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OCTOBER 2018

# FOOD FOR THOUGHT

Food insecurity in  
21<sup>st</sup> century Kingston



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PREPARED BY  
**Kingston Voluntary Action  
and partners**

## **About Kingston Voluntary Action**

Kingston Voluntary Action (KVA) is the umbrella body for the voluntary and community sector in Kingston. We work towards a Kingston where communities are active, strong and connected. We support local voluntary and community groups to develop their skills, build their resources and amplify their voice.

## **Gathering the data**

The data that informed the action plan was gathered from respondents over a period of 5/6 weeks in August/September 2018 and was designed to capture the 'real-life' food needs of people in Kingston.

At the start of the work in July/August 2018, we ran an initial survey, which elicited 22 responses about who experienced food insecurity, the main barriers to eating well, types of support, referrals and signposting available and what else needed to be done. Kingston Welcare also shared data from a recent survey of their beneficiaries.

A general workshop was held attended by a range of organisations including: Kingston Recovery Hub, Kingston Adult Education, Milaap Centre, Kingston Race and Equalities Council, Brighter Living, Kingston Centre for Independent Living, Canbury Community Trust, Riding for the Disabled, Save the World Club, Public Health and Kingston Voluntary Action.

Meetings/discussions about food insecurity were held with these VCS organisations:

- Refugee Action Kingston
- Kingston Foodbank
- Kingston Churches Action on Homelessness
- Kingston WelCare
- Kingston Recovery Hub (Kaleidoscope Project)
- Citizens Advice Kingston
- Kingston Carers' Network
- Staywell

WelCare, Kaleidoscope – the Recovery Hub and KCAH hosted sessions with their beneficiaries to ensure their views were also captured. Stories and experiences of attendees were digitally captured by Superhighways.

Further information came from contact with statutory, and other, partners, including: Royal Borough of Kingston (RBK), Public Health, Neighbourhoods Team, the Health and Wellbeing Board, Kingston CCG, Job Centre Plus, Kingston First, Kingston University and the Chamber of Commerce. We also drew on published reports: Beyond the Foodbank (GLA and Sustain); the Refugee, Asylum Seeker and Migrant Strategy Needs Analysis; research from Kingston Data and current press coverage.

Implementation of the plan will be an opportunity for all partners to work together to embed this issue into current and developing strategies and to commit to tackling both immediate need and underlying causes wherever possible. We will start this process in early 2019 with the Annual KVA Health Conference.



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**“...with the best will in the world you budget for what you need but there’s always something around the corner – you need a pair of trainers because yours are falling apart and it just throws everything into chaos.”**

## **1 INTRODUCTION**

Kingston is a relatively prosperous and thriving borough and yet a significant number of its residents struggle to access affordable, healthy and nourishing foods.

There are many causes for this and it affects people in different circumstances either because of a temporary crisis in their lives or in the form of longer term hardship. It is often a symptom of wider disadvantage and requires all local agencies and communities to work together to tackle the symptoms and address the deeper causes.

As part of a pan-London response to tackling food insecurity,<sup>1</sup> RBK was awarded funding to develop a Food Poverty Action Plan for Kingston and Kingston Voluntary Action (KVA) was asked to work with Public Health to co-ordinate the development of a borough-wide plan to help meet the real-life food needs of local people.

**The approach we have taken is to ask as many people as possible in the community to work with us on this; to tell us their experiences and stories and to come up with suggestions for what can be done.**

We asked participants for their views on how to tackle the immediate problems and to explore what needed to change to address the many and varied root causes for people struggling to access healthy, low-cost food.

Although many of the underlying causes of food insecurity require national action and monitoring, we believe that much can be achieved at a local level to help those in need to access affordable and nutritious food, raise awareness of why this has happened and highlight where more systemic action is required. Tackling some of these issues will require some resource but it is also about doing things differently.

The purpose of this plan is to raise awareness about food insecurity and the need to tackle it and to urge a partnership response to resolve, or alleviate, its causes.

The plan itself reflects issues that contributors raised; some of the actions identified may be incorporated into current activity with relatively little investment, whilst others are longer term and dependent on the commitment and provision of resources from partner agencies.

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<sup>1</sup> We have chosen to use the term ‘food insecurity’ because it better reflects peoples’ experiences

## **2 WHO THIS REPORT / ACTION PLAN IS FOR**

This draft plan is intended for the commissioners of the project (RBK) and the GLA. We recognise that it is a formal document and we will produce a simpler version to feedback to the contributors and highlight key issues for policy makers and other stakeholders.

KVA was commissioned in July 2018 and carried out the work over 5/6 weeks in August/September 2018. Whilst this allowed for engagement to raise awareness with statutory partners, it did not allow for detailed engagement to gain commitment to taking responsibility for specific actions within the plan.

