

GOOD FOOD MIDDLESBROUGH

Middlesbrough Food Partnership



JUNE 2024

WHAT'S NEW

»»» FOOD PARTNERSHIP NEWS

- Turning Actions into Gold, Sustainable Food Places
- Teesside University receive EcoCampus Gold standard
- Great Big Green Week at the Edible Forest Garden
- Featured article on the Regeneration of Communities

DAYS OF AWARENESS/CELEBRATION «««

Food and Nutrition related days of awareness and celebration:

- Volunteer Week (3rd - 9th June)
- BNF Healthy Eating Week (12th - 16th June)
- Great Big Green Week (10th - 18th June)
- National Breastfeeding Celebration (25th - 29th June)

WHAT'S HAPPENING

By Alexandra Young

TURNING ACTIONS IN GOLD

MIDDLESBROUGH FOOD PARTNERSHIP



➤➤➤ SUSTAINABLE FOOD PLACES GOLD AWARD

Momentum has been building in Middlesbrough for a healthy and sustainable food environment since the inception of the Food Partnership. The Middlesbrough Food Partnership are continuing to push forwards for the Sustainable Food Places Gold award. The journey towards gold incorporates the town's past and present achievements stemming from those based on our silver award. As we begin to capture the last few years and reflect on our silver award, we feel that 2024 is our opportunity to gain this unique award!

SHARING IS CARING!

As a town, Middlesbrough has come so far over the last 10+ years. We have seen some significant, positive changes within our food system and that's all thanks to you.

Please email the Food Partnership Coordinator, Alex Young, with your success stories, projects and initiatives from your organisation/business, that illustrate how we are continuing to build on a holistic food system, as we aim to document all of the wonderful work taking place in the area.

Don't forget to #24CarrotGold when posting on social media...
Every action counts!

Why Go For Gold?

The award provides an incentive for leaders, institutions, businesses, groups, and individuals to act on healthy and sustainable food:-

- To celebrate the collective work happening across your place
- To facilitate collaboration
- To secure funding and resources to deliver action on healthy and sustainable food
- To show leadership and ambition to your UK network of Sustainable Food Places
- To monitor and document the impact of healthy and sustainable food action

EDIBLE FOREST GARDEN

>>> OVERVIEW

Located in Berwick Hills, the Edible Forest Garden is a wonderful community spot to enjoy some light gardening and a mingle with some like-minded people. They have a selection of fruit trees including apple and pear. Managed by Boro Doughnut, the Edible Forest Garden are working hard to create a tranquil community space for everyone to enjoy.

Edible Forest Garden aim to:

- learn more about nature together and how we can enjoy the wealth of resources on our doorstep
- bring the community together
- care and work with the natural environment in a more sustainable way
- enhance personal well-being



Edible Forest Garden regularly meet every Thursday from 9.30am for maintenance and a social, so why not pop along for a cuppa and a spot of gardening.

Volunteer & Great Big Green Week

On Sunday 9th June, the Edible Forest Garden hosted a free event to celebrate volunteer and green week. The afternoon consisted of live music, a seed swap box from Sow Northern, information on growing from Regeneration of Communities, a pop-up Eco shop, arts and crafts and many more.

Middlesbrough Environment City attended with the smoothie bike, which went down a treat! Alex from Middlesbrough Food Partnership and Jodie from Climate Action Middlesbrough, teamed up to offer advice on how much energy is used to create something as simple as a smoothie.

MEC's Smoothie Bike



Teesside University EcoCampus Gold Standard

Teesside University's ongoing commitment and sustainability efforts have been recognised this month, as the Middlesbrough based University were awarded the EcoCampus Gold standard.

This scheme evaluates the environmental management in line with international system standards.

We are delighted to have been part of their journey, supporting in the development of a campus held Eco shop. You can read more about this story and Teesside's achievements on their website.



PHOTO COURTESY OF TEESSIDE UNIVERSITY



Pictured left - right: Stephen Goodall, Social Responsibility Officer at Teesside University, Lisa Harris; Eco Shop coordinator at MEC and student volunteers

Don't forget, we have many Eco shops located in and around Middlesbrough, see our list below.

