



Food Matters A Neighbourhood Approach Lessons Learnt Report April 2018 – March 2019



1. Introduction

- 1.1 Children not eating healthy meals, childhood obesity, family food poverty (low income families having to make choices between food and other costs of living), and older adults suffering from malnutrition have all been highlighted in the press as major issues in communities.
- 1.2 Over the last year (2018-19) Inspiring Communities Together in partnership with Age UK Salford, Salford Royal and Salford City Council Public Health Team and other community venues have tested a variety of approaches to try and address these community food-related issues
- 1.3 The approach developed delivered a programme of activities across the life course of start well, live well and age well (including some intergenerational activity) and were funded through a variety of funding streams:

Life Course	Activity	Funding	Location
Start well	Review of nursery menus	<ul style="list-style-type: none"> • Inspiring Communities Together own funding • Parent contribution 	Early years setting (Yogurt Pots) in Kersal
	Cooking club – after school		
	Family cooking sessions – summer holidays		
Live well	Catering pathway – employability level 1, food safety and hygiene level 2	<ul style="list-style-type: none"> • Inspiring Communities Together • CCG grant via Salford CVS (Partnership Challenge fund) • KeepMoat Homes social value funding 	Charlestown and Lower Kersal
	Volunteering – café		
Age well	Eating well in later life lunches	<ul style="list-style-type: none"> • Big Lottery funding through Ambition for Ageing • Community Asset integrated care budget (Community Assets) 	3 locations; Swinton, Broughton and Seedley and Langworthy.
	Green and Grow project		

- 1.4 The programme of work set out to achieve the following impacts:
- More people with the knowledge and skills of benefits of healthy eating
 - Increase the access to healthy food options
 - More people making healthy eating a life choice

2. Background

- 2.1 Food poverty in the UK has been increasing over recent times. Due to a number of factors such as rising food prices and financial restraints, some families are finding it

difficult to afford a healthy, well balanced diet. According to The Trussell Trust 13 million people live below the poverty line in the UK.

- 2.2 Children in low-income families suffer social exclusion and a sense of shame because they do not have enough food to eat, according to research published by the Child Poverty Action Group (CPAG).
- 2.3 People lack confidence in the kitchen. Research reflects that the fear of getting a recipe wrong and wasting ingredients leads people to stick to the same meals.
- 2.4 In areas of high unemployment and low income the lack of affordable healthy food (food deserts) and the increase in low cost unhealthy food take away options does not encourage people to make healthy food choices.
- 2.5 A third of recent arrivals to hospitals and care homes are already malnourished (or at risk). Salford has a population of 35,000 over 65 years of age. The BAPEN commissioning toolkit suggests 14% of this age group may be at risk of malnutrition – this is almost 5,000 people in Salford.

3. Activities

3.1. Start Well

Outputs	Outcomes
<ul style="list-style-type: none"> • 599 healthy lunches provided at Yogurt Pots • 184 healthy lunches provided at holiday activities • 36 weekly after school cookery club sessions delivered • 1 family cooking session (33 participants) delivered during the summer holidays 	<ul style="list-style-type: none"> • The % of children having healthy, balanced and nutritious meals has increased • Children are more skilled and confident in making healthy food and drink choices

- 3.1.1 Early years settings provide an ideal opportunity to encourage young children to eat well and learn about food. This not only helps protect their health while young but also sets the foundations for their future health and wellbeing. As Inspiring Communities Together already deliver early years provision through Yogurt Pots this provision was used as the starting point for testing the approach.

3.2 Programme of work

- 3.2.1 **Review of menus:** Inspiring Communities Together already employ a food development worker and she worked with the childcare manager to review and amend the existing menus at the childcare provision to ensure they are healthy and well-balanced. We now have two alternating weekly menus which have been designed to ensure a balanced and varied diet for children in the early years and after school provisions. These menus are reviewed at the end of each term and updated to reflect seasonal food changes.

