



Report on Hungry For Change Food Summit 2021

Date of event: 7 th September 10am-2pm
Location: Jubilee Church, King Edward St, Hull HU1 3SQ
Chair: Hilary Hamer Organisers: Anna Route & Cara Bilson
Facilitators: Gail Banes from Forum, Robbie Keane from Beanie Street Food Bank, Claire Farrow from Public Health, Andy Coish from CAB, JJ Tatten from The Warren, Carrie Gill from The Warren.

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Executive Summary

Background

As a response to the Covid-19 pandemic, in January 2021 Hull Food Partnership reinvigorated the Hull Food Inequality Alliance to bring together the organisations working to tackle food poverty across Hull.

This half day summit was for organisations who had worked diligently to provide food access throughout 2019 to 2021 in the wake of the Covid-19 pandemic, to collect and document the shared learnings from this period. At the summit, organisations working to tackle food poverty in Hull came together to begin the development of Hull's food poverty action plan, through facilitated consultation. This report will highlight the key findings from the summit and work as a foundation for future development of Hull's food poverty action plan.

Although feedback has been condensed to fit within the framework of this report, the opinions remain the same. For verbatim documentation of the thoughts captured during the facilitation sessions on the day, please refer to the appendix.

After the 21st of June 2021 when the government removed all legal limits on social contact, we were able to bring the Hull Food Inequality Alliance together in one room, alongside local councillors, representatives from public health and University of Hull researchers. Hull Food Partnership was then able to host it's first consultation event for the food poverty action plan. The event consisted of participatory workshops, facilitated by members of the HFIA to discuss and take note of the variety of challenges food access charities are now facing.

Context

The objectives of the day were to provide a platform for organisations who had worked diligently over the pandemic to tackle food poverty in the city of Hull, to voice their concerns for addressing food poverty in Hull and contribute towards the development of the food poverty action plan.

The aim of the day was to give organisations who work with food and with people experiencing food poverty to:

- Learn from each other and find out what is currently available both around crisis food provision in Hull, also to gain an insight into crisis prevention and awareness projects.
- Help set out what the future food priorities are for the people of Hull and the organisations that support them.
- Look at the potential for collaboration, sharing information and organisational support.
- Understand more about current provisions available in the city and whether there were any ways to link up operations.
- Present the initial research undertaken by the University of Hull on food access over the Covid-19 pandemic.
- Develop key themes for the Hull food poverty action plan based on facilitated consultation from the summits delegates.

The summit was facilitated by Hull Food Inequality Alliance who meet on a regular basis and includes representatives from the following organisations:

- The Warren Project
- Hull City Council- Public Health
- EMS- Environmental Management Solutions
- Fareshare Hull & Humber Region
- HU4 Community Network
- Hull & East Riding Citizen's Advice
- Beanie Street Food Bank
- Hull Timebank

The event was attended by 28 individuals and the programme for the day included:

- Welcome remarks from Cllr Bridges.
- Facilitated session: Food poverty in Hull... what are the key issues?
- What actions contribute to addressing them (currently happening and what else is needed). What needs to happen? Establish themes
- What have we learnt from the food access surveys
- Lewis Holloway & Claire Lea to discuss what we've learnt from the Food Access Surveys- how can we move on after this project?
- What further actions can be taken
- Next steps for after the summit: food poverty action plan development and the poverty truth commission.
- Shared lunch and networking opportunity.

- The event was attended by 28 individuals from 15 organisations. The contact details of participants are attached at the end of the Appendix.

Outcomes

- Delegates are now much more aware of what is available in the City for both food provision, support and advice services All agree the importance of sharing information, best practice and working together to avoid duplication and making sure provision is where it is needed most.
- Signposting and referral to support agencies is as important as providing food
- The need for a city wide approach to poverty was identified and all delegates agreed to collaborate with HFP's Food Inequality Officer in the development of the food poverty action plan.

Findings from the Food Access report

University of Hull Senior Geography Lecturer Lewis Holloway presented local research developed with HFP on how Covid affected food access since the beginning of the pandemic. This was to better understand the key issues which have driven increased demand for food banks over the Covid-19 period. The report took a people first approach, focusing on the experience of those who have accessed local food support networks over the duration of the last 18 months. It is an initial scoping exercise to inform our work towards a three- year strategic food poverty action plan for Hull.