In the light of this, the plan will be launched during the Annual KVA Health Conference in early 2019 as a way of developing further commitment from partners to sustaining and embedding it in the borough's strategies, plans and activities.

## **3 AIM OF THE PLAN**

Four main aims have emerged which, if implemented, would make a difference to the lives of Kingston residents experiencing food insecurity:

1. To develop a consistent, co-ordinated, strategic, co-production approach that links to new and existing initiatives locally (e.g. Connected Kingston, Trailblazers, Healthy Start, Foodbank etc.)
2. To explore how the underlying causes of food insecurity can be challenged.
3. To develop innovative, sustainable ways to build food security to improve the health of residents in the borough.
4. To address the issues facing vulnerable and disadvantaged groups who are at risk of experiencing food insecurity.

## **4 GOVERNANCE**

Governance should include wide representation and shared commitment from relevant local agencies across all sectors. The partners involved would need to have sufficient capacity and access to resources to enable them to tackle both the immediate needs arising from food security and its causes, wherever possible. This commitment will be vital to ensure that this plan has a positive impact in Kingston.

Kingston Strategic Partnership could play a leading role in helping to establish how this Action Plan might be supported and resourced. One suggestion might be to establish a Kingston Food Partnership, possibly within the KSP, to involve a range of organisations interested in embedding the idea of healthy and sustainable food across the borough. This would link to work going on both in London and nationally through networks such as Sustainable Food Cities and the GLA's Borough Foods Network.

## 5 CONTEXT: WHAT WE KNOW

### 5.1 Need

Our contributors frequently reported that the ‘right support at the right time’ would go a long way to preventing people falling into worse difficulties

It is difficult to estimate the cost of food insecurity to the borough and to identify which organisations are footing the bill. However, it is clear that better investment in early intervention not only saves money but reduces the human cost in the long run.

We know that:

- Kingston is a relatively prosperous area, but a Public Health Outcome Indicator for 2012 showed 4,135 under 20 year olds living in poverty (12.15% of total)



1 in 8 young people in Kingston don't have what they need to thrive

- The cost of living in Kingston is high (particularly the cost of accommodation – e.g. £1,391 per month is the average cost of privately rented 2 bedroom accommodation) (Source: Kingston Foodbank)

Extortionate rents means little left to spend on food – particularly for migrants and refugees

- The Kingston Foodbank provided 4,741 3-day emergency food supplies in 2017/18: each pack is tailored as far as possible to individual needs and the facilities people have access to.

4,741  emergency food packs provided

If you are homeless, you get a food voucher but food from the food bank is in tins and if you're homeless how are you going to cook it? I've sometimes just eaten cold contents out of a tin

- The reasons why people have difficulty accessing nutritious and affordable food are varied – and can be practical and immediate (a sudden bill, loss of a job or accommodation) or deep-rooted and complex (homelessness, long-term unemployment, long term ill health, etc.)

**“I was out of work sick and my husband got made redundant. We were unable to apply for benefits ourselves. By the time we were offered help in applying for benefits the redundancy pay had run out.”**

- Food insecurity pervades the lives of those who experience it – food is such a fundamental – needed for energy but also a source of comfort, enjoyment and often a shared social experience.

**“My definition of having a home is somewhere you can be totally private and be able to choose what you eat”**

- Individuals and families who struggle to access affordable, healthy and nutritious food often face other difficulties e.g. low paid employment, benefit issues, debt, no recourse to public funds. Those affected include refugees, asylum seekers and migrants, homeless people, those with limited access to cooking facilities, those with restricted mobility, older people, including those in care homes and those dependent on carers and unemployed people.

**“The perception of Asian families as extended and helping each other is not always the case and can hide food poverty amongst members”**

- Trussell Trust statistics to end March 2018 show that:

**“28% of referrals result from low income – benefits, not earning. This is the biggest single and fastest growing reason for referral to Foodbank.”**

- The shift from ‘just managing’ to ‘homeless’ can be extremely rapid, shocking and disorienting leaving those affected open to deterioration in their health and wellbeing.
- People can have difficult choices to make that no amount of clever budgeting will solve: heat or eat, childcare or eat, accommodation or food.

