parents, Young adults, Catering staff, Low-income consumers, Mental health problems, Restricted access, Women
Summary	This project aims to encourage young people and members of the local community to develop an understanding of healthy eating and well being, while trying to increase the number of young people who participate in physical activity. Activities have included a 3-day whole

	school event and a fuel up fair, which aimed at information sharing and raising awareness of the support services available to young people and their families, during and outside the school day.
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**Title: Budding Cooks Club**

Location	Bridgend
Contact name	Mrs Margaret Lloyd
Contact address	Ogmore Vale Primary School, Aber Road, Ogmore Vale, Bridgend, CF32 7AJ
Contact telephone	01656 815640
Contact email	head.ogmorevaleprimary@bridgend.gov.uk
Activity	After-school clubs, Health education, Food and Fitness, Cooking skills, Growing food
Target groups	Children Primary school-aged, Families
Summary	The Budding Cooks Club is held weekly and engages children through a combination of practical and theory sessions. The project aims for the children to develop a greater understanding of where food comes from, while facilitating community involvement. There is also the key promotion of the 5-a-day message and the health benefits of a balanced diet. Physical activity is also encouraged through gardening.

**Title: Rockfield Food Co-Op**

Location	Monmouth
Contact name	Geraldine Parker
Contact address	Red Lion Cottage, Rockfield, Monmouth, NP25 5QB
Contact telephone	01600 713037
Contact email	Gmparker1@talktalk.net
Activity	Health education, Food provision, Healthy heart, Food co-op
Target groups	Families, Men, Older people, Professionals and practitioners, Single parents, young adults, Low income consumers, Women
Summary	This is a food co-op that aims to encourage people to eat more healthily and increase the fruit and vegetables in their diet. The project also provides a meeting place for the older members of the community and provides an opportunity for sharing recipes and food tips.

**Title: Happy Heart Group**

Location	Bangor
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Contact name	Mandy Tilston-Viney
Contact address	ARC Cymru, 3A Mentec, Ffordd Deiniol, Bangor, LL572UP
Contact telephone	01248 361990
Contact email	Mandy.tilston-viney@arcuk.org.uk
Activity	Health education, Healthy heart, Cooking skills, Physical activity
Target groups	Families, Learning difficulties, Men, Young adults, Women
Summary	The Happy Heart group is a 7 week course, aimed at raising awareness of the importance of healthy eating and exercise in reducing heart disease for people with learning disabilities and their carers. It increases awareness of heart disease, the importance of maintaining a healthy heart, and exploring the implications of lifestyle choices. Participants are also referred on to community-based activities to encourage them to continue their health improvements after the sessions.

**Title: Thursday Cooking Group**

Location	Cardiff
Contact name	Jon Mason
Contact address	C/O 4Winds Centre, 65 Clare Road, Grangetown, Cardiff , CF11 6QP
Contact telephone	02920 388144
Contact email	<a href="mailto:jon@4winds.org.uk">jon@4winds.org.uk</a>
Activity	Health education, Community café, Food provision, Cooking skills, Food budgeting
Target groups	Learning difficulties, Men, Older people, Professionals and practitioners, Single parents, Young adults, BME, Homeless people, Low income consumers, Mental health problems, Women
Summary	The 4winds Thursday cooking group gives an opportunity for community members to come together, to prepare, and eat freshly made food for £1 a session. The group aims to improve physical health by providing only healthy ingredients and aiding peoples' financial circumstances by only charging £1 a session. The project also meets social and cultural needs by recognising some of the obstacles that may prevent social interaction.

**Title: Mostyn Food Co-Op**

Location	Mostyn
Contact name	Joyce Gannon
Contact address	28 Ffordd DDyfrdwy, Mostyn, CH8 9PF
Contact telephone	<a href="tel:01745854881">01745 854881</a>
Contact email	<a href="#">Not available</a>
Activity	Food delivery, Weight management, Food and Fitness, Food provision,

	Healthy heart, Food co-op
Target groups	Families, Men, Older people, Single parents, Young adults, Low income consumers, Pregnant women, Women
Summary	The project promotes healthy eating by producing fresh, affordable produce in a rural area, while encouraging local residents to be creative with their produce by issuing recipes. This food co-op targets the aged and infirm of the community by delivering to those who cannot pick up the bags and providing smaller quantities for pensioners and single people. This scheme also provides vital interaction to the many elderly and socially isolated members of the community.

