

Food Cardiff Networking Group Minutes



Date:	23 rd April 2015
Time:	3pm – 4pm
Location:	Council Chamber, Glamorgan Building, Cardiff University

Attendees (Business Group Members)	
Carl Nichols (Chair)	Head of WRAP Cymru
Alyson Jones	Health Improvement Team, City of Cardiff Council
Ana Moragues-Faus	Research Associate, School of Planning and Geography, Cardiff University
Catherine Williams	Operational Manager, Cardiff Foodbank
Charmaine Roberts	Community Wellbeing Officer, ACE Communities First
Chris Powdrill	Cardiff Catering
Dave Horton	Community Development Worker, ACE Communities First
Eleanor Henley	Neighbourhood Partnerships, City of Cardiff Council
Emma Holmes	Clinical Lead for Public Health Dietetics, Cardiff and Vale UHB
Hannah James	South Central Wales Food Development Worker, Rural Regeneration Unit
Jeremy Segrott	Decipher, Cardiff University
Jessica Bearman	Lead Dietician, Procurement, NHS Shared Services
Karen Trigg	Healthy Schools Team Leader
Katie Palmer	Sustainable Food Cities Coordinator, Food Cardiff
Ladan Ismail	City of Cardiff Council
Liz Lambert	Sustainable Development Group Leader, Cardiff Council
Nathan Evans	BRG Communities First
Norma Jean Worden-Rogers	Cardiff University
Rhianon Urquhart	Principal Health Promotion Officer, Cardiff and Vale Public Health Team
Sally Tedstone	Co-ordinator for the National Breastfeeding Programme for Wales
Sarah Cole	Director of Finance and IT, Cadwyn Housing
Sarah Germain	Project Manager, Fareshare Cymru
Sam Holt	Federation of City Farms and Community Gardens, FACE and Eggseeds
Tom Andrews	Associate Director, Sustainable Food Cities, Soil Association
Tom Porter	Consultant in Public Health Medicine, Cardiff and Vale Public Health Team
Tony Hendrickson	BRG Communities First
Emma Crooks (Minutes)	Administration and Resource Officer, Cardiff and Vale Public Health Team
Apologies	
Beverley Lloyd, Dean Atkins, Gareth Simpson, Jane Forshaw, Matt Appleby, Steve Garrett	

Item	Discussion	Action
1	Welcome and Introductions CN welcomed the attendees to the meeting and round table introductions were made.	
2	Apologies for Absence Apologies for absence were noted as above.	
3	Setting the Scene: SFC Food Poverty Campaign and WG Tackling Poverty Action Plan <u>Beyond the Foodbank:</u> KP presented an overview of Sustainable Food Cities’ ‘Beyond the Foodbank’ campaign, which focuses on four key areas: changing the conversation around food poverty, building resilient communities, preserving a strong safety net to prevent food crises, and tackling immediate hunger. <u>Welsh Government’s Tackling Poverty Action Plan</u> KP and EH attended a Food Poverty Think Tank event in April 2015, organised by the Welsh Government to develop a definition of food poverty and key indicators to monitor	

