

>>> NEWSLETTER <<<

GOOD FOOD MIDDLESBROUGH

Middlesbrough Food Partnership

**JULY 2024**

WHAT'S NEW

>>> FOOD PARTNERSHIP FEATURES

- Community Grocery Middlesbrough
- What's happening at St. Barnabas Church
- Recycling in your area - Middlesbrough Council
- Tackling Food Insecurity - A collaborative effort in Middlesbrough

UPCOMING EVENTS <<<

- Middlesbrough Mela (17th - 18th August)
- Stewart Park Foodie Market (25th August)
- Orange Pip Market (31st August)
- Teesside University Freshers Week (14th - 28th Sept)
- Festival of Thrift (23rd - 24th Sept)

WHAT'S HAPPENING

>>> GOOD FOOD FOR ALL

The Community Grocery is a food based initiative ran by the national award-winning charity, The Message Trust, in partnership with local churches. Community Groceries are all about bridging the gap between supermarkets and foodbanks. These groceries provide affordable food to people in need, offering a wide range of food items at reduced costs, fostering a sense of community. They also prevent thousands of tonnes of surplus food from going to waste.

Community Groceries help to alleviate food poverty across the country. Staggering figures from 'Feeding Britain' in 2021 show that almost 8% of adults in Middlesbrough suffer from hunger, close to 14% struggle to access food and nearly 17% worry about not having enough food.

In June 2022, our local Community Grocery was set up following suit from Manchester where it all began two years earlier. There are now 25 Community Groceries across the UK. Working with The Message Trust, St Barnabas Church Linthorpe hosts this 'farm-shop feel' here in Middlesbrough TS5 6JR.

Staff are incredibly friendly and welcoming from the moment you walk in you are greeted with a smile. The Community Grocery offers dignity in choice for all customers and bridges the gap for many in the area by removing any stigma that still surrounds social supermarkets. You can really feel the sense of community when you visit.



Photo (L-R): Assistant Managers Phil and Chris with regular volunteer Kath

So, how does it work?

1. Sign up to become an annual member of the Community Grocery for £5.00, giving you access to multiple food shops each week.
2. The Community Grocery work with suppliers to provide surplus food which includes fresh fruit and vegetables, as well as tinned and packaged goods.
3. With a membership, you can shop for your whole family, giving access to food for less, a small shop costs £5 and the largest shop is £12.50.



The Community Grocery in Middlesbrough is open **Monday - Friday, 9.30am - 4.30pm**

Customers are also welcome to 'Pay it forward' leaving a friendly message on post-it note. This allows anyone who may need a helping hand to benefit from this scheme.

Members also have access to a range of support provided by the partner church and other local organisations.

The Community Grocery offer an abundance of food (and non-food) items including:

- Fresh fruit and vegetables
- Tinned goods
- Fridge and freezer items
- Toiletries
- Staple items such as bread, milk and eggs

[Click here for more info](#)



ST. BARNABAS CHURCH

4

>>> COMMUNITY HUB FOR ALL

St Barnabas Church, Linthorpe, in connection with the Middlesbrough Community Grocery, hosts a variety of free weekly activities on Thursdays such as the Community Cafe (10-12am), Singing for Fun (10.30-11.30am) which is currently rehearsing the 'Food for Thought' song to be performed in September written by locals during a workshop. There are also health, well-being and exercise sessions delivered by Middlesbrough Football Club Foundation (12-1pm).

St Barnabas Church also partner with Middlesbrough Foodbank, open on Mondays 12-2pm to support local needs - [Middlesbrough Food Bank](#)



Photo: Volunteers attending the Health & Wellbeing Session

Community Recipe Book Launch 26th September



Photo (L-R): Katharine, David, Bob, and Violet


The St Barnabas Church is a recipient of the Creative Community Awards with a project that focuses on Creative Culinary Skills Exchange. This invites residents to share their food stories, memories and recipes, attend artistic workshops, culminating in a community recipe book launch at a celebration exhibition to be held in St Barnabas Church Hall on Thursday 26th September 2024, between 10am to 12 noon, all are welcome.

We are also working with Actes and their Mentor and Community Engagement officer, in partnership with Climate Action Middlesbrough and MEC on the community garden element of the Creative Culinary Skills Exchange project.