Key findings from the report

- Over 1/3 of respondents to the survey in the last 12 months have been hungry but didn't eat because there wasn't enough money for food.
- 'Food affordability' is an important dimension of food insecurity in Hull, but this is comprised of many specific factors facing individual respondents.
- Almost 1/3 of respondents don't feel that they can easily buy healthy food in their neighbourhood.
- Almost 1/5 of respondents disagreed or strongly disagreed that they had access to a kitchen and the things they need to cook with to make meals for themselves or members of their household

- Almost 50% of respondents had been worried that the food they have at home would run out before they had money to buy more.
- Respondents expressed how food availability is a key factor in food insecurity, in their comments to decision makers.

Opening Activity: Results from the sticky note board where participants were encouraged to complete the sentence “Food Poverty in Hull is unacceptable because...”

Food Poverty in Hull is unacceptable because...

- It is linked to poverty which is unacceptable because we are supposed to be civilised.
- Because Capitalism should ensure self-determination for all.
- The right to food is recognised in the universal declaration of human rights.
- It sets in motion a cycle of other social ills- especially in young families. A cycle that becomes harder to break and more expensive to break.
- It sends a message that those in positions of power and influence believe it is ok.
- It has such a big impact on peoples day to day life as well as contributing to long term health & wellbeing issues.
- Food poverty in Hull is unacceptable because it causes long term health problems.
- No one should go without or struggle for food in the 6th richest country in the world.
- There are enough resources in Hull, voluntary & official, to prevent this happening.
- Because it reduces the quality of life, leads to health issues- life span, malnutrition affects ability to learn in school.
- Causes and leads to health inequalities, mental health, obesity.
- Healthy & nutritious food does not have to be expensive.
- Not enough jobs for unskilled workers in Hull.

What is Sustainable Food Places (SFP) and what is the Sustainable Food Places award?

SFP stands for Sustainable Food Places and is a national charity which supports Hull Food Partnership in our work towards a more sustainable and healthy food system for all. Currently, they support Hull Food Partnership through various funding grants and toolkits which allow us to work towards achieving the Sustainable Food Places Silver Award for the city of Hull.

The Sustainable Food Places Silver Award requires action on 6 key issues:

Key issue 1: Taking a strategic and collaborative approach to good food governance and action.

Key issue 2: Building public awareness, active food citizenship and a local good food movement.

Key issue 3: Tackling food poverty and diet- related ill health and increasing access to affordable, healthy food.

Key issue 4: Creating a vibrant, prosperous and diverse sustainable food economy.

Key issue 5: Transforming catering and procurement and revitalising local and sustainable food supply chains.

Key issue 6: Tackling the climate and nature emergency through sustainable food and farming and an end to food waste.

How did this event address SFP's Key Issue 3: Tackling food poverty and diet related ill-health and increasing access to affordable healthy food?

Tackling Food Poverty

KI3 AAA.1 - Establish a multi-agency partnership involving key organisations as well as people with lived experience, to identify and tackle the full range of issues that contribute to food poverty in a joined-up strategic way, ideally as

part of the Food Power, End Hunger UK or Feeding Britain initiatives.

The Hungry for Change Food Summit provided a platform for multi-agency cooperation on tackling food poverty in Hull. Since January 2021, the Hull Food Inequality Alliance (HFIA) has been coming together over Teams for monthly meetings to discuss the underlying issues of food poverty in Hull and how we can coordinate our efforts more effectively and together develop a food poverty action plan.

After the 21st of June 2021 when the government removed all legal limits on social contact, we were able to bring the Hull Food Inequality Alliance together in one room, alongside local councillors, representatives from public health and University of Hull researchers. Hull Food Partnership was then able to host it's first consultation event for the food poverty action plan. The event consisted of participatory workshops, facilitated by members of the HFIA to discuss and take note of the variety of challenges food access charities are now facing.

University of Hull Senior Geography Lecturer Lewis Holloway also presented local research developed with HFP on how Covid affected food access since the beginning of the pandemic. This was to better understand the key issues which have driven increased demand for food banks over the Covid-19 period. The report took a people first approach, focusing on the experience of those who have accessed local food support networks over the duration of the last 18 months. It is an initial scoping exercise to inform our work towards a three- year strategic food poverty action plan for Hull.

