

# Food Power Event

## Food Poverty & Food Strategy Action Plan Refresh

Tuesday 13 March 2018, 9.30am-1pm, Dorset Gardens Methodist Church

### INTRODUCTORY QUESTION

**Current action on food poverty in Brighton & Hove: What one word sums this up for you?**

Responses from group:

- ❖ Progress, progressive, proud, leading, hopeful, inspiration, dynamic, ambitious, passion
- ❖ Comprehensive, joined up, collaboration, coordinated, collective
- ❖ Necessary, urgent, vital, important
- ❖ Extensive, happening, relentless, effort
- ❖ Battle, inconsistent, hidden, waste

### ACTION ON FOOD POVERTY IN BRIGHTON & HOVE

**How effective do YOU feel this is?**

Participants chose a point on the 'line of effectiveness' to indicate how effective they feel the current action on food poverty is in the city, ranging from very effective to not effective at all.

Responses from group:

POSITIVE	NEGATIVE
<ul style="list-style-type: none"><li>❖ From the outside (Luton) it looks amazing – Brighton &amp; Hove's approach &amp; plan is inspiring</li></ul>	<ul style="list-style-type: none"><li>❖ Difficult for frontline services to attend the meeting today – important to have their input [Note – The Food Partnership have talked with food banks and the Surplus Food Network as part of the process]</li></ul>
<ul style="list-style-type: none"><li>❖ Collaborative: wide reach of different organisations and sectors in the room, buy-in across the city</li></ul>	<ul style="list-style-type: none"><li>❖ There are more hungry people than two years ago. Food banks are very stretched.</li></ul>
<ul style="list-style-type: none"><li>❖ Lots of good will – local cafes/residents turn up with surplus food which can't always be used – needs better coordination to make use of this desire to help</li></ul>	<ul style="list-style-type: none"><li>❖ The work needs to reach further, frontline workers need more information on how to connect people to services that are available</li></ul>
<ul style="list-style-type: none"><li>❖ The Brighton Centre Night Shelter shows how much energy and desire there is to help</li></ul>	<ul style="list-style-type: none"><li>❖ Evidence base: how do we baseline &amp; monitor progress? What data do we have? Difficult to know how effective it is, there's hidden work you don't see.</li></ul>
<ul style="list-style-type: none"><li>❖ There are established links with food industry / food waste</li></ul>	<ul style="list-style-type: none"><li>❖ Linking to food waste / effective food redistribution is important but doesn't solve the problem. Food waste isn't the solution but highlights a political point.</li></ul>

❖ Proud of what our projects are doing (e.g. Real Junk Food Project and Chomp) but we need to do more	❖ Junk food adverts (e.g. at bus stops) make things harder for people. Why can't we ban them in the city, or reduce exposure to till promotions/ads? Could we speak to B & H Buses? Community Action Group is a good link (move this to health action)
	❖ Loneliness – can lead to food poverty – is often hidden. How can we reach isolated people without access to good food/information?
	❖ Nutrition for older people: Home care services are stretched – carers go in and make toast/sandwich but not enough time to cook a meal. Ambitions in the Action Plan haven't yet been achieved.
	❖ People go into / come out of hospital malnourished

### Food Partnership: brief review on the effectiveness of the city's action on food poverty: (Emily O'Brien)

- ❖ Difficult external climate: more demand and less money for public & voluntary sector services → How do we configure services more effectively? (e.g. Bringing together people's 15 minutes with their carers could enable a shared meal rather than a rushed basic service – Some of the actions on this have been slower than we'd hoped in their progress)
- ❖ National climate: There's only so much we can do as a city, much is beyond our control. How much do we want to influence the national approach? Have been moving towards greater national influence e.g. Food Banks Network want more of a voice locally and nationally
- ❖ Lack of joined up approaches to measurement: Locally we try to measure what's happening, but other areas don't, so it's hard to know how successful we've been
- ❖ There's been great energy, engagement and progress: On some of the actions we've over-achieved (e.g. citywide promotion of Healthy Start Vouchers; Chomp school holiday lunch club has made outstanding progress and is now city-wide)
- ❖ Dialogue has moved 'beyond the food bank' – even within food banks there has been a more holistic approach including advice and digital access
- ❖ Embracing the 'city that cooks and eats together' (e.g. Real Junk Food project, lunch clubs)
- ❖ Legacy of outgoing Food Poverty Action Plan: progress! Plus the principles that were agreed still hold now
- ❖ There is information on the BHFP website for people experiencing food poverty at <http://bhfood.org.uk/food-poverty-advice>

#### Contact details:

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**BHFP FOOD POVERTY RESOURCES: <http://bhfood.org.uk/food-poverty-advice>**