3.2.2 **Cooking club:** Ofsted inspectors look at the extent to which early years settings successfully support and encourage children and their parents/carers to gain

“knowledge of how to keep themselves healthy,” and “evidence of a whole setting approach to exercise and healthy eating”. We have extended our work in this area to encompass our after school, holiday clubs and family friendly activities as well as our early years provision. We now run a weekly cookery club as one of our after-school activities as well as providing opportunities for children at the holidays clubs to take part on world food tasting activities and food activities. *“My mum said she loves Wednesdays as its cooking club at after school club and I always come home with something healthy and tasty!”*



3.2.3 **Family cooking:** in the summer 2018 we piloted a family cooking session (9 adults and 24 children attended), learning how to use knives safely and making rainbow pasta salad for lunch on the day and overnight oats to take home for breakfast the next day. The session was very well received and parents said they would like to come to more of these sessions during school holidays. We have now built this into our holiday activity programme for summer 2019. *“To be honest, I was a bit scared to let my 9 year old use a knife to cut the vegetables, but she was really sensible. I was very impressed. We all really enjoyed the pasta salad and we’ll be making it again at home.”*

3.2.4 **Holiday hunger:** Holiday hunger pushes many families into food poverty and insecurity. Although some children from low-income families can access free school meals during term time, there is currently nothing available during holidays. Holiday hunger also means families can suffer from social isolation during the holidays, as they cannot afford to have family days out or do activities. During our summer programme of free activities for families over the last two years, we provided free or subsidised lunches for children attending the activities. *“I’m pleased you are providing the lunch for £1 as summer has been a bit of a struggle for me and the kids.”* This year we are working with other agencies and organisations as part of the Youth Task Force to try to address holiday hunger in a more strategic way.

3.2.5 **Green and growing (Intergenerational):** Whilst the green and growing project started out as an age well programme of work as the green and growing group takes place outside the early years provision the children and families have become involved. *“D really enjoyed going out every morning to water the tomato plants. At the end of the week, he asked if he could take some home for him and his dad to share.”*

3.3 Live Well

Outputs	Outcomes
<ul style="list-style-type: none"> 1 Employability Plus Foodwise developed and piloted in February 2019 4 people have passed their Food Safety & Hygiene level 2 	<ul style="list-style-type: none"> The 2 attendees of the Employability Plus Foodwise are now both actively seeking work in the catering field. All the young people from the Horticulture course progressed to further learning in the September.

<ul style="list-style-type: none"> • 1 long term catering volunteer continues to be engaged • 9 young people achieved a Horticulture practical skills level 1 qualification 	<ul style="list-style-type: none"> • 100% of the learners stated the courses improved their confidence, skills and helped them make new friends. • 88% of the learners on the Horticulture course stated the course had helped them improve their timekeeping and health. • Our volunteer has improved his skills and confidence.
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3.3.1 Inspiring Communities Together working with Salford City Council and Keepmoat homes have developed opportunities for local individuals to access training, learning and volunteering via our catering, business admin, horticulture and childcare pathways. The programme provides a framework of:

- Classroom based learning with level one and two qualifications
- Practical skills sessions
- Interview practise and an up to date CV
- Work experience (via volunteering)
- Access to further learning
- Support to find employment opportunities

3.4 Programme of work

3.4.1 **Catering pathway:** During 2018-19, five local residents have been involved in the catering pathway; four learners successfully achieved a Level 2 Food Safety and Hygiene qualification and one volunteer at our community café. Two learners were supported by our older person's development worker and two were supported by our food development worker. In addition, these two learners also completed and submitted portfolios for their Level 1 Employability qualification. ***"I really wasn't sure that I could do this course especially using the computer but with the support and encouragement of A I was able to achieve this food hygiene certificate. I've not had a certificate since my bronze swimming certificate which was a very long time ago!"***



3.4.2 **Volunteering:** We continue to promote our catering volunteering offer within Charlestown and Lower Kersal and while we have some initial interest shown by a couple of local residents over the last 12 months, they have decided for different reasons not to continue with their applications. Our long-standing volunteer Karl, who has been volunteering with us since 2016 said *"When I think back to how nervous I was when I first started volunteering to how confident I am now, I feel proud of myself and the skills I have learned."*

3.4.3 Horticulture practical skills course

3.4.4 A group of Salford teenagers (all of whom had been identified as being NEET) and one adult local resident gave up some of their summer holidays to develop their horticulture skills and tidy up the public outside areas in and around Salford Sports Village and Riverbank Park. The project was delivered by Inspiring

Communities Together, Keepmoat Homes, Connexions and Groundwork. Nine of the learners successfully completed assessments for 3 modules (care for a planted area, sow seeds in containers and prepare soil and apply organic mulch) and achieved an accredited Horticulture Practical Skills Level 1 Award.