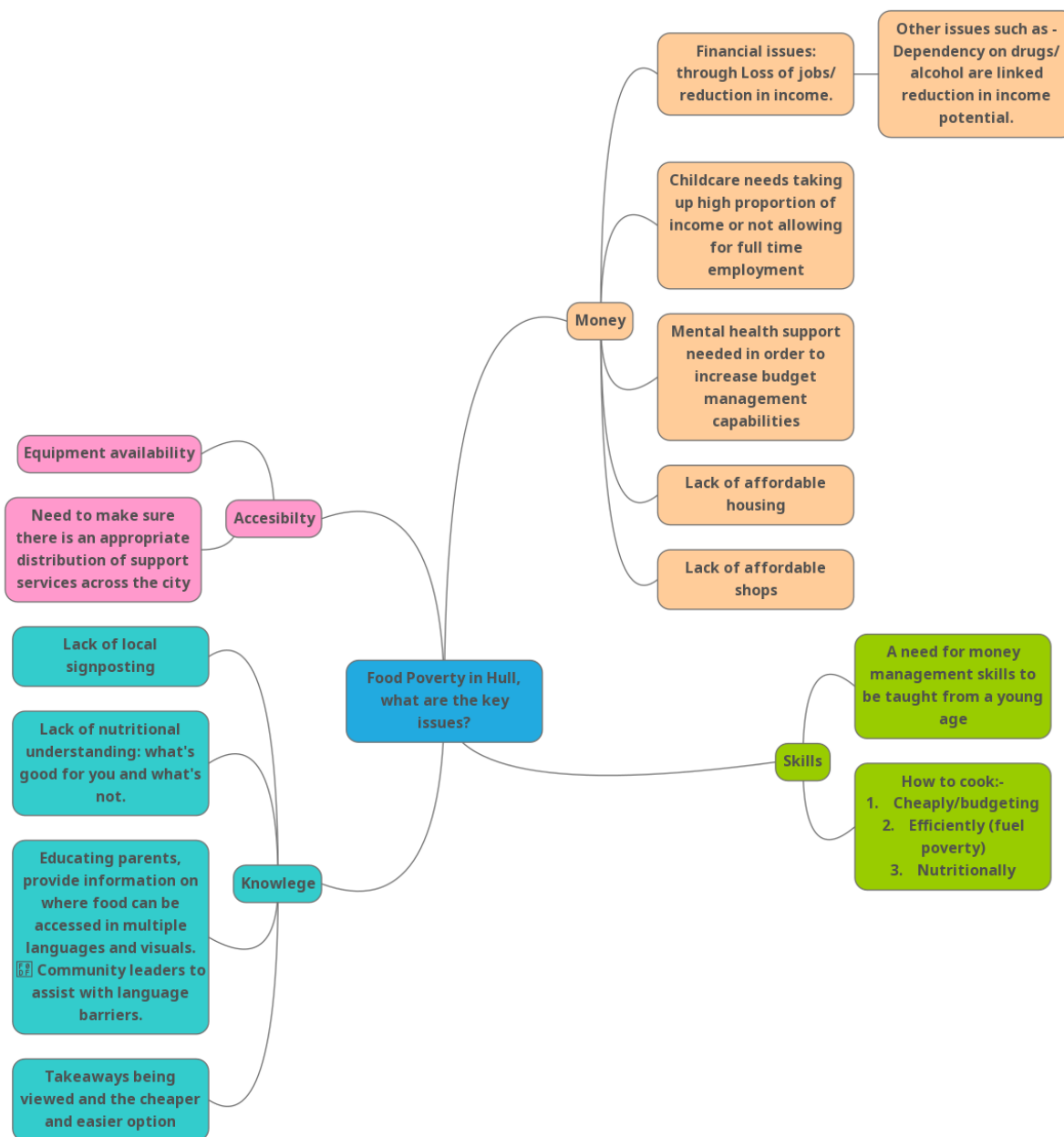
Comments of participants

- Important to capture data outside of the survey. More case studies to capture anecdotal experience.
- Have a physical map of Hull with areas and where each organisation (today) is situated and details of those who will maintain networking between us all.
- Will be interesting to see how our strategy changes and hope to see some benefits in the near and distant future as need and provision changes.
- More working together with Council, locally elected representatives and Local companies regarding funding.