# STRATEGIC THEMES – DETERMINING WHAT WORKS AND WHAT DOESN'T

## 1. The city that cooks and eats together

WHAT WORKS WELL		
ACTION / APPROACH	CONTINUE What needs to happen to continue this action or approach	STRENGTHEN How can it be strengthened and be more effective at addressing food poverty
<p>SHARED MEALS/LUNCH CLUBS – (tackling isolation, social activity)</p> <ul style="list-style-type: none"> <li>❖ 46 lunch clubs across the city</li> <li>❖ Casserole Club – lots of cooks</li> <li>❖ Pick &amp; cook sessions at community gardens</li> <li>❖ Shared lunch, cooked by volunteers, served by clients to clients</li> <li>❖ Shared lunch every Monday for refugees/asylum seekers (they receive free English lessons &amp; a bus pass)</li> <li>❖ Parents/carers to lunch in schools</li> <li>❖ Hove Lunch Club</li> <li>❖ Chomp – school holiday lunch club &amp; partnership with BHCC School Meals Team</li> <li>❖ BH Food Partnership funding for cooking groups (e.g. with refugees)</li> </ul>	<ul style="list-style-type: none"> <li>❖ Continued access to funding for all projects including BH Food Partnership</li> <li>❖ Volunteers</li> </ul>	<ul style="list-style-type: none"> <li>❖ Community element is key</li> <li>❖ Intergenerational activity to join up projects e.g. Chomp – so volunteers who are isolated can get involved with community projects</li> <li>❖ Wider choice of options - not all old people want to attend lunch clubs – dining clubs? [Note: The Posh Club = different approach]</li> </ul>
<p>COMMUNITY CAFES</p> <ul style="list-style-type: none"> <li>❖ Community café, Hollingdean – volunteers, learning cooking skills, providing low-cost food</li> <li>❖ Healthy choice award</li> <li>❖ Hop 50+ (activities &amp; food)</li> <li>❖ Real Junk Food Cafes – bring people together</li> </ul>	<ul style="list-style-type: none"> <li>❖ Continued access to funding for all projects including BH Food Partnership</li> <li>❖ Volunteers</li> </ul>	<ul style="list-style-type: none"> <li>❖ Community element is key</li> <li>❖ Adding benefits advice / other services to add value to café sessions</li> <li>❖ Wider use of networks / email list</li> <li>❖ RJFP - One location with good access (currently 3 locations, 300 volunteers on mailing list, 150-200 people at One Church)</li> </ul>

<p><b>SURPLUS FOOD</b></p> <ul style="list-style-type: none"> <li>❖ Surplus Food Network</li> <li>❖ FareShare provide Migrant English Project meals</li> <li>❖ Brighton Centre Night Shelter – effective coordination with local food businesses</li> <li>❖ More dialogue with FareShare to plan meals</li> </ul>	<ul style="list-style-type: none"> <li>❖ Continued access to funding for all projects including BH Food Partnership</li> <li>❖ Volunteers</li> </ul>	
<p><b>COOKING SKILLS &amp; EDUCATION</b></p> <ul style="list-style-type: none"> <li>❖ Work underway to tackle cookery skills support for bereaved people</li> <li>❖ Parent volunteers cooking in community cafes – learning skills</li> <li>❖ Stoneham bakehouse</li> <li>❖ ASC holds list of approved meal providers (hot &amp; frozen) – all required to be nutritionally sound</li> <li>❖ Training / Education for service users</li> </ul>	<ul style="list-style-type: none"> <li>❖ Continued access to funding for all projects including BH Food Partnership</li> <li>❖ Volunteers</li> </ul>	<ul style="list-style-type: none"> <li>❖ Community kitchen key asset for city and projects to strengthen cooking skills</li> </ul>
<p><b>ACCESS TO LOW COST HEALTHY INGREDIENTS</b></p> <ul style="list-style-type: none"> <li>❖ Food waste hub - Bevendean</li> </ul>		

## WHAT DOESN'T WORK WELL

<b>ACTION / APPROACH</b>	<b>CHANGE</b> What needs to happen for this to work better?	<b>SCRAP</b>
<p><b>SURPLUS FOOD</b></p> <ul style="list-style-type: none"> <li>❖ Lack of coordination of local resources</li> <li>❖ Provide more information for FareShare (feedback re what is needed/what produce)</li> </ul>	<ul style="list-style-type: none"> <li>❖ Surplus Food Network could work better, have more awareness about it.</li> <li>❖ Surplus Food Network/B&amp;H Food Partnership etc to have role in making sure businesses are aware to contact projects/SFN <u>before</u> a conference/event has happened</li> </ul>	
<p><b>ACCESS TO INGREDIENTS / EQUIPMENT</b></p> <ul style="list-style-type: none"> <li>❖ Many people don't own a tin opener or have basic cooking equipment so won't try new meals</li> </ul>	<ul style="list-style-type: none"> <li>❖ Community freezers/fridges (some housing/flats may have this?)</li> <li>❖ Surplus equipment swap/redistribute (link this with Community Fridges and signposting to low cost/free cookery classes)</li> <li>❖ Surplus equipment drop off/swap (tie in with community fridge)</li> </ul>	