	<p>performance on a national level. The event was well attended, with representatives from education, Tackling Poverty, and Public Health Wales. Topics of discussion included:</p> <ul style="list-style-type: none"> • The need to adopt a living wage • Growing food economies • How the horticultural industry could be made more appealing • Government and corporate responsibility • Education and training • Community food growing <p>KP queried how Food Cardiff could contribute to preserving existing assets while developing new ones, and highlighted the need map assets and create links between them.</p>	
4	<p>Inspiration from Cardiff</p> <p><u>Ely Community Café:</u> DH advised that BRG Communities First obtained the Dusty Forge through an asset transfer with City of Cardiff Council and plan to convert the venue into a community cafe, working co-productively with volunteers to develop the community’s capacity to meet local needs.</p> <p>The project will aim to support those in food crisis to access sustainably sourced, affordable and healthy food, as well as providing drop-in services including training and debt and benefits advice. Updates on the development of the project were provided as follows:</p> <ul style="list-style-type: none"> • A draft business plan has been developed, and the team have visited similar projects to share skills and learning. • The cafe will working with WRAP and Fareshare to source food. The aim is to spend 1 day a week cooking meals. These will be frozen and served over the course of 3 days. • 8-9 volunteers will be training in Nutritional Skills for Life, and will earn time credits for their work. A paid position may be developed in future. • The project hopes to have its official launch during the Ely Festival, on Thursday 9th July, <p><u>Adamsdown Community Garden</u> The Edible Adamsdown project has been developed in partnership with STAR Communities First and Green City Events. They have successfully regenerated the Adamsdown Community Garden, and are in the process of developing allotment space and a co-operative chicken coop. Volunteers in the project earn time credits. Participants have been from diverse communities. Evaluation shows that 100% have developed new skills, 67% report increased physical activity, and 67% report an increased sense of wellbeing.</p> <p><u>Breastfeeding</u> ST provided an overview of the work to support breastfeeding in Cardiff.</p> <ul style="list-style-type: none"> • The UNICEF UK Baby Friendly Initiative was developed in the 1990s to address two drivers for falling breastfeeding rates: poor services, and the advertising of formula milk. In Wales, all neonatal units and health visitors are required to meet its standards. Cardiff’s maternity services are compliant, and health visitor services will be by June. • Issues around data collection in Cardiff are improving. Breastfeeding rates are lower than expected. Qualitative research will be undertaken to identify the reasons for this, and compare them to the reasons in Bristol. The outcomes of this research will inform next steps. • Evaluation of the national Breastfeeding Peer Support programme shows that it does not have the necessary impact on uptake. Issues include a weak evidence base and little supervision from health boards after training. Cardiff University are supporting research into intensive peer support, in which supporters visit new mothers within 2 days of birth and use motivational interviewing. This will be piloted in Ely from July 2015. • The Breastfeeding Welcome Scheme has closed, and will be replaced by work to promote breastfeeding supportive communities. This work is being piloted in Merthyr. 	

	CR advised the Ely breastfeeding support group has 20 members, none of whom are from the area. The group agreed the need to ensure that women who need support can access it. SC suggested that ST work with local authorities and housing associations to promote groups in deprived areas.	
5	<p>Joint Poverty Statement</p> <p>As part of the Beyond the Food Poverty Campaign, Sustainable Food Cities are asking all network members to sign the 'Joint Poverty Statement:' a call on the government to end food poverty. The group agreed that Food Cardiff but queried the following parts of the statement:</p> <ul style="list-style-type: none"> • SH queried the phrase 'from Westminster to local government.' TA advised that 'local community' had been deliberately omitted, so as not to remove the responsibility of tackling food poverty from the Government. • The statement advises that 'two million adults and children are forced to rely on food banks every year.' CW queried the source of this statistic. <p>Action: TA to advise.</p> <p>Action: All Food Cardiff members to email KP with feedback / queries regarding the Joint Poverty Statement.</p> <p>Action: KP to sign the statement on behalf of Food Cardiff.</p>	TA All KP
6	<p>Break Out Session: Food Cardiff's Food Poverty Goals</p> <p>Attendees broke away into four groups to discuss the following targets:</p> <ul style="list-style-type: none"> • Improving the uptake of Healthy Start Vouchers • Promoting breastfeeding via UNICEF UK's Baby Friendly Initiative • Taking significant steps to provide free meals 365 days a year for children living in poverty • The role of the London Living Wage in reducing food poverty • Ensure that relevant agencies are working in a coordinated way to provide rapid referral to hardship funds and to support and advice on food access and issues, including in-extremis emergency food aid. • Implement policies and initiatives to increase healthy options and reduce unhealthy choices in areas of deprivation. • Community catering services providing good food to vulnerable older people with limited mobility <p>The outcomes of this exercise are recorded on a separate document.</p>	
8	<p>Any Other Business</p> <p>Lesley Griffiths, Welsh Minister for Food and Farming, will be attending a Cardiff Foodbank session in July. Contact SW if you would like to be involved.</p> <p>SC queried whether Sustainable Food Cities will be taking any actions regarding the Transatlantic Trade and Investment Partnership.</p> <p>Action: TA to investigate and feedback.</p>	TA
9	<p>Date of the Future Meetings</p> <ul style="list-style-type: none"> • Wednesday 8th July 2015, 2:30pm – 5pm, Cathays Community Centre • Wednesday 7th October 2015, 9:30am – 12:30pm, venue TBC • Wednesday 13th January 2016, 9:30am – 12:30pm, venue TBC 	