

Press release

7 April 2008

Hackney Homes backs World Health Day

Today 7 April is World Health Day and Hackney Homes is encouraging all our residents to take a stand against unhealthy diets and lifestyles.

On Nightingale estate in Clapton, residents can join the daily lunch club run by local people living on the estate. Healthy meals are cooked daily and advice on how to maintain a balanced diet is offered. The produce for the food cooked in the lunch club is sourced locally to minimise the impact on the environment.

Residents can also buy their fruit and vegetables from the Nightingale Estate Food Co-op which sells produce to residents and local workers at affordable prices.

Alice Burke, Nightingale Estate Residents and Vice Chair of Hackney Homes Board said: "The lunch club is a lifeline for residents in Nightingale. We believe that healthy foods lead to healthy lifestyles and that is what we encourage residents on the estate to prioritise".

Hackney Homes also encourage young residents to improve their health and wellbeing. Young people who attend the Chatham and Victoria Youth Committee on New Kingshold Estate take part in healthy eating workshops where they learn how to cook meals and make enjoyable and healthy smoothies.

Sonia Bradley, Hackney Homes Youth Coordinator said: "We often hear about young people eating bad foods and not being active enough. We are using World Health Day as an opportunity to reach out to young people and encourage them to take charge of their health from today onwards".

Press queries to Olaide Oyekanmi on 0208 356 3522 or email olaide.oyekanmi@hackneyhomes.org.uk

Ends

Notes to Editors

- Hackney Homes is an Arms Length Management Organisation (ALMO) launched in April 2006 to manage the Council's social housing stock. Hackney Homes is responsible for managing 22,000 tenanted properties and 8,000 leasehold properties in the borough.

Our mission is to deliver excellent, responsive housing services with decent homes and estates. To help residents lead healthy lives in safe and sustainable communities.

- Nightingale Estate Food Co-op is available on the estate every Wednesday in the main square – Olympus Square. Run by East London Food Access (ELFA), who are a social enterprise and network of co-ops, projects and organisations, the Food Co-op helps to improve and promote access to fresh fruit and vegetables.
- The Nightingale Estate Lunch Club is run by tenants and residents of the estate and is open daily offering food and drinks at affordable prices.