	<ul style="list-style-type: none"> <li>❖ Tie in with removal companies for unwanted kitchen goods (people and orgs)</li> <li>❖ Universities - masses of equipment left</li> <li>❖ Food buying groups for community food projects – reduce costs and access to local produce</li> <li>❖ More ‘scoop and weigh’ shops – they would lead to less waste, less packaging and are more affordable</li> </ul>	
<p><b>ACCESS TO PROJECT</b></p> <ul style="list-style-type: none"> <li>❖ Lunch clubs with transport in decline</li> <li>❖ Disabled people unable to get to project</li> <li>❖ No city-wide free/low-cost ‘meals on wheels’ service</li> </ul>	<ul style="list-style-type: none"> <li>❖ B&amp;H Buses provided Migrant English Project with bus passes in return for positive PR – community outreach.</li> <li>❖ PP Mobility scooters for £5/day?</li> <li>❖ ‘Cycling without age’?</li> <li>❖ More diners to access benefit of Casserole Club</li> <li>❖ Casserole Club for families</li> </ul>	
<p><b>COOKING SKILLS</b></p> <ul style="list-style-type: none"> <li>❖ Need more opportunities to teach people to cook as a group</li> <li>❖ Funding for cookery classes for children’s centres, Early Years visits reduced – budget cuts</li> <li>❖ Cooking skills for recently bereaved people [Note - PP tackling already]</li> </ul>	<ul style="list-style-type: none"> <li>❖ Signpost to Community Kitchen – low cost and nutritious food</li> <li>❖ Batch cooking/freezer -how to avoid the ready meals!</li> </ul>	
<p><b>EDUCATION</b></p> <ul style="list-style-type: none"> <li>❖ More education involving partners across sectors of nutrition/healthy eating</li> </ul>	<ul style="list-style-type: none"> <li>❖ More engagement and involvement from local business to tackle loneliness and nutrition e.g. older people’s dining club offer</li> <li>❖ Sponsorship of community food projects by food business is regular not just at crisis time (e.g. when snowing )</li> </ul>	

## 2. Emergency / crisis support

WHAT WORKS WELL		
ACTION / APPROACH	CONTINUE What needs to happen to continue this action or approach	STRENGTHEN How can it be strengthened and be more effective at addressing food poverty
<p><b>KNOWLEDGE/INFO/DIGITAL ACCESS</b></p> <ul style="list-style-type: none"> <li>❖ Local knowledge of resources – continued need for coordination</li> <li>❖ Raise awareness of digital exclusion (e.g. barriers) for volunteers/frontline staff</li> <li>❖ Previous Digital Access Pilot: volunteers coming to food banks with tablets - popular. Detail on Outcomes?</li> <li>❖ “Digital friends” – red cross volunteers help with digital access/loan tablets/support online food shop</li> <li>❖ Online library service – supporting online food shopping</li> </ul>	<ul style="list-style-type: none"> <li>❖ New Pilot - digital access in food banks [David, Digital Brighton] – staff/volunteers in food banks offer free ‘digital champion training’ and/ or signposting/ guidance</li> <li>❖ Signpost to digital access/support at food banks/Real Junk Food Project (hasn’t happened yet!)</li> <li>❖ BHCC customer service centre – to add signposting to BHCC food poverty resources</li> </ul>	<ul style="list-style-type: none"> <li>❖ Digital Brighton taking forward need for digital access (tablets?) in settings such as food banks (And potential for some shared meals) – pilot to establish need/ best ways to deliver</li> </ul>
<p><b>COORDINATION OF FOOD DONATIONS</b></p> <ul style="list-style-type: none"> <li>❖ Surplus Food Network is a positive development</li> <li>❖ Coordination between different agencies to provide food</li> </ul>	<ul style="list-style-type: none"> <li>❖ Some food banks need more fresh food - Focus?</li> </ul>	<ul style="list-style-type: none"> <li>❖ Involve commissioners of rough sleeper &amp; homeless/hostel services</li> </ul>
<p><b>BHCC CRISIS SUPPORT/WELFARE SUPPORT</b></p> <ul style="list-style-type: none"> <li>❖ LDSF – budget has been agreed for 2018/19 – great though still year by year</li> <li>❖ Prep by Welfare Reform Team around Universal Credit has (hopefully) helped to soften impact</li> </ul>	<ul style="list-style-type: none"> <li>❖ LDSF – greater security around funding priority</li> <li>❖ Continued need to respond to welfare reform</li> </ul>	<ul style="list-style-type: none"> <li>❖ National voice</li> </ul>
<p><b>MEALS AND FOOD PROVISION</b></p> <ul style="list-style-type: none"> <li>❖ Wide range of hot meals available for homeless people</li> </ul>		<ul style="list-style-type: none"> <li>❖ BHFP/First Base to host focus group with rough sleepers – to see priorities</li> </ul>