**“You know you’re not providing your family with a balanced diet and sometimes you run out of an entire food group such as protein and that’s it until your next trip to a food bank. It makes me feel worthless and like a complete failure. It makes me put pressure on myself to do better when I’m already doing the best I can and that makes me feel trapped.”**

- There are approximately 170 non-school days a year when there is no access to free school meals which can result in 'holiday hunger'.
- Parents in London face the highest childcare costs in the country – 23% above the national average and also often require more hours of childcare because of long commutes (Beyond the Foodbank Report, 2016).
- There are no food policies in children's centres, and health inequalities remain despite a Marmot objective to give every child the best start in life, including access to regular, healthy and nutritious food.
- The average uptake of Healthy Start vouchers in Kingston from April-August 2018 was 60% of those who were eligible, on a par with the whole of London average of 62.8% for the same period.
- In 2017, 8.2% of the total number of pupils on the roll of maintained nursery and primary schools claimed free school meals and 6.3% of those attending maintained secondary schools according to: <https://data.london.gov.uk/dataset/pupils-eligible-free-school-meals-borough>
- There is sufficient food in Kingston but it does not always reach those who need it because of a lack of co-ordination in food collection and distribution and lack of storage and facilities, particularly for fresh food.

**“It’s great to see our local supermarket donates things from their bakery. It would be even better if they could donate the fruit and vegetables or products with damaged packaging that they dispose of as well. “**

## 5.2 Current provision

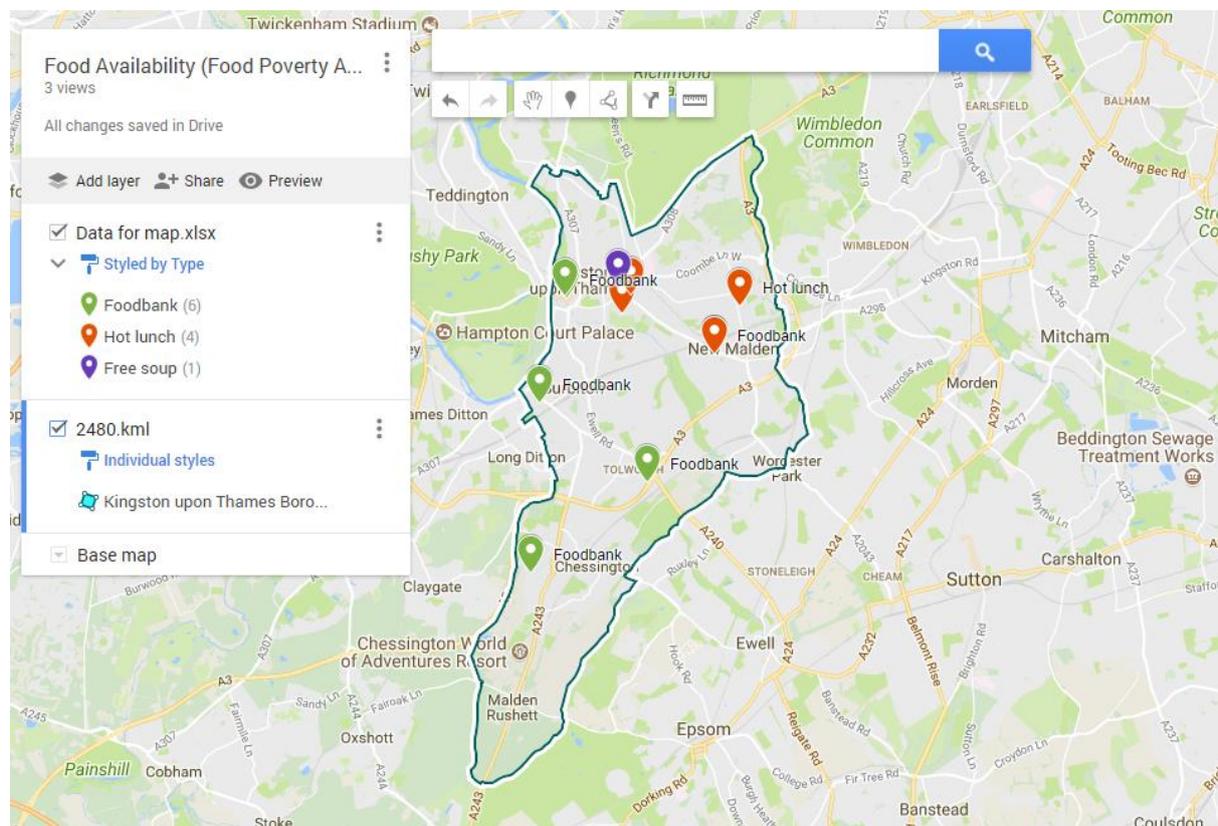
Listed below are services available in the borough that provide support and help with food issues, as well as signposting/support to other services, but the contributors highlighted that they often work within constraints beyond their control:

- The Foodbank provides 3-days' emergency supply of food with signposting to other services. It operates from six different sites in the borough at different times of the week. However, it is a Monday-Friday service and available food is dependent on donations, shelf life and food hygiene regulations.
- Many local VCS organisations signpost people to the Foodbank and offer food vouchers and other sources of help e.g. Citizens Advice Kingston, who provide debt and welfare benefits advice.
- Various initiatives that redistribute surplus food to those in need e.g. Save the World Club, Abundance Kingston, and City Harvest.
- 'Cook and eat' sessions which include information about nutrition and budgeting.
- Nutrition food provided as standard at regular events aimed at particular groups e.g. older people, homeless people, BMER communities