"I got new skills and something to put on my CV."

"I have learned a lot and will take this in the future for my job."

"I have gained new skills by listening and taking part in the course: surveying the job; health and safety, risks; using tools appropriately."

3.5 Age Well

Outputs	Outcomes
<ul style="list-style-type: none"> • 258 lunches provided • 24 older people participated • 30 sessions delivered 	<ul style="list-style-type: none"> • The % of older people aware of the signs of malnutrition has been increased • More older people have the tools to help them eat well in later life • People reported enjoying sharing tips and ideas and said that the learning sessions are very helpful.

3.5.1 The Malnutrition Task Force in Salford has since 2015 to developed an approach to address the high numbers of older people suffering from malnutrition. The first report produced eating well in later life¹ looked at the topic of eating well in later life and the co-design approach to develop a programme of learning. The work carried out during 2018-19 was putting this approach into action. The testing was carried out with Inspiring Communities Together development worker (age well) working across the partnership. Three lunch and learn tests were delivered in community venues across three different locations in Salford: Broughton (Sports village), Seedley and Langworthy (Cornerstone) and Swinton (Critchley Café)

3.6 Programme of work

3.6.1 Eating Well Lunches: Over the last 12 months a partnership of Inspiring Communities Together, Age UK Salford, NHS Salford CCG, Salford City Council and the local dietitians from Salford Royal hospital has built on the work of the Malnutrition Task Force to test pathways to reduce the number of people presenting with malnutrition.



Initial consultation had identified that older people do not always eat well as they grow older either because they have less appetite or they do not feel they wish to cook for just themselves when they have been used to cooking for others. The project helped to develop older residents' knowledge of what is eating well in later life alongside sharing food together.

¹ Please see the Eating Well in Later Life (September 2015) evaluation report for full details

The sessions started with some shared learning about eating well, delivered by the hospital dietitian team in a fun way using quiz and tasting games to get across the key messages of little and often and fortifying food is better than supplements. Each session finished with a nutritionally balanced and fortified sharing lunch provided by our food development worker. People were also supported to look at their own eating habits and share tips and recipes. The project within Sports Village also developed an intergenerational aspect when children from the nursery were invited to join the older people for lunch. *“Wow, I absolutely love coming to the eating well sessions, its only my second session but I have learnt loads especially ways that I can enjoy smoothies fortified with whole milk and fresh fruit.”*

The test finished in April 2018 and following a review:

- Critchley Café (6 sessions delivered with 30 older person engagements) will continue to offer a safe space for older people to go and share food along-side engaging in the age friendly programme of activity which takes place at the facility.
- Cornerstone (12 sessions delivered with 84 older person engagements) offer an open café with affordable food choices along side a sharing meal once a week which they will continue to deliver for the community and encourage older people to attend.
- Sports Village (12 sessions delivered with 144 older person engagements) through Inspiring Communities Together in consultation with the older people who attended the sessions will continue to deliver a monthly lunch and learn session.

3.6.2 **Green and Grow project:** Through Ambition for Ageing funding and overseen by Incredible Education ten green and growing projects have been developed across Salford including Sports Village and Critchley Café (2 of the 3 venues where lunch and learn session have taken place, although with different people). The project at Critchley Cafe has created a quality outside space for all the community alongside growing food which is used in the café. The greener lifestyle group have developed a small community allotment at Salford Sports Village. This is delivered as an intergenerational project with our nursery provision, Yogurt Pots, which is located on the site. The group have also provided holiday horticulture activities for children and families, in the summer, they made bug hotels and, in the spring, they shared a planting activity. The members of the group, children and parents have all enjoyed the activities, children have been involved in the planting, watering and harvesting of a variety of vegetables including courgettes, peas and potatoes, which they have then helped to prepare, cook and taste. *“I love being out pottering in the community garden this green space is on my doorstep, I enjoy meeting up with my friends being active and meeting the children from the local nursery who come down to help with the planting*