## WHAT DOESN'T WORK WELL

ACTION / APPROACH	CHANGE What needs to happen for this to work better?	SCRAP?
<b>BARRIERS</b> <ul style="list-style-type: none"> <li>❖ People too embarrassed to ask for help</li> <li>❖ Lack of awareness of where people can access emergency food for homeless</li> </ul>	See above	
<b>JOINING UP DONATIONS</b> <ul style="list-style-type: none"> <li>❖ Unknown where to donate food</li> <li>❖ Need better publicity for where to donate food</li> <li>❖ Need better coordination between different agencies/public/businesses</li> </ul>	See above	
<b>DEMAND</b> <ul style="list-style-type: none"> <li>❖ Lack of food bank provision at BUCFP – not able to cope!</li> <li>❖ Fire fighting</li> </ul>	<ul style="list-style-type: none"> <li>❖ More resources for BUCFP? If not do we need to change guidance on signposting to BUCFP?</li> </ul>	

### 3. Every vulnerable adult can eat one nutritious meal a day

## WHAT WORKS WELL

ACTION / APPROACH	CONTINUE What needs to happen to continue this action or approach	STRENGTHEN How can it be strengthened and be more effective at addressing food poverty
<b>COMMUNITY RESPONSES &amp; SHARED MEALS</b> <ul style="list-style-type: none"> <li>❖ There's a vast array of free/cheap meals, and they are actually 'meals' rather than food parcels</li> <li>❖ If people are given the opportunity to contribute (e.g. volunteer) not just receive</li> </ul>	<ul style="list-style-type: none"> <li>❖ Continue support for shopping - A shopping trip is a social event as well as a means for getting food (i.e. the</li> </ul>	<ul style="list-style-type: none"> <li>❖ More consultation with vulnerable adults about their preferences</li> <li>❖ Training for planning or serving nutritious meals</li> </ul>

- ❖ Support with shopping and transport when access is an issue e.g. Easy Link and Age UK
- ❖ There is information and support e.g. list of lunch clubs, Casserole Club, malnutrition booklet, Age UK advice and befriending

focus shouldn't just be about online shopping)

- ❖ Projects (e.g. Lunch Positive/Hop 50) who do this well to share with others
- ❖ Training for people who run food groups in user involvement
- ❖ Information and advice needs to get out there more

#### MAKE THE MOST OF OPPORTUNITIES TO INTERVENE

- ❖ Adult Social Care assessments – Everyone has a right to an assessment. Make sure that the people doing the assessments are confident talking about food, both to those people who do get a care package and those who don't. Self-funders also need support around food. Asking about food is part of an Adult Social Care assessment but we don't know what people do say during this conversation.
- ❖ Info and support for people at risk – e.g. what support is there for people who don't/can't get out? e.g. more people living at home with dementia with a lack of mobility
- ❖ CCG alliance work impacts on services – will merging of CCGs mean that services can't be commissioned in the same way as they are now?

- ❖ Role of GPs
- ❖ Routinely screening in community settings for malnutrition (e.g. 95% of people with malnutrition live in community settings). The main concern should be about people living at home.
- ❖ Use commissioning process for older people's hub services to embed work to spot and address malnutrition (embed better than tag on)
- ❖ To continue to engage Adult Social Care in this work, team meetings and training.

- ❖ Need GP practices to ask the right questions about food poverty and malnutrition and signpost to support. Could we develop a resource pack for GP clusters (not just GPs, it is often the practice nurse that weighs people)?
- ❖ Produce training and briefing for Every Contact Counts training re: food poverty
- ❖ Tell more people about food poverty resources, e.g. clinical community resources, pharmacy drivers, Care Link

#### CARE HOMES

- ❖ Adult Social Care quality monitoring team visits to care homes including at meal times to observe food availability and suitability

BSUH dietitians have a new project working with care homes on malnutrition

#### DATA & KNOWLEDGE

- ❖ What is the local data on malnutrition?

- ❖ Do the CCGs have it? The case would be stronger

	with local data (Katie Cuming)	
<b>DIGITAL</b> <ul style="list-style-type: none"> <li>❖ Piggybacking digital inclusion support with food, e.g. IT training, including how to do online food shopping</li> <li>❖ There needs to be good information for family carers (especially of older people) who are digitally-savvy</li> </ul>	<ul style="list-style-type: none"> <li>❖ Continue digital inclusion work but look for new partners/places</li> </ul>	<ul style="list-style-type: none"> <li>❖ Age Space website (tbc what this website covers) should have information aimed at carers (e.g. gadgets that might help your elderly parent opening things)</li> </ul>

