

# Becky Hirst

Hello! My name is Becky Hirst and I am the Food and Health Projects Officer at Health Promotion Gloucestershire.

I previously worked for the Matson Neighbourhood Project as the Community Involvement Worker. The aim of my job was to involve and encourage residents to take part in local initiatives by assessing their needs and providing appropriate opportunities. Prior to this I gained a BA (Hons) in Dance, specialising in Community Dance at Leeds University.

I have lots of plans and ideas for increasing healthy eating in Gloucestershire!

I am keen to help schools set up breakfast clubs and encourage community organisations to form Community Cafés to provide affordable and nutritious meals to local residents.

I will be encouraging community organisations to consider developing Community Gardens, "Grow Your Own" schemes and local food co-operatives as these are all brilliant ways for communities to access cheaper fruit and vegetables.

**For more information contact Becky Hirst, Food and Health Projects Officer, on 01452 394593.**

