

GOOD FOOD MIDDLESBROUGH



NOVEMBER - DECEMBER 2024

WHAT'S NEW

>>> FOOD PARTNERSHIP FEATURES

- Middlesbrough Food Bank
- Larchfield Community Centre
- Food Partnership News
- Eco Shop & Food Bank Opening times
- Thank you Message

UPCOMING EVENTS <<<

- Healthy Christmas treats - 16th December
(Contact Sam Sadiq, MEC)
- Christmas Orange Pip - 21st December
- HAF Programme, Bring it on! Christmas activities
(see MBC website)

WHAT'S HAPPENING

By Alexandra Young

MIDDLESBROUGH FOODBANK

>>> A COMMUNITY UNITED IN COMPASSION AND SUPPORT

As the cost of living continues to impact families across the UK, Middlesbrough Foodbank remains a lifeline for those facing financial hardship in our community. In the past year, Middlesbrough Food Bank have seen a substantial increase in food parcel requests, a trend underscoring the ongoing challenges many families face. The dedication of community members – from students to local businesses – is key to helping them meet this demand. Donations of non-perishable food, funds, and volunteer hours enable the Food Bank to consistently serve vulnerable individuals, giving them a lifeline in difficult times.



Image: Generic Photo

Reducing Food Insecurity

Middlesbrough Foodbank operates as part of the Trussell Trust network, a coalition dedicated to ending food poverty in the UK. Through local referrals, they provide nutritionally balanced food parcels to individuals and families experiencing crisis situations. Foodbank vouchers are issued by professionals across social services, health care, and education, ensuring that those most in need have access to immediate, reliable support.

Established in 2004, the Trussell Trust has an extensive network comprising 428 foodbanks that aim to tackle food poverty across the UK. The network supports communities by launching local foodbanks to help people in crisis. In 2023/24 alone, Trussell Trust foodbanks delivered over 3 million emergency food supplies, with a significant portion aiding children. Working through initiatives like "More Than Food," the Trussell Trust aims not only to meet immediate needs but also to help people find sustainable solutions to reduce future reliance on foodbanks.

Image: Generic Photo



➤➤➤ MORE THAN JUST FOOD

Beyond food, they aim to provide guidance and connect people with essential resources. Their partnerships with local agencies offer pathways to financial advice, housing support, and health services. For many people, these connections offer a foundation for long-term stability, addressing the root causes of financial crises. The dedicated volunteers at Middlesbrough Foodbank are the heart and driving force of its operations. Their hard work, compassion, and commitment allow the foodbank to support countless individuals and families in need. By organising food collections, preparing parcels, and offering a listening ear to those in crisis, these volunteers ensure that the trust remains a dependable resource in the community. This steadfast dedication enables the foodbank to function smoothly and reach as many people as possible during times of financial hardship.



Images: Generic Photos

How You Can Help

Our community's support has been phenomenal, but the need continues to grow. If you're able to donate, please consider bringing canned goods, cereals, or other essentials to one of the collection points, all of which can be found on their website. Financial contributions are also greatly appreciated, enabling the Food Bank to purchase key items when donations run low.

Upcoming Events

As the holiday season approaches, Middlesbrough Food Bank are excited to host events that bring our community together. From food drives to volunteer gatherings, these events are a great way to make a meaningful contribution while connecting with others who care deeply about supporting Middlesbrough. For details on how to get involved, visit their website by searching 'Middlesbrough Food Bank', or reach out directly to Middlesbrough Food Bank or the Food Partnership – we would love to hear from you!

By working together, we can reduce food insecurity in Middlesbrough.



LARCHFIELD COMMUNITY

»»» CONNECTING COMMUNITIES

Larchfield Community Centre, located in Middlesbrough, is a thriving example of community-led sustainability. More than just a typical community hub, Larchfield integrates eco-friendly practices with a focus on homegrown produce, sustainable living, and creativity. It has become a cherished space where residents come together to grow, cook, create, and share the benefits of living in harmony with nature. Larchfield, part of Camphill Village Trust, is a national charity and adult social care provider supporting adults with learning disabilities, autism, mental health problems and complex needs to lead a life of opportunity.