**Title: Pen Yr Ewfys – Allotment Project**

Location	Cardiff
Contact name	Stephen James
Contact address	182a Cowbridge Road East, Canton, Cardiff, CF11 9NE
Contact telephone	029 20388715
Contact email	steve.james@penyrenfus.org <a href="mailto:judith.james@penyrenfys.org">/judith.james@penyrenfys.org</a>
Activity	Health education, Rehabilitation, Food and fitness, Food provision, Growing food
Target groups	Alcohol and drug misusers, Homeless people, Mental health problems
Summary	This allotment has been set up for use by people overcoming alcohol and other substance abuse and aims to improve overall nutritional standards of the service users by educating them about healthy eating whilst providing fresh air and exercise. The fruit and vegetables grown on site are used in Dyfrig House - the residential hostel where education about healthy eating takes place.

**Title: Blaenymaes Food Co-op**

Location	Swansea
Contact name	Julie Morgan
Contact address	86-90 Blaenymaes Drive, Swansea, SA5 5NF
Contact telephone	01792 580902 / 07809 883518
Contact email	<a href="mailto:blaenymaesdic@yahoo.co.uk">blaenymaesdic@yahoo.co.uk</a>
Activity	After-school clubs, Farmers market, Healthy education, Rehabilitation, Weight management, Breakfast club, Community, Food and Fitness, Cooking skills, Food Co-op, Growing food, Physical activity, Tuck shop
Target groups	Alcohol and drug misusers, Children primary school-aged, Families, Learning difficulties, Men, Older people, Single parents, Young adults, BME, Children 1-4 years of age, Homeless people, Low income consumers, Mental health problems, Pregnant women, Women

Summary	This Food co-op is open to all community members, enabling people to access fresh fruit & vegetables, as well as raising awareness of the healthy eating message. There is also a gardening project on-site and the projects have run cookery courses for service users in the past.
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**Title: Changing Lifestyles**

Location	Porth
Contact name	Emma Alcock
Contact address	RCT People First, Old Bank Buildings, The Square, Porth, CF39 9NP
Contact telephone	01443 683037
Contact email	<a href="mailto:rctpeoplefirst@yahoo.co.uk">rctpeoplefirst@yahoo.co.uk</a>
Activity	Health education, Food and Fitness
Target groups	Learning difficulties
Summary	This project has been designed for people with learning difficulties to help them implement and maintain a healthy lifestyle. The project provides training on healthy eating, budgeting and diabetes. There are also sessions on physical activity, and signposting to slimming clubs.

**Title: Cosy Kitchen (Thornhill)**

Location	Torfaen
Contact name	Barry Smith
Contact address	<a href="#">Thornhill Community Centre, Leaddon Court, Thornhill, NP44 5TZ</a>
Contact telephone	<a href="tel:07742221621">07742 221621</a>
Contact email	<a href="mailto:barry1bowls@hotmail.co.uk">barry1bowls@hotmail.co.uk</a>
Activity	Catering, Health education, Community café, Food and Fitness, Food provision, Healthy heart, Cooking skills, Food Co-op
Target groups	Alcohol and drug misusers, Cardiovascular disease, Children 0-1 years of age, Children Primary school-aged, Families, Learning difficulties, Men, Older people, Professionals and practitioners, Single parents, Young adults, BME, Catering staff, children 1-4 years of age, Children Secondary school-aged, Homeless people, Low income consumers, Mental health problems, Pregnant women, Restricted access, Women
Summary	Set up to promote healthy eating, this initiative provides a weekly cooking session where local volunteers of all ages provide formal and informal training opportunities for residents. Using produce from their own food co-op, the participants prepare healthy soups before sitting down together to enjoy them. A small fee is charged to cover the cost of the produce making this a sustainable initiative which has also produced a 'simple soups' cook book to accompany their work.

