



>>> NEWSLETTER <<<< **GOOD FOOD MIDDLESBROUGH**



MARCH - APRIL 2025

WHAT'S NEW

>>> **FOOD PARTNERSHIP FEATURES**

- Spotlight: Nite Light CIC
- Embracing the Carlin Pea
- Flavours of Middlesbrough

UPCOMING EVENTS, CAMPAIGNS & AWARENESS DAYS <<<<

- Stop Food Waste Day, 29th April, MEC Site
- Stokesley Farmer's Market, 3rd May
- Food Allergy Awareness Week, 13th - 19th May
- Northern Makers' Market Stokesley, 17th May
- Flavours of Middlesbrough 21st May, Acklam Green Centre
- British Tomato Fortnight, 27th May - 9th June

WHAT'S HAPPENING

By Alexandra Young

ILLUMINATING HOPE IN MIDDLESBROUGH

Established in March 2020, Nite Light CIC is a Middlesbrough-based community interest company dedicated to supporting the most vulnerable members of society, including those facing financial hardship and homelessness. Through innovative initiatives, Nite Light aims to provide essential resources and foster community resilience.



COMMUNITY HUB AND SUPPORT SERVICES

At the heart of Nite Light's efforts is a digital 'Pay It Forward' scheme. This cashless system allows individuals to purchase items such as meals, snacks, drinks, and hygiene bags through the organisation's website. The funds are then distributed to local cafes and restaurants, which provide these essentials to those in need. Access to these services is facilitated through cards distributed by local job centres, police, citizens advice bureaus, homeless shelters, or directly from Nite Light upon request. Beyond the digital initiative, Nite Light operates a Community Hub located in Middlesbrough. The Hub offers a range of services, including a retail space, community café, community fridge, and facilities such as showers, washing machines, and dryers. These resources are available to the public, providing a safe and supportive environment for those seeking assistance.

