

# Food Poverty Summit 13<sup>th</sup> November 2018

## Notes from Strategy Development Groups

### Tackling Child Hunger and Malnutrition - Group 1

- Breakfast clubs
  - Staggered arrival
  - Blood sugar
  - Quality of food
  - School heads summit
  - Links to youth groups
    - Holiday cooking clubs in youth centres
    - After school clubs in youth centres
  - Children's centres?
  - Breakfast 'on the move' – milk and banana
- Healthy weight declaration
- Food clubs
  - Local food (CSA)
  - Pot luck clubs
- 2<sup>nd</sup> Summit to measure change

### Tackling Child Hunger and Malnutrition - Group 2

- 'A veg scheme across schools in Exeter' - sourcing/distribution of fruit and veg (focus on veg due to sugar in fruit), coordinating across schools
- Schools supported to be able to identify people at beginning of food poverty
- Clear pathways for referrals
- Improve free school meals take-up
- Hydration bottles
- Breakfast clubs across Exeter
  - As an addition, not at the expense of other things
  - Pupil premium
  - Exeter Food Action
  - Use food tech room – help yourself
  - Somebody coming in to help with provision
  - Volunteer resource – Exeter College Catering
- Holiday programmes
  - School access
  - Whole school community signed up
  - Meal access as well as cooking
- Foodbank – schools able to refer

## Supporting Vulnerable Adults - Group 1

- What group members are doing:
  - Foodbank Beacon Centre = free café distributing surplus food, holiday hunger programme with free lunches, free food at youth club.
  - Wonford = free meal/community café. Holiday hunger programme 2 weeks with activities
  - Exeter Food Action– collect surplus food from supermarkets and local producers & redistribute to organisations. Supplied holiday hunger& breakfast clubs, providing to vulnerable groups.
  - St Sid's = cooking, training, holiday hunger
  - Young Devon – vulnerable/deprived 18-24 yr. olds – cooking courses and allotments, refer to Foodbank, crisis led. Food available at the Centre
  - Bishop of Exeter = C of E in Devon, network of schools and churches, YMCA & St Petrocks
  - Exeter Foodbank = 4 distribution sessions, work with EFA
  - St Petrocks = drop-in sessions 5 days a week, breakfast and lunch + soup kitchen

### For Action Plan:

- Education & food – link to community groups, part of other sessions, sharing best practice, sharing resources e.g. Beacon Centre kitchen
- More coordination between organisations - linking community, health, voluntary, statutory bodies & church. Link to existing programmes – community builders etc GP social prescribing
- Somewhere to go – address loneliness & hunger, loss of community, loss of social & skills -community café
- Looking beyond the crisis – longer-term support
- Support for elderly couples – when illness strikes, the partner can be badly affected leading to food poverty and isolation.
- Holiday hunger programme – vehicle for coordination and sharing resources – could someone be employed across centres?
- Could roll-out other initiatives e.g. community cafes and could have city coordinator and work with existing groups.
- Food Exeter could coordinate funding for these city-wide initiatives.

## Supporting Vulnerable Adults - Group 2

- “Engage, empower & enable vulnerable adults to access healthy food”
- Broad group – complex needs & aspects that are unique to different groups e.g. LD, PD
- Recognition of those groups of people who are seeking to maintain independence.
- Need to explore different vulnerable groups in more depth
- Need a choice of solutions
- Localised opportunities – go to them
- Need to add fun
- Need collective response/collaboration
- Better usage of church buildings

Ideas:

- Dove café; Real Junk Café, Nana's Cafes, pop-up café's (e.g. Pinhoe)
- Food sharing – network of community pantries
- Invitations to linger
- Pop-up cafes/ models that can move around
- Multi-agency working group to research and define the unique and the common barriers to healthy food by different groups of vulnerable people.

### Supporting Low Income Families - Group 1

- Where do families who are not in crisis go for support?
- Need to address social stigma and build dignity into services.
- Identifying needs and raising awareness.
- Cross- services signposting from DCC.
- Does data/research exist? Can DCC resource this? DCC Joint Strategic Needs Assessment. DCC Cllr Yvonne Atkinson will query this and argue that FP be included in JSNA.
- How is the community involved at City Council level?
- Need to include those experiencing food poverty.
- More face-to-face events – coming together.
- Need clear goals to work on collaboratively.
- Need to know what the possibilities are for connections.
- DCC/social enterprise/education connections.
- Community fridge/larder open to all as DCC future focus.
- West Town Farm – pumpkin use redistribution plan – offer to St Sid's.
- Work with community builders initiative.

### Supporting Low Income Families - Group 2

- Early help
- Help for helpers – what is available, have a board – real life story
- Food today
- Three days support
- Fast track tomorrow
  - Fridges and fresh stuff
  - Souper surplus
- Needs strategic decision makers (POMS)
- schools, GPs, children's centres. Community centres, churches, supermarkets, smaller markets, ECI, Chamber of Commerce, Young Farmers, Food growers and producers.

### Supporting Low Income Families - Group 3

- Chart showing where people can go to access food support
- Making sure people know what's available & what benefits they can apply for
- Community Builders, GP surgery referrals – ask about food needs
- Parent Support Advisors – provide Devon free parcels
- Give out food vouchers discreetly
- Elderly/ people on their own – communal meals/social eating
- Low income people not always on benefits, not entitled to tax credits, not able to access services in the day time

- Canned food is very heavy.
- Growing food in buckets/provide seeds etc
- Food sharing co-op
- Buying groups
- Local produce can be provided much cheaper/delivered direct
- Less wastage/self-help/ address loneliness
- Grow-share-cook Plymouth getting groups of students together
- Address benefits sanctions – can't pay rent/ universal credit doesn't go direct to housing/ always in debt
- No crisis loans/ use West Country Credit Union
- Affordable food cafes/ using existing space with play space
- Pay as you feel meals
- To pay staff, not just rely on volunteers
- Food poverty partnership needs coordination
- Wellbeing Exeter
- Cross sector partnership
- Get private sector involved donating food
- Community groups need to be involved