## WHAT DOESN'T WORK WELL

ACTION / APPROACH	CHANGE What needs to happen for this to work better?	SCRAP
<b>COMMUNITY RESPONSES &amp; SHARED MEALS</b> <ul style="list-style-type: none"> <li>❖ Provision is not 7 days a week and in all neighbourhoods for free or very low cost food for people in poverty</li> <li>❖ Some people want to be in their own home and want company to eat in</li> </ul>	<ul style="list-style-type: none"> <li>❖ If new schemes come along, prioritise the gaps (which have already been flagged up in the Food Poverty Action Plan)</li> </ul>	
<b>DIGITAL (see also above)</b> <ul style="list-style-type: none"> <li>❖ People can't afford digital (e.g. equipment, mobile phone credit, internet access)- as well as not having the confidence to use it</li> </ul>	<ul style="list-style-type: none"> <li>❖ Ensure that settings have free Wi-Fi/kit that people can use</li> </ul>	
<b>EDUCATION AROUND NUTRITION</b> <ul style="list-style-type: none"> <li>❖ For those supporting vulnerable adults they need to understand what is a good diet and not see it just as something aspirational</li> </ul>	<ul style="list-style-type: none"> <li>❖ Ensuring training for both trainee and current staff in social work/adult social care, etc.</li> </ul>	
<b>HOSPITAL DISCHARGE</b> <ul style="list-style-type: none"> <li>❖ CCG aren't engaged in the collective process of trying to improve food and hospital discharge</li> <li>❖ Some aspects of hospital discharge work well (e.g. Red Cross) but it's patchy as to who gets it</li> </ul>	<ul style="list-style-type: none"> <li>❖ The care home agencies who do get contacted about someone coming home in order to start the care package again don't get told anything about food – is this an opportunity to add this question? They often turn up and people have</li> </ul>	

- ❖ [post meeting note – the CCG subsequently sent an update -they are addressing this issue. However Red Cross has also reported their hospital discharge service is being de-commissioned by the CCG. More information requested...]
- ❖ The approach of checking food on hospital discharge is not embedded across the hospital
- ❖ Befriending organisations need to play more of a role

- no food. Particularly an issue for older and disabled people who can't just get to the shops
- ❖ Collective approach including CCG engagement
- ❖ Befriending to do more on food
- ❖ Red Cross (was commissioned by CCG) Home & Company think it works well when Red Cross support their clients on hospital discharge

## NEW/ADDITIONAL IDEAS

- ❖ How to use the plan to apply for funding for the 'stuck' bits or new ideas
- ❖ When people have a med review ask about food
- ❖ Home care agency – fliers in discharge packs – info at right point
- ❖ Advice to “take out the cooker” –Care agencies are worried about safety → only microwave
- ❖ Cooking well with microwaves
- ❖ Healthwatch: what is happening with this project?
- ❖ Apps to scan barcode re: nutrition (David Scurr)
- ❖ Food buying 'groups' – is RJFP Bevendean a new model?
- ❖ Access to cooking facilities in temporary accommodation
- ❖ Intergenerational work
- ❖ Film and training re: supermarket knowing what can be redistributed
- ❖ Who is missed by 'shared' meals?

## 4. Every child can eat one nutritious meal a day

### WHAT WORKS WELL

ACTION / APPROACH	CONTINUE What needs to happen to continue this action or approach	STRENGTHEN How can it be strengthened and be more effective at addressing food poverty
<b>IN SCHOOLS</b> <ul style="list-style-type: none"> <li>❖ School lunches – food and dining experience</li> <li>❖ School holiday food clubs – essential in some areas</li> <li>❖ More investment into breakfast clubs by government + £10 million on investment into schools → healthy rating scheme</li> </ul>	<ul style="list-style-type: none"> <li>❖ Continue to work with schools re: good eating experience and knock-on effects e.g. afternoon learning</li> </ul>	<ul style="list-style-type: none"> <li>❖ Watch and wait, keep abreast of opportunities – opportunities from sugar tax?</li> </ul>

<ul style="list-style-type: none"> <li>❖ Diversity of methods (providing lunch clubs/ education in nutrition/other support)</li> <li>❖ School meal times (length) in primary schools</li> <li>❖ Free school meal application quick and easy</li> </ul>	<ul style="list-style-type: none"> <li>❖ Continue holiday clubs (trial and error for under 5s)</li> </ul>	
<p><b>PARTNERSHIP WORK</b></p> <ul style="list-style-type: none"> <li>❖ Good supportive partnerships with common goals</li> <li>❖ Active for life team – holiday programme linking with partners such as FP/children’s centres &amp; Chomp (e.g. soup and stomp)</li> <li>❖ Signposting to other organisations (e.g. Chomp, RJFP)</li> <li>❖ Engagement of families (0-5 yrs) for cookery classes via children’s centres (taken from ‘Other’ flipchart)</li> <li>❖ Chomp partnership</li> </ul>	<ul style="list-style-type: none"> <li>❖ Sharing information vital</li> </ul>	