The Middlesbrough Community Grocery members requested raised beds to grow salad, vegetables and herbs. Ask at the Grocery if you are interested in volunteering with the Garden Club.


For further information and to book: [St Barnabas Borderlands Creative Communities](#)

Health, Well-Being & Exercise Session



Free Health & Well-Being Session (18+)



Thursday 12pm-1pm




St Barnabas Church Hall
St Barnabas' Road
Middlesbrough
TS5 6JR

Relaxed And Friendly
Weekly Fitness Session
With Health And Well-Being Advice

In Association With





Foundation

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CREATIVE CULINARY SKILLS EXCHANGE



We're working in partnership with Borderlands Creative Community Awards, & inviting Middlesbrough residents to share their culinary stories and memories through these FREE creative workshops.

FOOD FOR THOUGHT: SONOWRITING 12 JUN 11:00AM	MARK MAKING WITH CHARCOAL 20 JUN 1:30PM	IN MEMORIES OF FOOD: WRITING POETRY & CREATIVE MEMOIR 5 JUL 10:30AM	CURRY & THE BORO 11 JUL 4:00PM	KITCHEN & GARDEN INK MAKING 20 JUL 1:00PM
POTLUCK WITH A POET 29 JUL 12:00PM	MAKING SENSE OF FOOD: CREATIVE WRITING 29 JUL 1:30PM	KITCHEN & VEGETABLE PAINTS 9 AUG 9:00AM	CULINARY TALES: DIFFERENT CRAFTS 15 AUG 10:00AM	SUMMER FRUITS INKS & DYES 20 AUG 1:00PM

26TH SEP 10:00AM

CELEBRATION: EXHIBITION & RECIPE BOOK LAUNCH

St Barnabas Church Hall, 1a St Barnabas Road, Linthorpe, TS5 6JR

Email your recipes and food stories/memories to katharine@st-barnabas.net, or drop them off in the Middlesbrough Community Grocery.

For further details and to book onto a workshop visit: <https://st-barnabas.net/community-grocery/>





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ARTS COUNCIL ENGLAND



RECYCLING IN MIDDLESBROUGH

5

>>> REDUCE, REUSE, RECYCLE

Middlesbrough Council has recently made significant changes to both garden waste collections and refuse collections in our local area. Here is a summary of those key changes and how you can do your bit to make Middlesbrough a greener place to live:

- **Fortnightly rubbish collection:** Starting August 2024, black refuse bins will be collected every two weeks.
- **Garden waste:** An annual subscription of £40.00 has been implemented, those who have subscribed will receive a brown bin (replacing the old green ones) and will have their garden waste collected fortnightly.
- **Recycling collection:** Middlesbrough Council are encouraging residents to recycle as much as possible, this will help to reduce the waste in the 'rubbish bin' and also contributes to a more environmentally friendly town. Blue bins will continue to be collected every fortnight.

See the next two pages for more from Middlesbrough Council on what you can and can't recycle!



FUTURE FOOD PLANS <<<

Some exciting news on the horizon for Middlesbrough, as Middlesbrough Council plan to have a separate food waste collection by 2026.

“It is estimated that 70% of food waste comes from households”

Every year in the UK, over 10 million tonnes of food is wasted, most of which ends up in landfill. WRAP estimates that 70% of food waste comes from households, 16% from manufacturers, 12% from hospitality and food services and 2% from retail. By implementing separate food waste collections for every household, we can prevent the contamination of recyclable materials. In addition, this approach ensures that food waste is directed to anaerobic digestion facilities making much better use of this waste than unnecessarily disposed in landfill.

References: Middlesbrough Council (2024), Gov.UK (2024), Waste Managed (2024)



What do I put in my blue lid recycling bin or my clear recycling sack?

Yes

Please place items loose (unbagged) in your blue lid recycling bin or clear sack:



cartons food tins &



drink cans



plastic food



containers & bot tles mixed glass



bottles & jars newspapers & magazines



paper & cardboard

No

Please use your black refuse bin for these items:



plastic film, wrapping, carrier bags, black sacks, sweet wrappers or crisp packets



food waste



takeaway pizza boxes



takeaway food containers



textiles



nappies



Place your recycling out for collection at the front of your property for collection on the day stated on your calendar by 7am.



To download your refuse and recycling calendar or for more information about any aspect of this service, visit middlesbrough.gov.uk/recycling



Have you
got the **bottle**
to recycle?