Next Steps

- Identify possible FAQs from the Food Summit. Which questions are people asking about the food system in Hull that we can answer/ clarify.
- Developing the Nurture Hull website to act as a food directory for the city.
- Work alongside the Poverty Truth Commission to develop local focus group, with peer-to-peer discussion, participatory workshops or other process which involves experts by experience.
- Work with Hull Food Inequality Alliance to continue the development of Hull's food poverty action plan.

Food Poverty in Hull, what are the key issues?



4. What actions will contribute towards addressing these issues?

These are some of the examples highlighted at the summit although we are aware that there is much more happening in the city. This is a snapshot based on delegates understanding at the summit.

5. Further actions to consider

THEMES	CURRENTLY HAPPENING	FUTURE INITIATIVE
Accessibility	<p>At The Warren:</p> <ul style="list-style-type: none"> • Utensils and equipment for young people. • Mental health support services. • Employability + skills support. • Online and digitally facilities. • Learning to grow (growers network)./ Employment + business aka start up 'Future Shift'. 	<ul style="list-style-type: none"> • Tailor skill support to offer at food banks (staff volunteers to receive training on this).
Skills	<ul style="list-style-type: none"> • Rooted in Hull (Wednesday volunteer mornings) • SCRAN @The Warren: A youth led cooking, nutrition, food skills and mental health initiative. 	<ul style="list-style-type: none"> • Social prescribing • Raise awareness about growing own produce and variety of produce. Cheap fruit- point of access. <hr/> <ul style="list-style-type: none"> • Learn online- or develop a "stepping-stone" route to joining others, so that group activities are less intimidating.
Money	<ul style="list-style-type: none"> • Community Money Advice (Vineyard) • Green doc Fuel (groundworks) • CAB 	<ul style="list-style-type: none"> • Pop up events in community • Poverty Truth Commission • DWP pop up job centre • Campaigning to make Hull a Living Wage city
Knowledge	<ul style="list-style-type: none"> • Info line 300 300 	<ul style="list-style-type: none"> • City-wide info to all (HCC)

		<ul style="list-style-type: none">• Promote and back HFP + Hull Food Inequality Alliance.• Understand what is available → Easy for use MAP of food services.• Come together around food in a way that is fun- exciting- “non-preachy” → taster sessions/ community festivals.• Joined up approach to knowledge: e.g. location of food support, information sharing to target groups,• Info shared with those who refer (see & solved- MTGS) (DWP, CAB)
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Appendix 1 Record of facilitated sessions

Issues Park

- Keep the UC uplift, the increase was essential!
- People in food poverty don't just want anything going.

Table 1: Andy Coish from CAB (facilitator), Claire Lea from University of Hull, Irene Sotiropoulou, Jan Hornby from Pelican Park Community Trust, Linda Chambers from Hull City Council, Sue Sinclair.

Question 1: Food Poverty in Hull what are the key issues?

Access:

Production (local), Food banks, Low cost shops (staples & fresh), Disabilities, Skills, Equipment, Gas/electric, Time > cost- (transport + location)-> voucher= food?, Digital, Public transport & markets.

Other things to take into account:

Toiletries, Sanitary products, Pets, Medicine

Need:

Access to low cost alternatives for the right people.

Question 2: What actions will contribute toward addressing the issues?

Joined up approach:

- Short term- long term
- Efficient use of space/ land.
- Too much waste- OLIO type solution
- Community lead
- Wider scale

Address disconnects:

- Between policy and shortterm solutions
- Basic stable income
- Location of food support

- Small steps- access to low cost food
Access to skills- financial & cooking
Cooking facilities

How to address stigma?

- Focus on breaking the cycle? Youth, Schools- aspiration, opposition
- Food bank start of the journey, add next steps of support.

Question 3: Taking Further Action

1. HFP needs to feed into Hull CC Economic Plan- Delivery Plan.
2. Try to keep in touch with food banks to see if the needs have changed if there are different people using the food banks and Hull.

Contributions:

- Use of land
- Change of use of vacant unit.
- Land ownership and management
- Support community action/ organisation to “grow own, feed own”.

Possible future initiatives:

1. Advice campaigning training.
2. Campaigning, Training, Signposting, Income Maximisation, Raising Awareness.

Hull City Council-

- Develop a clear strategy/ policy
- Use people panel to engage/ consult
- Links to jobs and skills output to economic strategy delivery plan
- Tailor skill support to offer at food banks
- Pilot initiatives
 - Research
 - Monitor & Evaluate the effectiveness of plans/ action plans. Document processes.
 - Create guides- sharing Hulls experience.