3.7 What have we learnt

3.7.1 During 2018-19 Greater Manchester Food Poverty Alliance launched their own Food Poverty Action Plan. The plan sets out a vision for Greater Manchester **“Everyone in Greater Manchester enjoys good food and a better standard of living, and they look out for each other.”** The plan identifies a vision of a

joined-up support system in neighbourhoods, of local people and organisations working together. And sets out a framework for developing a place-based approach to addressing food poverty which includes:

- Fostering working relationships between agencies
- Providing training for all agencies
- Developing tools to help people navigate support systems
- Work towards prevention.

3.7.2 Whilst the test model developed by our partnership was developed before the launch of the GM Plan we have been able to demonstrate that the approach has:

- Provided more people with knowledge and skills to make healthy food choices through a variety of tools.
- The joined-up approach has brought together a variety of partners and funding to test a different approach to addressing food poverty
- More people are now making healthy food choices from across the life course.
- The programme of activity has support friendships to grow within neighbourhoods (not an impact identified)

3.7.3 To develop and deliver this approach has required not only the commitment of the partnership but also access to funding to support management and co-ordination of the model.

3.7.4 During 2019-20 Inspiring Communities Together have made a commitment to:

- Carry on the work tested a place-based approach to addressing food poverty using the GM action plan
- Build- on the learning developed during this period of work to develop a neighbourhood model which can be replicated in other neighbourhoods.
- Use the learning already taken place to identify funding sources which can provide the resources needed.

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4. Inspiring Communities Together action plan

Team	Activity	Work plan	Links to our strategic plan	Links to the GMPA Food Poverty Action Plan
Start Well	Continue to oversee menus and cook meals for Yogurt Pots in a way to minimise food waste	<ul style="list-style-type: none"> Review food provision using the Children's Food Trust checklist annually (<i>food development worker & childcare manager</i>) Review and revise menus termly to take into account seasonal availability of vegetables and fruit (link to Green and Grow project) 	Reducing the impact of poverty on local people	<i>Those that handle food should prevent unnecessary food wastage and ensure that high quality, healthy surplus food is sorted & put to good use</i>
	Promote Healthy Start vouchers with parents/carers at Yogurt Pots and with IAG clients	<ul style="list-style-type: none"> Make links with a local Health Visitor to support the project (<i>childcare manager</i>) Establish baseline - ascertain numbers of Yogurt Pots parents eligible from September and those claiming/not claiming vouchers Arrange coffee morning information session with IAG development worker for parents/carers Work with food development worker to create seasonal menu cards and distribute at coffee mornings (2 per term) 		<i>A coordinated cross-sector approach to increase uptake of Healthy Start Vouchers</i>
	Summer holiday activities – programme of family-friendly cooking sessions and free lunches to be provided with our nature activities	<ul style="list-style-type: none"> Plan and deliver a school holiday programme of food related activity (<i>childcare deputy manager</i>) Work with food development worker and catering volunteers to provide healthy lunches at events 		<i>Develop and implement a GM-wide framework for the provision of healthy and sustainable meals for children and young people during holidays</i>
Live Well	Continue to deliver and expand our Catering pathway (learning & volunteering opportunities)	<ul style="list-style-type: none"> Double numbers of learners (8) completing food hygiene qualification and longer-term catering volunteers (2) – <i>food development worker and IAG worker</i> 		<i>Develop food skills in employability training</i>
Age Well	Continue to deliver monthly Eating Well lunches at Salford Sports Village	<ul style="list-style-type: none"> Develop monthly eating well programme, including learning element (<i>food development worker</i>) Maintain link with Yogurt Pots - intergenerational aspect 		<i>Ensure that disabled people and older people are given enough support to access healthy affordable food</i>
	Green and Grow project	<ul style="list-style-type: none"> Continue to support the group (<i>older people's development worker</i>) Maintain link with Yogurt Pots - intergenerational aspect 		

