

# Food for Health - Skelmersdale



## News Update no. 3

22/01/2014

### 1. Association

A community association has been set up – called “Food for Health – Skelmersdale”. We have a constitution and a committee and a set of aims and objectives. The idea is to act as an “umbrella” organisation to bring people and projects together on all aspects of “food for health”. We can now apply for grants from a range of sources.

### 2. Aims. Our aims include:

- promoting organic food;
- promoting Ayurveda knowledge for healthy cooking and eating;
- developing social enterprise ventures as we progress.

### 3. Steering group

**Officers:** Chair, Jeremy Bowler; Secretary, Peter Brown; Vice-Chair, William Gilmour;

**Founding Members:** Leesha Gaffney, Bryan Irving, Mark Schofield, Goran Kovacevik

**Treasurer:** we are still looking for a treasurer, if anyone is interested!

### 4. Membership

Our bank account is in process of being set up; soon we will be open to receive membership applications. Open to all, benefits will include regular newsletters, invites to functions, discounts, members only events, info and access to projects; fee is £12 p.a.

### 5. Current projects/events being supported or developed

- Peter and Sue's educational Ayurveda events - Contact Peter, or see details at: <http://blog.maharishi.co.uk/ayurveda-courses/>
- Planning is in hand for a local “spice event”. Details to come.
- Work has started on planning an organic kitchen service for a range of community outlets.
- Various ongoing food events, (such as Goran and William's artisan baking and curry lunch at the Dome on 24th Jan and Claire's Café No 5 Sunday morning breakfasts) – all helping to create a move towards a permanent full-time café.
- Growing herbs and fruit and nut trees (contact Bryan)
- Volunteering on local organic farms and growing projects (contact William)
- Networking with other local groups, organisations and regional and national players. (We already have a substantial list of good contacts and channels of support and more are being added every week just now. Contact Jeremy)

### 6. Communications development

A website is under development, also a facebook page and a promotional leaflet. Links and details to come soon. Once these are operational, full details and contacts for the various projects will be made available so everyone who wants to can join in.

### 7. Main Contact

For the time being please contact: Jeremy at: [jeremybowler@talktalk.net](mailto:jeremybowler@talktalk.net) or phone: 01695 50992