## WHAT DOESN'T WORK WELL

<b>ACTION / APPROACH</b>	<b>CHANGE</b> What needs to happen for this to work better?	<b>SCRAP</b>
<p><b>HEALTHY START VOUCHERS &amp; FREE SCHOOL MEALS</b></p> <ul style="list-style-type: none"> <li>❖ Healthy Start Vouchers – sign up process is a barrier</li> <li>❖ Stigma of Healthy Start Vouchers and free meals</li> <li>❖ Healthy Start Vitamins not working – free for all (3000 children in Brighton &amp; Hove and 250 packets of vitamins given out last year)</li> <li>❖ Waste in vitamins</li> <li>❖ Not all families will engage with children’s centres - food poverty in 0-2 yrs is hidden</li> </ul>	<ul style="list-style-type: none"> <li>❖ Healthy Start Vouchers - list of professionals who can sign (add info to ‘start for life’) <ul style="list-style-type: none"> <li>- Midwife - pre-sign? - Process improvement?</li> <li>-Digital exclusion – leaflets</li> </ul> </li> <li>❖ Do all those entitled to free school meals feel able to access?</li> <li>❖ Food bank referral process</li> <li>❖ Wasted vitamins (HV,CC) – give to all?</li> </ul>	
<p><b>EDUCATION AROUND NUTRITION</b></p> <ul style="list-style-type: none"> <li>❖ More cookery in schools</li> <li>❖ Parent engagement in schools</li> <li>❖ How do we learn what good nutrition is/means?</li> <li>❖ Poor education in basic cooking prohibits people from trying new meals</li> </ul>	<ul style="list-style-type: none"> <li>❖ Low-cost family cookery (school hours and out of hours) –nutrition education – mandatory?</li> <li>-new cooking activities for 12+</li> </ul>	

<p><b>BREASTFEEDING</b></p> <ul style="list-style-type: none"> <li>❖ Inequalities in breastfeeding</li> <li>❖ Legislation on food/milk advertising</li> </ul>	<ul style="list-style-type: none"> <li>❖ Mum &amp; baby groups? Professionals into the community?</li> </ul>	
<p><b>MAKING EVERY CONTACT COUNT</b></p> <ul style="list-style-type: none"> <li>❖ Are GPs and health visitors confident to ask the questions?</li> </ul>		
<p><b>FOOD AT HOME</b></p> <ul style="list-style-type: none"> <li>❖ What about those home-schooled?</li> <li>❖ Parents can't provide during holidays/weekends</li> </ul>		
<p><b>IN SCHOOLS (See also schools above)</b></p> <ul style="list-style-type: none"> <li>❖ School meal times (length) and experience</li> <li>❖ We want to get 'fuel for school' operational</li> </ul>	<ul style="list-style-type: none"> <li>❖ Secondary schools <ul style="list-style-type: none"> <li>-Food policy re: dining experience</li> <li>-Protected meal times</li> </ul> </li> </ul>	
<p><b>NEW/ ADDITIONAL IDEAS</b></p>		
<ul style="list-style-type: none"> <li>❖ Water refills</li> <li>❖ Lobby on advertising – breastfeeding – keep on the agenda</li> <li>❖ Find out about home-schooled population</li> </ul>		

## 5. The underlying causes of food poverty

WHAT WORKS WELL		
ACTION / APPROACH	CONTINUE What needs to happen to continue this action or approach	STRENGTHEN How can it be strengthened and be more effective at addressing food poverty
<p><b>ADVICE</b></p> <ul style="list-style-type: none"> <li>❖ Advice centre, Possability People</li> <li>❖ All those who are entitled to can access free school meals – good process (on the day, following day, talk to parents, partnership with schools)</li> </ul>		

<ul style="list-style-type: none"> <li>❖ Referral to food banks → advice on debt, housing, nutrition and budgeting</li> <li>❖ BHFP links with frontline services to signpost people to relevant food related services [BHFP also offers training for this]</li> </ul>		
<b>BENEFITS/MONEY</b> <ul style="list-style-type: none"> <li>❖ Universal Credit transitional protection until 31<sup>st</sup> March 2022 (FSM) &amp; benefits (Susie)</li> <li>❖ Giving people more money</li> </ul>		
<b>LIVING WAGE/INCOME</b> <ul style="list-style-type: none"> <li>❖ Committed to payment of Living Wage for contracts</li> <li>❖ Home care providers are obliged to pay carers the National Living Wage</li> </ul>		
<b>HOLISTIC APPROACH</b> <ul style="list-style-type: none"> <li>❖ Citywide Connect collaboration incorporating food</li> </ul>	<ul style="list-style-type: none"> <li>❖ Commissioners and services that think holistically</li> </ul>	

## WHAT DOESN'T WORK WELL

ACTION / APPROACH	CHANGE What needs to happen for this to work better?	SCRAP
<b>LACK OF SOCIAL/AFFORDABLE HOUSING</b> <ul style="list-style-type: none"> <li>❖ Housing costs rising</li> <li>❖ Lack of social housing being built</li> <li>❖ Private rental costs</li> <li>❖ Allowances delayed – housing defects, poor cooking facilities</li> <li>❖ Families in poor housing (kitchens shared, time, money)</li> <li>❖ Low income, high rents, redundancy, marital breakup, addiction</li> <li>❖ Unemployment</li> <li>❖ Increasing homelessness →reduced ability to prepare food</li> </ul>	<ul style="list-style-type: none"> <li>❖ Link BHCC legislation to support DFS tenants (often discriminated against in private rental market) [Recent precedent to this in UK (tenant successfully won case against being discriminated against as DFS holder)]</li> <li>❖ Come together to tackle inequalities in the city</li> </ul>	