**Title: Cook It! Pembrokeshire**

Location	Pembrokeshire
Contact name	Sarah d'Ivry
Contact address	2D County Hall, Pembrokeshire, SA61 1TP
Contact telephone	01437 775794
Contact email	<a href="mailto:Sarah.divry@pembrokeshire.gov.uk">Sarah.divry@pembrokeshire.gov.uk</a>
Activity	After-school club, Catering, Food delivery, Health education, Food and Fitness, School nutrition, Cooking skills, Growing food
Target groups	Children Primary school-aged, Children Secondary school-aged, Families, Professionals and practitioners, Young adults, Catering staff, Low income consumers
Summary	Provides detailed and effective training for key staff to deliver cookery sessions and the project looks to influence the food choices made by young people. The main activities are cookery sessions incorporating advice on healthy eating, budgeting and food safety, together with shopping lessons and information about local seasonality. Families are invited at the end of the course to enjoy a meal prepared by the children.

**Title: Food and Fitness group for the Black and Minority Ethnic Community**

Location	Swansea
Contact name	Bethan Francis-Hopkins
Contact address	Sure Start Office, Gorseinin, Swansea NHS Trust, SA4 4UU
Contact telephone	<a href="tel:01792895940">01792 895940</a>
Contact email	<a href="mailto:Bethan.hopkins@swansea-tr.wales.nhs.uk">Bethan.hopkins@swansea-tr.wales.nhs.uk</a>
Activity	Health education, Food and Fitness, Physical activity
Target groups	BME
Summary	This project aims to recognise and promote the need for a healthier way of life, to raise awareness on the prevention of developing culturally related illnesses i.e. diabetes, coronary heart disease. Cooking classes are provided to educate on reducing salt, sugar and fat intake. The project also encourages physical activity by holding 4 workout sessions a week, including aerobic classes and out door events such as walking.

**Title: 1,2,3.....Eat healthily Education Resource Pack**

Location	Llanelli
Contact name	Caroline Nichols
Contact address	Carmarthenshire Local Health Board Unit 5 Parc Dafen, Heol Cropin, Dafen, Llanelli, SA14 8QW <b>(NB this is also NPHS address)</b>

Contact telephone	01554 744468
Contact email	<a href="mailto:Caroline.nichols1@nphs.wales.nhs.uk">Caroline.nichols1@nphs.wales.nhs.uk</a>
Activity	Health education, Food and Fitness, Cooking skills, Physical activity
Target groups	Children Primary school-aged, Families, Learning difficulties, Men, Older people, Professionals and practitioners, Single parents, Young adults, Catering staff, Children Secondary school-aged, Homeless people, Low income consumers, Mental health problems, Women, Basic skills
Summary	This OCN accredited resource pack aims to address knowledge and skills around healthy eating and physical activity. The resource is structured into ten units, and can be used with individuals and groups who have basic skills needs, and with those who don't. Units include work on the five food groups, food labelling and healthier cooking. The pack enables individuals to challenge their own attitudes to diet and activity levels in order to make informed choices.

### **Title: Healthy Eating on a Budget – Basic Cookery Skills Courses**

Location	Powys
Contact name	Cath Smith
Contact address	Mid Wales Food and Land Trust, Frolic House, Frolic Street, Newtown, Powys, SY21 ODD
Contact telephone	01686 622388
Contact email	<a href="mailto:cath@midwalesfoodandlandtrust.org.uk">cath@midwalesfoodandlandtrust.org.uk</a>
Activity	After school-club, Health education, Rehabilitation, Cooking skills
Target groups	Children 0-1 years of age, Children 1-4 years of age, Children Secondary school-aged, Families, Men, Single parents, Young adults, Low income consumers, Mental health problems, Women
Summary	This project aims to give all individuals the knowledge, skills and confidence to choose fresh seasonal ingredients and to prepare meals from scratch. Each cookery course consists of a series of two-hour cookery sessions (usually between six and ten sessions). The course is open to all people who meet the funding criteria, regardless of skill level and background.

### **Title: Healthy Eating Teen Cuisine Project**

Location	Flintshire
Contact name	Carolyn Preece
Contact address	Deeside College Commercial Service Kelsterton Road, Connah's Quay, Deeside, Flintshire, CH5 4BR
Contact telephone	01244 831531 Ext 4788

Contact email	<a href="mailto:c.preece@deeside.ac.uk">c.preece@deeside.ac.uk</a>
Activity	Advice provision, Cooking skills, Health education, School nutrition, Catering, Healthy heart, Food and Fitness, Training, Youth clubs
Target groups	Children 0-1 years of age, Children Primary school-aged, Children 1-4 years of age, Children Secondary school-aged, Women, Single parents, Low income consumers, Ethnic minority group, Alcohol and drug misusers, Workforce
Summary	Teen Cuisine is a College led initiative designed to create a better understanding of nutrition and healthy eating in year 9 and 10 pupils across Flintshire. This project aims to give the pupils practical life skills including basic cookery, the importance of a healthy balanced diet and the promotion of independence. The initiative promotes a reduction of consumption of saturated fats, salt and sugar and an increase in consumption of fruit, vegetables and other foods containing essential nutrients by providing them with practical knowledge, information and skills.