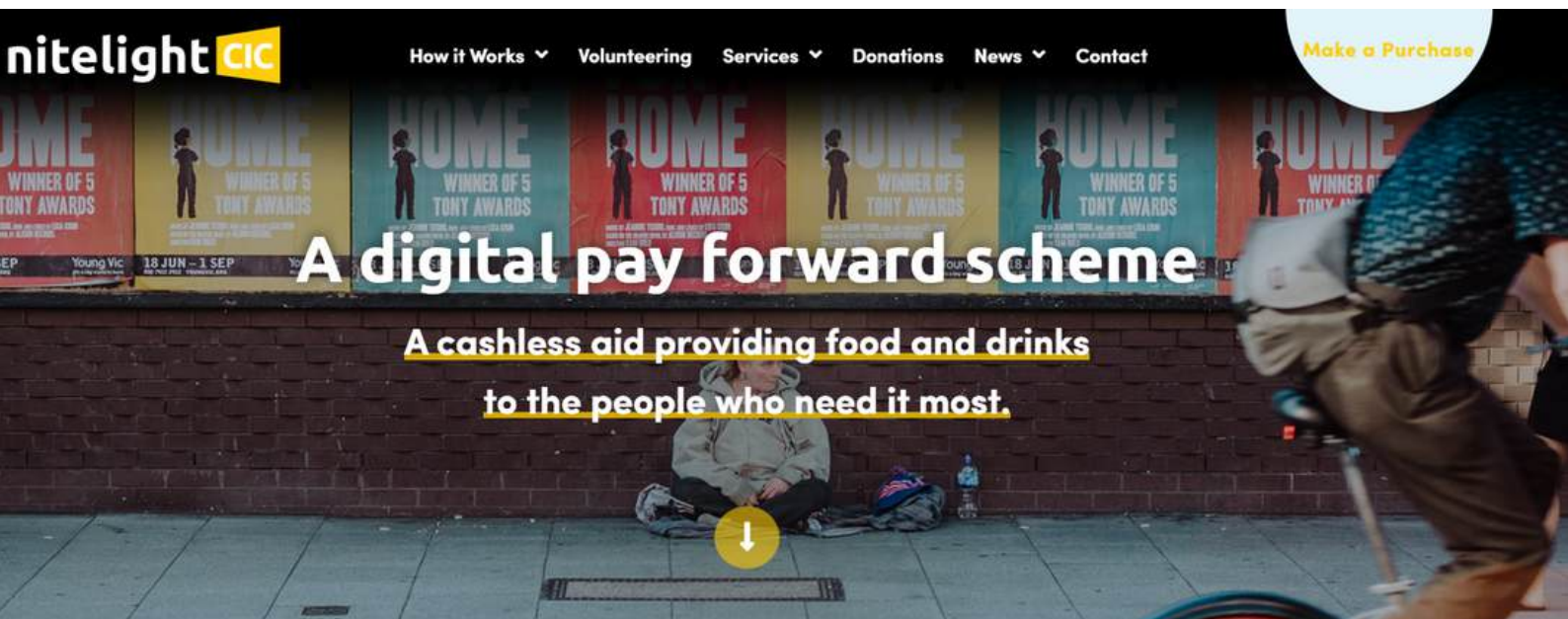


➤➤➤ VOLUNTEER OPPORTUNITIES AND COMMUNITY ENGAGEMENT

Nite Light thrives on community involvement and offers various volunteer opportunities. Roles include community volunteers and meeting facilitators, providing individuals with the chance to make a tangible difference in their local area. The organisation encourages those interested to reach out and become part of their mission to support and uplift the community. Nite Light

➤➤➤ RECOGNISING IMPACT: AWARDS AND ACCOLADES

Nite Light has garnered significant recognition for its impactful community work, earning several prestigious awards. In 2022, the organisation received the North East FSB Community Award, celebrating its outstanding contributions to social enterprise in the region. That same year, they were honoured with The Small Awards' "Heart of Gold" accolade, which acknowledges small businesses making a meaningful difference in their communities. Additionally, Nite Light CIC was recognised at the Catalyst Achievement Awards and received a Certificate of Recognition from Middlesbrough Council, further highlighting its dedication to supporting vulnerable populations and fostering community resilience. More recently in 2024, Nite Light won the award for Digital Transformation at the Tees Tech!



➤➤➤ GET INVOLVED

For more information on Nite Light's programs, to make a donation, or to explore volunteer opportunities, visit their website at nitelightcic.co.uk

CARLIN PEAS EVENT

➤➤➤ HAP-PEA CARLIN SUNDAY: REVIVING A NORTHERN TRADITION WITH SEEDS, STORIES, AND STEW

On Sunday 6th April 2025 was the celebration of Carlin Sunday—a nearly forgotten tradition rooted in resilience, food heritage, and the humble carlin pea. This year's festivities, led by the Seed Sovereignty Programme, MEC and local partners, aimed to rekindle the cultural and agricultural significance of this historic day.

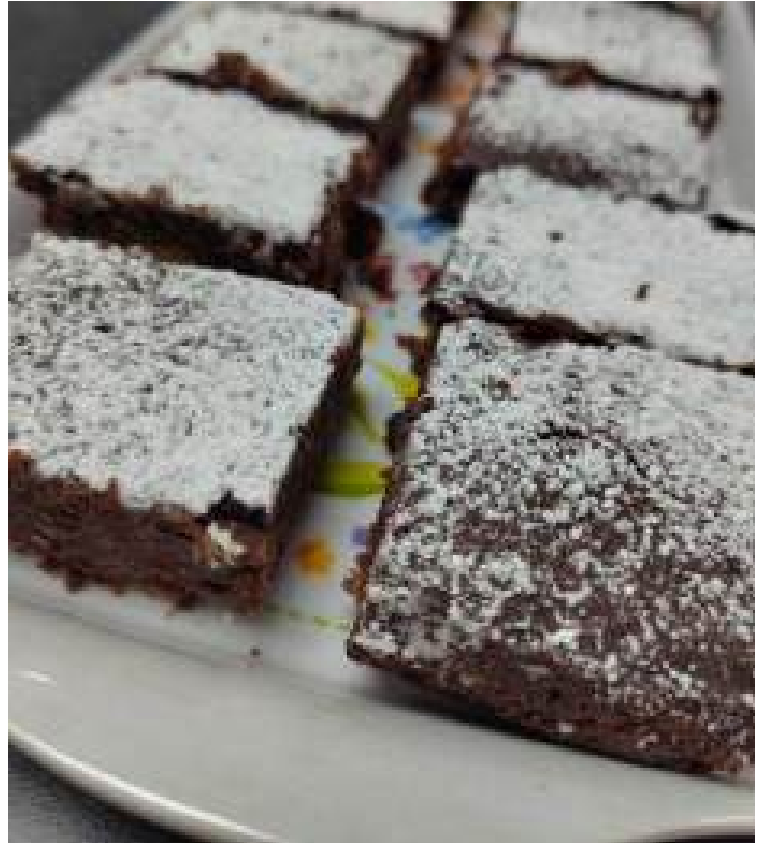
Carlin Sunday, observed on the fifth Sunday of Lent, commemorates a pivotal moment in 1644 when Newcastle, under siege during the Civil War, faced famine. Legend holds that a shipment of carlin peas washed ashore, providing much-needed sustenance to the starving populace. Traditionally, these peas were boiled and served with salt and vinegar—or occasionally with sugar and rum—to honor this life-saving event.