Table 2: JJ Tatten from The Warren Project (Facilitator), Catherine Shaddick from Hull City Council, Kate MacDonald from TimeBank, Lucy Kelly from TimeBank.

Question 1: Food Poverty in Hull what are the key issues?

Knowledge

- Understanding nutrition, what's good for you. What's not good for you.
- When to eat.
- Understanding what "Eat well" means
- How food is linked to mental capacity and mental health and sleep.

Skills

How to cook:-

1. Cheaply/budgeting
2. Efficiently (fuel poverty)
3. Nutritionally

Exposure + Experience

- Trying different foods
- Taster sessions
- Different techniques

Confidence linked to both:

Accessibility
Activism

Accessibility:

1. Equipment
2. Barriers:-
3. Mental health
4. Accommodation
5. Facilities
6. Relationship break down
7. Money

Activism

1. Empowering individuals and communities to lead on responses to food inequality- through an understanding of how this happened.

Question 2: What actions will contribute toward addressing the issues?

Create opportunities to:-

1. Come together around food in a way that is fun- exciting- “non-preachy” →taster sessions/ community feasts.
2. Understand what is available → Easy for use MAP of food services.
3. Learn online- or develop a “stepping-stone” route to joining others, so that group activities are less intimidating.
4. Prioritise young families + young people.
5. Healthy, locally-sourced organic food & environmentally friendly household goods. Groceries, fresh fruit & veg, bread, herbs + much more. Buy in bulk to keep price down & reduce environmental impact. For grain, beans, pulses & nuts. Run by volunteers, non profit coop.

Question 3: Taking Further Action

ORG 1 Supporting Families in crisis (HCC Early Help/ Family Centres)

- Breakdown barriers- equipment>utensils referrals to specialist support.
- Parenting programmes
- Education- cooking courses/cooking packs.

ORG 2 Mutual Aid Hub/ Timebank

- Linking what works around growing + cooking
- Supporting the development of independent food businesses in the community
- Taster + Food sessions
- Community feasts (festival)
- Kitchen library:- range utensils + equipment available for use in the community.
- Community garden safari
- Learning to grow (growers network)./ Employment + business aka start up ‘Future Shift’.

ORG 3 The Warren Youth Project

- SCRAN! – A youth led cooking, nutrition, food skills and mental health initiative.
- Supplying utensils and equipment for young people.
- Mental health support services.
- Employability + skills support.
- Online and digitally facilities.

Table 3: Caroline Gill from The Warren project (Facilitator), Lewis Holloway from the University of Hull, Yvette Grindley from Pickering Road Community Orchard, Laila Lapse- Berga from Hull City Council.

Question 1: Food Poverty in Hull what are the key issues?

- Loop MPs to change planning and building, use of community spaces. Community group towards growing.
- Education in growing food, domestic science/teaching money management.
- Teaching the next generation cooking, cooking from limited resources.
- Educating parents, provide information on where food can be accessed in multiple languages and visuals. ← Community leaders to assist with language barriers.
- Lack of local signposting network.
- Cost- good food might be cheap (veg etc.) but the prep might be expensive and there may be a lack of facilities.
- Lack of knowledge of cooking skills. Lack of confidence to cook.

Question 2: What actions will contribute toward addressing the issues?

- Lobbying of planning licensing within local areas- refusal of planning/ change of use.
- Creation of local network.
- Knowledge exchange in a centralised way.
- Digital divide, fuel poverty. How everything is connected.

Question 3: Taking Further Action

- Educate people about growing own produce and variety of produce. Cheap fruit-point of access.

Table 4: Gail Baines from Forum (Facilitator), Cara Bilson from Hull Food Partnership, Ellen Talbot- Imber from City Health Care Partnership CIC, Louise Ingelson from Fareshare.

Question 1: Food Poverty in Hull what are the key issues?

System

Understanding assumptions and expectations of the food systems.
A need to understand what Fareshare does and how it works.

Reasons

- Reasons for food poverty are not always the same. No 2 people/ families experience the same.
- No recourse to public funds.
- Loss of jobs/ reduction in income.
- Dependency on drugs/ alcohol.
- Leading to financial issues.
- Fuel poverty: Gas vs food.

Priority

- Food vs fuel vs clothes vs bills vs luxury vs apathy.