All glass and plastic bottles can be recycled in your blue lid bin.

To find out what goes in your recycling bin and much more, visit

**[middlesbrough.gov.uk/
recycling](https://middlesbrough.gov.uk/recycling)**

TACKLING FOOD INSECURITY

8

>>> A COLLABORATIVE EFFORT IN MIDDLESBROUGH

Middlesbrough Environment City, in collaboration with Teesside University and Tees Esk and Wear Valley Trust (TEWW), initiated a pilot research project aimed at helping people in Middlesbrough with severe mental illness (SMI) to improve their dietary habits.

TEWW selected a small group of willing participants for the project, who then worked with MEC's cooking team to develop healthy recipes, cook, and prepare a nutritious ready meal, followed by an evaluation of the results.



Image: Finished product

These sessions took place over 15 weeks at Teesside University. One recipe was chosen, prepared, and turned into a frozen ready meal to be distributed to 3 selected Eco Shops. Each Eco Shop had 10 volunteers who took the microwave meal home and completed a questionnaire on its taste, packaging, and other aspects.

Academics at Teesside University are now evaluating the project's success. They are examining how participation in the group impacts the diet of individuals with SMI and the suitability of the ready meal for Social Supermarket customers. Additionally, researchers will assess the collaboration between the organizations involved. The findings will be shared through a research article, newsletters, and blogs. These results will support a larger funding application by the three organizations to expand the project, aiming to produce more meals, help more people access healthy and affordable food, and improve their diets.



To find out more visit TEWW: [Tackling Food Insecurity](#).

IN OTHER NEWS

>>> ACADEMIC IN TEESSIDE NAMES NEW SPECIES OF BACTERIA

8

Dr. Bruno Silvester Lopes, a microbiology lecturer at Teesside University, has named three new species of bacteria linked to food poisoning group of organisms: *Campylobacter devanensis*, *Campylobacter porcelli*, and *Campylobacter vicugnae*. This discovery, part of a project involving genome sequencing of 7,000 bacterial isolates, highlights the significance of understanding bacterial diversity for food security and public health. The research initially started during Dr. Lopes' post-doctoral work at the University of Aberdeen which was funded by Food Standards Scotland/Food Standards Agency.



Image: Dr. Bruno Silvester Lopes
(Reference: The Vibe)

Congratulations Bruno on your achievement!

Find out more: [The Vibe - Teesside University](#).

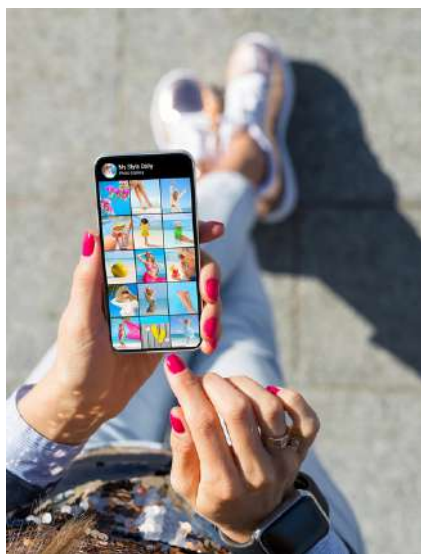
GOOD FOOD LOCAL NORTH EAST <<<

Good Food Local is an initiative by Sustain that helps UK local authorities prioritize sustainable and healthy food. Initially focused on London through the "Good Food for All Londoners" report, it benchmarks council actions on food. Now expanding to the North East of England, the initiative aims to replicate London's approach nationwide, fostering a collective voice among councils to address pressing food issues.

The Association of Directors of Public Health North East supported by Sustain are driving the initiative forward in the North East Region, with many partners on board including local Food Partnerships, Fuse, Newcastle University and North East Sustainable Food Alliance. Good Food Local North East (GFLNE) have distinct priorities guiding their approach to 'Good Food', including sharing practice, mapping and engagement. GFLNE are in the latter stages of their first year, working together to understand the benchmarking phase.

If you would like to know more about this initiative, you can visit Sustain's website to see where it all began: [Sustain - Good Food Local](#)

Middlesbrough Food Partnership



Find us here



Middlesbrough Food Partnership



Boro_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@menvcity.org.uk



The Food Partnership are advertising a new role for a Food System Coordinator. Visit MEC's website for more information: **MEC Vacancies**