

# Funding and Information News – November 2010

## Train the Trainer Healthy Activities

KRL delivers a variety of courses to train staff to deliver healthy activity courses. These courses are designed to teach potential tutors how to deliver the courses to others. Each session is accompanied by a training support handbook and copies of the KRL cookery books are also available to encourage participants they teach to repeat the recipes at home. Courses include:

- Healthy Easy Options for Breakfast and After School Clubs
  - Hands on Training for Tutors: Cooking for and with Kids – First Steps (OCN accreditation Optional)
  - Hands on Training for Tutors: Cooking for and with Kids – Going forward (OCN accreditation Optional)
  - Hands on Training for Tutors: Cooking for and with Kids – Advanced (OCN accreditation Optional)
  - Hands on Training for Tutors: Healthy Breakfasts
  - Hands on Training for Tutors: Healthy Lunchboxes
- Further details can be found at <http://www.karenroutledge.co.uk/HealthyActivities.htm>

## Food – a fact of life

"Food - a fact of life provides a progressive approach to teaching about healthy eating, cooking, food and farming from 3 to 16 years." There are recipes and free resources available to download from [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)



## Santander Foundation

The Santander Foundation are offering grants up to £30,000 to support organisations who work with disadvantaged groups. They're making the application process as easy as possible for you as you do not need to complete an application form and they are operating a rolling programme and there is no deadline for applications. Go to [www.santanderfoundation.org.uk/](http://www.santanderfoundation.org.uk/)

## Active Kids

The 2011 Special Challenge is a cooking competition for primary, special and secondary school pupils across the UK. Pupils are required to create a healthy, innovative menu. There are prizes of £100 for regional winners. <http://www.activekidsgetcooking.org.uk>



## 2011 Special Challenge

## j4b Community

j4b community's database keeps you updated with voluntary and community funding giving you greater access to more funding opportunities. Visit [www.j4b.co.uk](http://www.j4b.co.uk) for further information.

**j4b COMMUNITY.co.uk**  
Voluntary & Community funding made clear

## TeachShare

TeachShare provides links to free sustainable schools resources online. There's information about school grants & funding, recycling, sustainable schools, curriculum. For info go to <http://www.teachshare.org.uk>

## e-Safety

Thinkuknow offers resources you can use in the classroom to raise awareness of e-Safety. It contains films, presentations, games, lesson plans and posters covering a range of issues from grooming by child sex offenders to cyberbullying. All of these resources encourage young people to have fun with new technology, whilst staying in control of the risks. Importantly, they also teach young people where to go if they have any concerns.

It's aimed at the following age groups:

**5-7** – Find out about Lee and Kim's adventures or watch Hector and his friends

**8-10** - Cartoons and lesson plans or visit the Thinkuknow Cyber café

**11-16** – Watch films and lesson plans



For information go to <http://www.thinkuknow.co.uk>

**Don't forget,  
Safer Internet Day 8<sup>th</sup> February 2011!**

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