You can grab some great offers and save food from going to landfill!

How to set up your own Eco Shop

Everything you need to know can be found on the Eco Shop website (ecoshop.org.uk). Here at MEC we can support you with the initial planning, obtaining funding, include you in steering group meetings and support with access to food and other services.

We recommend visiting one of the current Eco Shops in Middlesbrough to see how they operate, a full list can be found on the next page.

Setting up an Eco Shop can benefit your community and provide volunteering opportunities.



Eco Shop	Address	Opening hours
St Alphonsus RC Primary School	Cadogan Street, North Ormesby, TS3 6PX	Thursday 11am – 12 noon
Amal Project	Arlington Park, Stockton TS18 3GT	Thursday 11.30am – 1.30 pm
Berwick Hills Primary School	9 Westerdale Road, TS3 7QH	Thursday 2.30pm – 3.30pm
Breckon Hill Community Centre	Breckon Hill Road, TS4 2DR	Monday & Tuesday 10am - 1pm
Community Choices	EMEC, Homerton Road, Pallister Park, TS3 8QD	Tuesday 10am – 1pm Thursday 10am 1pm
Corpus Christi Catholic Primary	Cargo Fleet Lane, TS3 8NL	Tuesday 11.15am –12:45pm
Coulby Newham Eco Shop	The Coppice Community Centre, TS8 0RH	Tuesday 1.30pm – 3.30pm
Genesis Project	St Oswald's Church, Grove Hill, TS4 2RG	Wednesday 9.30am – 1pm Thursday & Friday 9.30am -1pm
Four All Cafe Health Village CIC	Broughton Avenue, Easterside, TS4 3PZ	Monday, Wednesday & Friday 9am -1pm
Marton Community Centre	Cypress Road, Marton TS7 8PZ	Friday 1pm – 3pm
Pioneer Credit Union Ltd	24 Newport Road, TS1 5AE	Mon, Tues, Thurs & Fri 9.30am - 2.30pm
St Hilda's Church	Roseberry Road, Redcar TS10 4AW	Tuesday 10am – 1pm
South Bank Eco Shop St Johns Church	Normanby Road, South Bank, TS6 6SD	Tuesday 9am – 10.15am Thursday 11.30 – 1.00pm
St Thomas's Church	Markby Green, Netherfields TS3 0QU	Wednesday 1.30pm 2.30pm
Tees Valley Together	21-25 Viewley Centre, Hemlington TS8 9JH	Wed, Thurs & Friday 12 noon – 2.30pm
Ubuntu Multicultural Centre	49 Clifton Street, TS1 4BX	Monday, Wednesday & Friday 12.30pm - 3.30pm

Visit www.ecoshop.org.uk for more information

IN THE COMMUNITY

»» REGENERATION OF COMMUNITIES

Regeneration of Communities (R.O.C) are a community based, non-profit organisation that aim to educate and inspire people to get back to growing within their community.

Based at Saltersgill allotments, you will find Laurissa and other members welcoming volunteers and working hard to create the perfect allotment experience.

R.O.C formed back in July 2020 (formerly Saltersgill 88) and have been going from strength to strength over the years, as they build upon their volunteer base and social media presence. Laurissa ensures there is something for everyone when visiting, with regular events, community action and volunteer days such as 'Women's Wellbeing Wednesdays'. R.O.C have built a strong sense of community within their organisation, working with partners such as Middlesbrough Environment City, Actes, and Boro Doughnut, as well as the general public.



Photo L-R (Charlotte - CAM, Laurissa - R.O.C, Alex - MFP)



This no dig, permaculture community allotment offers an inclusive educational outlook.

We would highly recommend a visit to R.O.C, even if it's for a cup of their delicious homemade tea or whether you want to get your hands dirty, all help is welcome, come rain or shine!

You can find Regeneration of Communities on Facebook and Instagram. Alternatively, reach out via email at info.roc.gardens@gmail.com



Regeneration of Communities

Middlesbrough Food Partnership



Find us here



Middlesbrough Food Partnership



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Middlesbrough Food Partnership Page

Would you like to feature in our next newsletter?

Get in touch!

We would love to write an article about you to showcase your work and achievements.

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