Appropriate Usage

- Reliance on food banks
- Not always used by those most in need

Tools

- Lack of white goods and equipment needed to prepare meal.
- Lack of skills/ understanding of how to prepare a meal + nutrition.

Healthy Food- Convenience

- Meal deals not always a healthy choice
- Convenience food- is it really cheaper?
- Fareshare fresh fruit and veg is there But CFMs ask not to have it because they don't want it.

Appropriate Usage

- Reliance on food banks
- Not always used by those most in need

Question 2: What actions will contribute toward addressing the issues?

	Now	Needed
System	<ul style="list-style-type: none"> - Info sharing to target groups - Social prescribing - Info line 300 300 	<ul style="list-style-type: none"> - City-wide info to all (HCC) - Appropriate signposting - Info shared with those who refer (see & solved- MTGS) (DWP, CAB)

Reasons	<ul style="list-style-type: none"> - Specific support for REF/ Asian - Community Money Advice (Vineyard) - Green doc Fuel (groundworks) - CAB 	<ul style="list-style-type: none"> - Pop up events in community - Poverty Truth Commission - DWP pop up job centre
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Question 3: Taking Further Action

- FARESHARE- Develop material to be used to educator public/ as to what is happening.
- NEED FOR A DEFINITIVE LIST OF FOOD PROVISIONS! (website in development)
- Needs to be aligned with developing systems.
- Intergrated Care System/ CCG will become the intergrated care system
- CCG only have authority for the next 6 and a half months.
- PLACE board- overseen by ICS-
- VCS SUPPORT SYSTEM
- What will children eat? Need High level buy in.

TABLE 5- Robbie Keane from Beanie Street, Dawn & Terry Sullivan from HU4 Community Network, Jan Boyd from EMS, Joe Duffy from Street Games, Holly Burton from Hull City Council.

Question 1: Food Poverty in Hull what are the key issues?

Money- employment, Childcare, Substance misuse, Budgeting issues, household Utilities Heating, Understanding food, Lack of education, Cooking skills, Facilities, Cookers, Takeaways.

Skills upskill audited Investment

Microwave-Freezer- Quality

Quality of housing

Lack of affordable shops

Transport

➔ What happened to domestic science?

Question 2: What actions will contribute toward addressing the issues?

- Restrictions on takeaways> improve areas> more facilities
- Accessible training/ affordable.

Money

- More education
- Government bodies need to listen
- Mental health support
- People take more responsibility- personal.

Question 3: Taking Further Action

1. More money
2. Facilities- building, utilising empty spaces, cost, rent, rate.
3. Staff volunteers to become advocates
4. Increase partnership working
5. Identity needs communication making people aware message out there.
6. Support funding, training.
7. Information signpost, people correctly advising people.

Table 6- Claire Farrow from Public Health (Facilitator), Cllr Hester Bridges from Hull City Council, Ron Harrison from Keane Community Trust, Robert Beilby from Keane Community Trust.

Question 2: What actions will contribute toward addressing the issues?

- Advocate for action and keep food security on the public health agenda
- As a delivery co-op we could help collect and deliver potential food waste and redirect it.
- Advocacy via support worker working with mentally challenged people and all round support.
- Can we repurpose land for growing of crops, veg, and fruit to sustain food banks going forward?
- Promote and back HFP + Hull Food Inequality Alliance.
- We ran a trial of a pay it forward “supper club” providing healthy food to those with limited access to it- we could explore it further.
- Directing people long term unemployed towards training opportunities to get back to full time work.
- Training for cooking.

- Menu and cooking guides for cheap and sustainable recipes for recipients of food parcels and services.
3. Who else/ what else?
- Food Inequality Alliance Bring together interested people and collectively take action.
 - COUNCIL TO LEAD ON Access and availability to locally grown food- buying and repurposing land and giving the communities the opportunity to provide food for their communities.
 - More jobs/ Living wage> Hull CC + govt+ business.

Appendix 2 Summit participants and contact details

<u>Name</u>	<u>Organisation</u>	<u>Email</u>
Hilary Hamer	Hull Food Partnership	hilary@rootedinhull.org.uk
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Louisa Ingleson	Fareshare Hull & Humber	lingleson@goodwintrust.org
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Terry Sullivan	HU4 Community Network	terrysully1@yahoo.co.uk
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