➤➤➤ CARLIN WEDNESDAY: A MODERN REVIVAL

In anticipation of Carlin Sunday, a special event dubbed "Carlin Wednesday" was hosted in Teesside. Organised in collaboration with Middlesbrough Environment City, the gathering featured culinary demonstrations by the Healthy Cooking duo, Lesley and Kim and a presentation by Catherine Howell from the Seed Sovereignty. Attendees enjoyed a menu highlighting carlin peas, including a red pepper and carlin stew with flatbreads, a refreshing carlin pea salad, and indulgent carlin pea brownies. The celebration extended beyond the kitchen. Participants engaged in hands-on activities, crafting biodegradable pots from Hodmedod's packaging paper and planting carlin pea seeds to take home.

Each attendee received an envelope of seeds along with instructions on growing, saving, and sharing them, fostering a spirit of community and sustainability



»» EMBRACING CARLIN SUNDAY TODAY

The Seed Sovereignty Programme encourages individuals to partake in Carlin Sunday by exploring traditional recipes or cultivating carlin peas in their gardens. These peas are accessible through Hodmedod's and select health food stores like Holland & Barrett. Notably, carlin peas are easy to grow from dried seeds, and they do not cross-pollinate, making them ideal for seed saving. Join the movement by sharing your Carlin Sunday experiences on social media using the hashtag #carlinsunday2025. Whether through cooking, planting, or storytelling, every effort contributes to preserving this unique facet of Northern England's heritage. For more information and resources, visit the Seed Sovereignty Programme's official page: [Hap-pea Carlin Sunday! A regional food seed festivity.](#)



FLAVOURS OF MIDDLESBROUGH

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➤➤➤ JOIN US FOR A FOOD AND CULTURE EVENT

Come along for a day filled with delicious food tastings, inspirational guest speakers, and the chance to be part of our digital recipe book!

- **When:** Wednesday 21st May, 11am - 2pm
- **Where:** Acklam Green Centre, Stainsby Rd, Middlesbrough, TS5 4JS

This event is all about bringing cultures together, celebrating the diversity in Middlesbrough, and sharing stories over food. Whether your recipe has been passed down for generations or is a new creation, we'd love to hear it!

Book your free place through EventBrite, search '**Flavours of Middlesbrough**' or visit our Facebook page for more.



Flavours of
MIDDLESBROUGH
Food & Culture Event

11AM – 2PM
21ST MAY 2025

Acklam Green Centre, Stainsby Rd,
Middlesbrough TS5 4JS

Enjoy

- Guest Speakers
- Diverse Food Samples
- Recipe Book Creation
- and much more

#WeAreMiddlesbrough

Good Food Middlesbrough



Find us here



Middlesbrough Food Partnership



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Got an upcoming event? Want to share some news?

Get in touch!

We would love to write a piece about you and your organisation to showcase your work, events, or achievements.

Contact Alex at alex.young@menvcity.org.uk