### **Title: Swansea Community Farm**

Location	Swansea
Contact name	Kari Lusac
Contact address	Swansea Community Farm, 2 Pontarddlais Road, Fforestfach, Swansea, SA5 4BA
Contact telephone	<a href="tel:01792578384">01792 578384</a>
Contact email	<a href="mailto:kari@swanseacommunityfarm.org.uk">kari@swanseacommunityfarm.org.uk</a>
Activity	Catering, Farmers market, Health education, Breakfast club, Food and Fitness, Food provision, Cooking skills, Growing food, Physical activity
Target groups	Children Primary school-aged, Children 1-4 years of age, Children Secondary school-aged, Low income consumers, Older people, Families, Single parents, Young adults, Local people from a disadvantaged community
Summary	The Healthy Living Activity Days are part of a wider initiative to create a welcoming, supportive centre that reduces social exclusion and increases community coherence. The Healthy Living Activity Days were developed specifically to encourage and empower local people to lead healthier lives through increased information, knowledge and experience. Held at the community farm, the volunteers provide a range of healthy living activities and experiences which include starting the day with a healthy breakfast, tending the animals, site maintenance tasks, harvesting fresh vegetables and getting involved in all aspects of cooking lunch.

### **Title: RCMA Community Garden Allotment Garden**

Location	Cardiff
Contact name	Ann Bateman
Contact address	RCMA, South Riverside Community Development Centre, Brunel Street,

	Cardiff, CF11 6ES
Contact telephone	<a href="tel:07779373390">07779 373390</a>
Contact email	<a href="mailto:garden@riversidemarket.org.uk">garden@riversidemarket.org.uk</a>
Activity	Health education, Rehabilitation, Food and Fitness, Food provision, Cooking skills, Food Co-op, Growing food, Physical activity
Target groups	Alcohol and drug misuse, Families, Men, Older people, Single parents, Young adults, BME, Children Secondary school-aged, Low income consumers, Mental health problems, Women
Summary	The aim of the RCMA community garden project is to provide BME groups in the Cardiff area with an opportunity to gain new skills in horticulture whilst providing access to nutritious, locally grown fruit and vegetables, as well as providing a safe and productive environment for the local community to socialise in. They actively promote the benefits of eating fresh food as part of a healthy lifestyle to people on low incomes in the culturally diverse communities of South Cardiff whilst recognising the dietary requirements of different cultural groups. The residents are working together to grow exotic and unusual food for the whole community to enjoy.

**Title: The Aberfan and Merthyr Vale Food Cooperative**

Location	Merthyr Tydfil
Contact name	Cerys Rogers
Contact address	Aberfan and Merthyr Vale Youth and Community Project, 13 Aberfan Road, Aberfan, Merthyr Tydfil, CF48 4QN
Contact telephone	01443 692600
Contact email	<a href="mailto:rcerys@yahoo.co.uk">rcerys@yahoo.co.uk</a>
Activity	After-school clubs, catering, Food delivery, Health education, Rehabilitation, Weight management, Breakfast club, Community café, Food and Fitness, Food provision, Healthy heart, School nutrition, Youth clubs, Cooking skills, Food co-op, Growing food, Physical activity
Target groups	Alcohol and drug misusers, Cardiovascular disease, Children 0-1 years of years, Children Primary school-aged, Families, Learning difficulties, BME, Catering staff, Children 1-4years of age, Children Secondary school-aged, Low income consumers, Older people, Young adults, Restricted access
Summary	The aim of the Food co-op is to increase awareness and promote the benefits of a healthy lifestyle. The co-op does this through the distribution of quality fruit and vegetables at a low cost, while providing important health tips and advice literature in order to change attitudes towards health, and well being. Goods are delivered to local youth clubs, nurseries, after-school clubs, a crèche, a community café, a healthy cooking class and a children's 'Cook it' club.