

»»» NEWSLETTER «««

GOOD FOOD MIDDLESBROUGH

Middlesbrough Food Partnership



AUGUST 2024

»»» FOOD PARTNERSHIP FEATURES

- Breckon Hill Community Centre
- Four All Cafe
- FoodSphere

WHAT'S NEW

UPCOMING EVENTS «««

- Middlesbrough Mela (7th - 8th Sept)
- Teesside University Freshers Week (14th - 28th Sept)
- Festival of Thrift (23rd - 24th Sept)
- Orange Pip Market (29th Sept)

WHAT'S HAPPENING

BRECKON HILL COMMUNITY CENTRE

➤➤➤ A VITAL HUB FOR MIDDLESBROUGH'S COMMUNITY

Built in 2004, Breckon Hill Community Centre is a vital hub of activity, providing essential services, events and activities for the local community. Established with the mission to support and enhance the lives of residents in the Breckon Hill area and beyond, the centre has grown into a welcoming and dynamic space where people of all ages and backgrounds can come together.

A Space for Everyone

The centre prides itself on being a truly inclusive environment. Whether you are young or old, looking to learn a new skill, or seeking a place to socialise, Breckon Hill Community Centre offers a wide range of activities to suit all interests. The team at Breckon Hill work tirelessly to ensure that the programs and events are diverse, catering to the various needs of local people. One of the primary focuses of Breckon Hill Community Centre is the promotion of well-being and education. The centre hosts various educational programs, including creative sessions, parent and toddler activities and living and learning in the UK. These programs are designed to empower individuals by enhancing their skills and providing them with the tools they need to succeed in both their personal and professional lives.



Image: Breckon Hill Community Centre Logo



Image: Breckon Hill Community Centre

Community Events and Celebrations

Breckon Hill Community Centre is known for its vibrant calendar of events. The centre frequently hosts cultural and community celebrations that reflect the diverse nature of the Middlesbrough area. From multicultural festivals to holiday-themed gatherings, these events provide an opportunity for residents to come together, celebrate their heritage, and share their traditions with others. Special events, such as arts and crafts, charity fundraisers, and community breakfasts are also regularly held at the centre.

Supporting the Local Community

In addition to its regular activities and events, Breckon Hill Community Centre plays a crucial role in supporting the local community through various outreach programs. The centre collaborates with local organisations and charities to provide essential services, such as an Eco Shop, Foodcycle and support for vulnerable groups, including the elderly and those experiencing homelessness. The most recent addition is the cafe, offering freshly made Jamaican curries and sides.

Breckon Hill's commitment to the community is evident in its ongoing efforts to address local needs. Whether it's through providing a safe space for after-school programs or offering a venue for community meetings, the centre is dedicated to making a positive impact on the lives of Middlesbrough's residents.



Images courtesy of Breckon Hill Community Centre Website

Get Involved

For those looking to get involved, Breckon Hill Community Centre offers numerous volunteer opportunities. Whether you're interested in helping out at events, leading a class, or simply offering your time to support the centre's initiatives, there's a place for you. Volunteering at the centre is not only a rewarding experience but also a chance to give back to the community and make a tangible difference.

Visit Breckon Hill's website to see a full list of the activities happening each week:

<https://breckonhill.org.uk/events/>

FOUR ALL CAFE

>>> BUILDING A THRIVING COMMUNITY



The Four All Café, part of the Health Village CIC in Middlesbrough, is a vibrant community space dedicated to promoting health, well-being, and social connection. Located in the heart of the community, this café offers more than food and drink, it's a central hub for locals to come together, engage in activities and enjoy nutritious, delicious meals.

The Four All Café runs on a 'Pay as You Feel' basis with social interaction at the heart of building community. The café regularly hosts events, workshops, and classes aimed at improving community connection and well-being. These activities range from social gatherings such as family fundays, pancake Fridays and well-being walks, making the café a true centre for community engagement.

As well as the Pay as You Feel café, there is a weekly Eco Shop offering fresh produce, canned goods and fridge items at a much lower cost than you would find in the supermarket.



The Health Village CIC's broader mission is to provide services that address the social determinants of health, such as social isolation and lack of access to healthy food. By creating a space where people can come together, share a meal, and participate in wellness activities, the Four All Café contributes significantly to improving the overall quality of life in Middlesbrough.



Images courtesy of Four All Cafe

In essence, the Four All Café is more than just a place to eat; it's a vital part of the Health Village CIC's vision for a healthier, more connected community. Whether you're looking for a nutritious meal, a place to meet friends, or an opportunity to engage in wellness activities, the Four All Café offers something for everyone.



>>> FOOD COURSES TAILORED TO YOU

FoodSphere offers a comprehensive online platform for individuals and businesses in the food industry, specialising in courses on food manufacturing, nutrition, and hospitality. Designed by experts, these courses are aligned with industry standards like the BRC Global Standard and Food Safety Act.



Image courtesy of FoodSphere

Founded by experienced dietitians and nutritionists, FoodSphere understand the critical importance of obtaining the right accreditations, skills, and procedures. That's why each of their courses are expertly designed, ensuring they are relevant, up-to-date, and reliable. Their high-quality courses are crafted by seasoned food business owners, educators, and industry experts with deep knowledge and experience in all facets of the food sector.

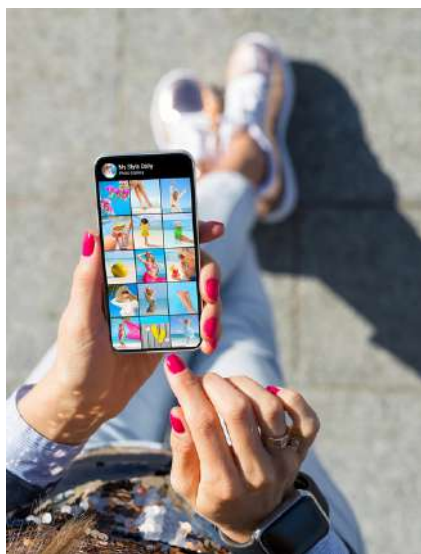
The mission at FoodSphere is to support positive career development within the food industry, providing the knowledge, skills, and education needed to remove barriers to learning and empowering individuals to reach their full career potential. Individuals can purchase courses for personal development, while larger organisations have the option to bulk-buy courses for their teams. If their current offerings don't meet your needs, they can create a customised course plan and quote tailored specifically for you.

[Click here to visit FoodSphere](#)



Image courtesy of FoodSphere

Middlesbrough Food Partnership



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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