<ul style="list-style-type: none"> <li>❖ Being homeless →lack of choice &amp; access to food</li> </ul>		
<p>ACCESS</p> <ul style="list-style-type: none"> <li>❖ Access to the internet to be able to find info online</li> <li>❖ Access → bus passes e.g. to get to food banks or lunch clubs</li> <li>❖ People unable to get out and about to access shared meal opportunities</li> <li>❖ Access for disabled people</li> <li>❖ Pride</li> <li>❖ Lack of mobility</li> <li>❖ Social care assessments and GP assessments → criteria for intervention is very high so people are slipping through the net</li> <li>❖ Dementia</li> </ul>		
<p>BENEFITS/UNIVERSAL CREDIT/MONEY</p> <ul style="list-style-type: none"> <li>❖ Benefits are more difficult to claim</li> <li>❖ Impact of changes to benefits/Universal Credit – lack of clear guidance for implementation</li> <li>❖ People only get an adult social care package if they are assessed as having ‘substantial’ or ‘critical needs’ – leaves many with ‘low’ or ‘moderate’ needs.</li> </ul>	<ul style="list-style-type: none"> <li>❖ Coordination between food and other poverty issues, living wage, benefits, housing &amp; employability</li> </ul>	
<p>ADVERTISING</p> <ul style="list-style-type: none"> <li>❖ Legislation on food advertising and promotion e.g. bus stops/tickets</li> </ul>	<p>→Establish where control for advertising space is and how to develop possible guidelines</p>	
<p>ISOLATION/LONELINESS</p> <ul style="list-style-type: none"> <li>❖ Loneliness still an issue – Social isolation</li> </ul>	<ul style="list-style-type: none"> <li>❖ more work needs to be done following on Citywide Connect</li> </ul>	
<p><b>NEW/ADDITIONAL IDEAS</b></p>		
<ul style="list-style-type: none"> <li>❖ Coordinate anti-poverty campaigns: <ul style="list-style-type: none"> <li>-food poverty, fuel poverty, housing support, homelessness, living wage, digital inclusion, community development, older people’s isolation, disability, city of sanctuary, employability, debt advice</li> </ul> </li> </ul>		

## 6. Other

### WHAT WORKS WELL

ACTION / APPROACH	CONTINUE What needs to happen to continue this action or approach	STRENGTHEN
<p><b>COLLABORATION &amp; COORDINATION</b></p> <ul style="list-style-type: none"> <li>❖ Links between agencies to ensure nobody slips through the net</li> <li>❖ Links with local businesses to collect and distribute food efficiently and quickly</li> <li>❖ Joint initiatives</li> </ul>	<ul style="list-style-type: none"> <li>❖ BHFP should continue to invite academics to non-academic events</li> <li>❖ Maintaining links with research and policy communities e.g. through BSUFN and City's Food Research Collaboration @ the Centre for Food Policy</li> </ul>	

### WHAT DOESN'T WORK WELL

ACTION / APPROACH	CHANGE What needs to happen for this to work better?	SCRAP
<p><b>MEASUREMENT</b></p> <ul style="list-style-type: none"> <li>❖ Measurement &amp; evidence – what is the baseline to monitor progress?</li> <li>❖ Council has limited/no access to people who fall outside of Local Authority assistance but are still struggling and vulnerable</li> <li>❖ Quantifying the target group if they are not deemed vulnerable</li> </ul>	<ul style="list-style-type: none"> <li>❖ Engagement with academics (e.g. through BSUFN) can be a bit patchy – to be improved on BSUFN side with BHFP</li> </ul>	
<p><b>AWARENESS &amp; INFORMATION SHARING</b></p> <ul style="list-style-type: none"> <li>❖ Tackling stigma associated with food poverty that prevents people from accessing services</li> <li>❖ Awareness/feedback on Food Poverty Action Plan: those who have only just got involved are unsure about where it is at (therefore it's difficult to know how well the city is doing)</li> </ul>	<ul style="list-style-type: none"> <li>❖ Awareness in the general population /businesses on what are the best ways to help (people's good intentions aren't always effective)</li> <li>❖ Publicity &amp; information sharing on what the various projects are doing</li> <li>❖ Celebrate successes together (between different projects)</li> </ul>	

## NEW/ADDITIONAL IDEAS

- ❖ Engagement with new Sussex University MA in Food & Development (students could pick dissertation themes from BHFP list of useful areas it needs research on).
- ❖ Making Every Contact Count (MECC) approach – bring food into other conversations