Image: Google image

At Camphill Village Trust, they empower people to make informed choices and contribute to their communities, with over 550 adults across ten communities in England, they offer supported living and nature-based day activities through their Green Care Programme. Set in around 150 acres of rural organic farmland, Larchfield enjoys the benefits of the countryside as well as the amenities of Middlesbrough, which is a 10-minute car journey away.



Image: Generic Photo

Voices of Larchfield

Voices of Larchfield is the co-production group for the community with a culture based around wanting to improve every single interaction, whether it be between a person and their support worker, a group working together to benefit the whole community or creating opportunities for people to have real influence over the governance and direction of the charity.



Image: Generic Photo

At the heart of Larchfield, the community plays a central role, including running the café, which serves fresh, seasonal dishes made with ingredients grown on-site. Residents volunteer in the kitchen, preparing meals and creating recipes that highlight the centre's offerings. Free-range eggs from the centre's well-cared-for chickens feature in breakfasts and cakes, while organic gardens supply seasonal produce like tomatoes, potatoes, and pumpkins, all grown without pesticides or fertilisers. This hands-on involvement in farming and cooking fosters pride and enjoyment, with the community's dedication to organic practices evident in every dish.



Image: Generic Photo

Sustainable Practices

One of Larchfield's defining features is its commitment to sustainability. Every aspect of the centre is designed with environmental impact in mind. Food waste is composted, returning valuable nutrients to the soil to enrich the next season's crops. This creates a closed-loop system where nothing goes to waste, and the soil remains fertile year after year. The centre is also home to an apple orchard, where apples are harvested, pressed, and turned into fresh, organic apple juice. The juice is bottled and sold to support the centre's ongoing projects, providing both a source of revenue and a delicious product for the community to enjoy.



Images: Generic Photos

A more recent addition are Larchfield's Honey bees, another important aspect of the ecosystem that pollinate the plants and provide honey which can be used in the cafe and sold locally.



Creativity at the Heart

Larchfield is not just about food production—creativity and education are equally central to its mission. The centre regularly hosts craft activities for residents, many of which are inspired by the natural surroundings. Larchfield's

Green Care Programmes include supported activities, nature-based arts and crafts utilising flowers grown on site for eco-friendly crafts, plus growing and horticulture.

A Vision for the Future

As the centre continues to grow and evolve, the passion from residents shows that with cooperation, creativity and care for the environment, a healthier and more sustainable future is possible.

camphill
village
trust

FOOD PARTNERSHIP NEWS

>>> GOLD AWARD UPDATES

Following on from our successful application for the Sustainable Food Places Gold Award, we have been contacted by BBC Look North to share this exciting achievement. On Friday 6th December, BBC's Damian O'Neil and camera crew visited Connections Community Cafe, Regeneration of Communities (R.o.C) and Middlesbrough Food Partnership Lead. The interview consisted of all things food related and how we work together to achieve collective action in our local area.



Image: BBC interview with Jennifer, Connections Community Cafe



Image (L-R): Julie Mash - Operations Manager, Jennifer Bryson - Deputy CEO from Recovery Connections with Food Partnership Lead, Alex

As this is a feel-good piece, the BBC are keen for this to be aired around Christmas, so we will keep you updated and share the details as to when this will be released.

Thank you to all involved in pulling this together, with special thanks to Jen, Julie and Laurissa.



Image: Alex and Laurissa from R.o.C


For more information about any of our work, please contact Alex at alex.young@mencity.org.uk



ECO SHOP & FOOD BANK UPDATE

>>> CHRISTMAS OPENING TIMES


Middlesbrough Food Bank will be closed Monday 23rd December, reopening on Thursday 2nd January.