## FEEDBACK FROM THE FOOD POWER PROGRAMME: KEY THEMES EMERGING ACROSS THE UK (Simon Shaw)

- ❖ Access to cooking facilities in temporary accommodation
- ❖ Children at risk of hunger
- ❖ People missed by lunch clubs (they are only attended by certain groups of people)
- ❖ Tackling social isolation
- ❖ Food buying groups to help accessibility/affordability in a dignified way (has a sustainability angle too)
- ❖ Adult Social Care – whether it is working for those people accessing it, and what happens to those who don't meet the criteria for eligibility
- ❖ Vouchers for fruit and veg and other practical actions e.g. Higher uptake of Healthy Start through involvement of other professionals (First Steps Nutrition making recommendations to the Department of Health on the next steps for Healthy Start Vouchers)
- ❖ Linking in with academia: The benefit in getting robust evidence with write-up from academics →useful verification when giving feedback to commissioners

## STRATEGIC APPROACH & NEXT STEPS

With agreement from the workshop participants, this food poverty work will sit within the Food Partnership's wider Food Strategy work going forward, rather than as a distinct Food Poverty Strategy. We aim to capture some new actions going forward and get people's buy-in, and to use a 'food poverty lens' to our wider strategic work. We're hoping to have support from a PhD student to track some of this work, and are considering the best options for media work (e.g. features in the Argus celebrating our successes). We will seek cross-party support for the Strategy and buy-in at a senior level (e.g. getting the work approved by the Health & Wellbeing Board, the Policy, Resources and Growth Committee and the Neighbourhoods, Communities and Equalities Committee).

## WORKSHOP EVALUATION

SOMETHING I LIKED	SOMETHING I DIDN'T LIKE	SOMETHING I LEARNED	SOMETHING TO TAKE AWAY AND DO
<ul style="list-style-type: none"> <li>❖ A well-paced session/about the right length</li> <li>❖ Efficient/organised session</li> <li>❖ Interaction and participation of session</li> <li>❖ Chance to reinforce concerns</li> <li>❖ Well-led, good amount of space to listen and contribute</li> <li>❖ Enjoyed session being about networking and discussion</li> <li>❖ Being active</li> <li>❖ Opportunity to discuss collaborations</li> <li>❖ Lots of space for constructive small group discussions feeding into concrete actions/recommendations</li> <li>❖ Top down and bottom up</li> <li>❖ Meeting new people and sharing links</li> <li>❖ Learning from other attendees</li> <li>❖ Facilitation</li> <li>❖ Learned more about what's going on</li> </ul>	<ul style="list-style-type: none"> <li>❖ Lack of information shared on what is being done which made it hard to contribute</li> </ul>	<ul style="list-style-type: none"> <li>❖ Gained a better understanding of other work being done on food poverty</li> <li>❖ Lots of ideas for projects to take to Luton</li> <li>❖ Don't forget the successes</li> <li>❖ Lots more about food work and services across Brighton &amp; Hove and what does/doesn't work</li> <li>❖ Are we hearing the voices of our service users clearly in the plans/these meetings</li> </ul>	<ul style="list-style-type: none"> <li>❖ Sense of community around food is growing</li> <li>❖ Visit Hollingdean Children's Centre</li> <li>❖ Look into Casserole Club as a cook</li> <li>❖ Research more re: food poverty to raise awareness</li> <li>❖ Google 'first steps'</li> <li>❖ Continue to develop and make every contact count</li> <li>❖ Follow up new contacts</li> <li>❖ Home care role in nutrition</li> <li>❖ Need to revive and strengthen links between BSUFN &amp; BHFP</li> </ul>

### ATTENDEES

**Lisa Akmenkalns** – BHCC; **James Bonner** – Groundwork (Luton & Bedfordshire); **David Brindley** – BHCC; **Mike Byrne** – BHT First Base; **Eleanor Cobb** – Chomp; **Jennifer Constantine** – BSUFN; **Judith Cooper** – BHCC; **Katie Cuming** – BHCC; **John Francis** – BHCC; **Athol Halle** – Trust for Developing Communities; **Loretta Harrison** – Home & Company; **Susie Haworth** – BHCC; **Kate Holder** – Migrant English Project; **Steph Lakelin** – Hollingdean & Preston Park Children's Centre; **Paul Loman** – Real Junk Food project; **Tracey Maitland** – Possability People; **Andy Malcolm** – One Church Brighton/Chomp; **Christy McCaw** – Chomp; **Ann Menhinick** – Purple People Kitchen Food Bank Portslade; **Sarah Podmore** – BHCC; **David Scurr** – Digital Brighton; **Simon Shaw** – Sustain/Food Power; **Carol Smith** – Brighton Unemployed Centre Families Project; **Gary Pargeter** – Lunch Positive; **Christian Smith** – BHCC; **Natalie Stone** – BHCC; **Amanda Tombs** – Sussex Community Foundation Trust (SCFT); **Laura Wood** - BHCC

**Apologies:** **Helen Cowling** – BHCC; **James Kirby** – Social Enterprise Kent (Thanet); **Sophie Moss** - BHCC

**Food Partnership Staff:** **Vic Borrill**, **Chloe Clarke**, **Sara Franchini**, **Katy Francis**, **Ben Messer**, **Emily O'Brien**, **Katie Sutton**, **Victoria Williams**