**Community Eco Shops
Opening Times December 2024**

Eco Shop	Open	Closed
Amal Project , Arlington Park, Stockton TS18 3GT	Thurs 19 th Dec 11.30am -1.30pm Thurs 9 th Jan 2025 11.30am – 1.30pm	<i>Weeks Commencing 23rd Dec & 30th Dec</i>
Breckon Hill Community Centre , TS4 2DR	Tues 17 th Dec 10am – 1pm Mon 6 th Jan 2025 10.30 – 1pm	<i>Weeks Commencing 23rd Dec & 30th Dec</i>
Tees Valley Together , Viewley Centre, Hemlington TS8 9JH	Mon 23 rd Dec 10am – 12pm Fri 27 th Dec 12 - 2.30pm Fri 3 rd Jan 2025 12 - 2.30pm	<i>1st & 2nd Jan 2025</i>
St Alphonsus RC Primary School TS3 6PX	Thurs 18 th Dec 11am – 12pm Thurs 9 th Jan 2025 11am – 12pm	<i>Weeks Commencing 23rd Dec & 30th Dec</i>
Marton Community Centre , TS7 8FZ	Fri 20 th Dec 1pm – 3pm Fri 3 rd Jan 2025 1pm – 3pm	<i>Friday 27th Dec</i>
Pioneer Credit Union LTD , Newport Road TS1 5EA	Tues 24 th Dec 9.15am – 12pm Fri 27 th Dec 9.15am – 12pm Mon 30 th Dec 9.15am – 3pm Tues 31 st Dec 9.15am – 12pm Thurs 2 nd Dec 9.15am – 3pm	<i>25th & 26th Dec / 1st Jan</i>
Coulby Newham Eco Shop , The Coppice TS8 0RH	Tues 17 th Dec 1.30pm – 3.30pm Tues 31 st Dec 1.30pm-3.30pm	<i>24th December</i>
Community Choices EMEC , Homerton Road, TS3 8QD	Thurs 19 th Dec 10am – 1pm Tues 7 th Jan 2025 9am – 12pm	<i>Weeks Commencing 23rd Dec & 30th Dec</i>
Genesis Project , St Oswald's Church, Grove Hill, TS4 2RG	Mon 23 rd Dec 10am -12pm Fri 27 th Dec 10am -12pm Thurs 2 nd Jan 2025 9.30am-12.30pm Fri 3 rd Jan 2025 9.30am – 12.30pm	<i>24th-26th December 1st Jan 2025</i>
Corpus Christi Catholic Primary School , TS3 8NL	Tues 17 th Dec 11.15pm – 12.45pm Thurs 9 th Jan 2025 11.15 – 12.45pm	<i>Weeks commencing 23rd Dec & 30th Dec</i>
South Bank Eco Shop St Johns Community Land Trust, South Bank TS6 6SD	Thurs 19 th Dec 11am – 12.30pm Thurs 2 nd Jan 9am -10.15am	<i>Week commencing 23rd December</i>
Ubuntu Multicultural Centre , Clifton Street, TS1 4BX	Fri 20 th Dec 12.30pm -3.30pm Thurs 2 nd Jan 2025 12.30-3.30pm	<i>Week commencing 23rd December</i>

Merry Christmas



HAPPY HOLIDAYS

>>> A BIG THANK YOU



I would like to take this opportunity to say a huge thank you to everyone involved in the Middlesbrough Food Partnership, for those who have been around since its inception to those newly joined, it has been a pleasure working with you throughout 2024.

Your dedication, expertise, and generosity has been instrumental in creating a healthier, more sustainable and affordable place for our community. Together, we've not only achieved the Sustainable Food Places Gold award but also brought joy and nourishment to so many. It's inspiring to see how teamwork and shared purpose can make such a meaningful impact.

I truly appreciate the effort and care you have put into every aspect of this partnership and I look forward to continuing our collaboration next year and celebrating our Gold Award, here's to 2025!

Wishing you all a wonderful, healthy and sustainable festive season.

- Alex Young, Middlesbrough Food Partnership Lead



Middlesbrough Food Partnership



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Middlesbrough Food Partnership Page

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