**“Knowledge about food is key. But budgeting is a vital part of the session. Budget is all”**

**“If I see anyone eating a lot of toast (at our morning drop-in) alarm bells ring and I will have a word to find out why – are there issues around getting enough to eat.”**

- Social events aimed at combatting isolation through sharing of food.
- Community gardens promoting 'grow your own' - people do offer free produce.
- Community Brain is developing a Community Kitchen which will be available to hire.
- Various schemes to promote good nutrition e.g. Healthy Start, breastfeeding support, free school meals.
- Support for over 3,000 refugees and asylum seekers whose health inequalities and food needs are well documented but not always met (see: Living Lives, Building Futures: Refugee, Asylum Seeker and Migrant Needs Assessment). Support includes a Refugee and Asylum Seeker Health Partners Working Group.
- Kingston has a resettlement programme providing Syrian families with accommodation and support.
- Comparison of percentages of uptake of free school meals in primary schools between London: 15.7% against 8.2% in Kingston and, in secondary schools, 17% across London, 6.3% in Kingston demonstrated that Kingston is providing roughly half, or less than half, of the percentage of free schools meals taken up in the capital. This fact may be worth investigation further to determine whether or not all those eligible are claiming.
- Children's centres provide on-site cook and eat sessions, benefits and debt advice, Foodbank vouchers, employment services, advice about Healthy Start and breastfeeding support (also at the Hub (Growbaby)).



Kingston Voluntary Action is compiling a map of food provision for those facing food insecurity which will be updated as new data emerges.

## 6 ISSUES/THEMES THAT EMERGED FROM OUR CONTRIBUTORS

“There’s lots of places where you can go for hot meals and there’s foodbanks but it’s a case of knowing where these places are and maybe not being too proud to access these places.”

Many contributors emphasised that experiencing food insecurity was not just about feeling hungry or not being able to access healthy food but also about:

- The importance of self-help, being empowered, access to user-led services.
- The recognition that food insecurity is a symptom of more complex causes.
- The complexity of issues requires joined-up solutions. Food insecurity can be hidden and there is often a need to look below the surface.
- There is a strong emotional/psychological aspect to food insecurity in terms of stigma, peer pressure, overcoming pride to enable access to support. This is as much about dignity as food.
- Getting people into the system in the first place is important, but equally important is empowering them to get out of it which requires both a ‘short term’ and ‘long term’ approach.
- Sharing food is an important way to combat social isolation and build stronger and more resilient communities and can be a means to introduce people to new foods and tastes.
- The importance of early intervention and getting the right support to people at the right time.
- Low income and high cost of living are the most significant underlying causes of food insecurity. Financial difficulties account for 88% of the crises experienced by Kingston Foodbank users.

## 7 THE ACTION PLAN

The plan sets out a range of proposals based on the four aims identified earlier. Proposals and suggestions have been made but are subject to agreement about partnership arrangements and resources that can be identified to aid implementation. For these reasons no timescales have been added.

Next steps:

- Determine which agency(ies) would lead on activities
- Set up a reference group, possibly a Kingston Food Partnership, of existing – and potentially new - contributors and other stakeholders, using a simple version of the plan as part of a ‘launch
- Highlight food insecurity at the Annual KVA Health Conference in early 2019 as a way of consolidating commitment to a realistic and meaningful set of actions
- Agree measurable targets with those involved in implementation.

## 8 CALL TO ACTION

What you can do about food insecurity if you are:

**a resident/individual:** volunteer with organisations that address food insecurity; support social activity that comes through the preparation and sharing of food in the community; minimise food waste.

**a school:** promote the uptake of free school meals.

**a Councillor:** read the Food Poverty Action Plan and try to ensure that it is reflected in policy making whenever possible

**a local authority:** make a commitment to tackling this issue locally

**a voluntary sector organisation:** galvanize support around this issue,

**a council officer:** familiarise yourself with the Kingston Food Poverty Action Plan and incorporate it into your area of work wherever possible.

**a business:** sign up to minimise food waste and to the Living Wage

**a developer:** consider the creation of more community spaces and growing areas

**a commissioner:** ensure that service providers are signed up to the Living Wage Foundation and are a Living Wage employer

**a health professional:** promote Healthy Start Vouchers and work alongside voluntary and community organisations working with young families, disabled people, people with long term conditions and older people in particular

**Aim 1: Develop a consistent, joined up and co-ordinated, strategic partnership approach to tackle food insecurity.**

<b>Focus</b>	<b>Aim</b>	<b>Activity</b>	<b>Outcome</b>	<b>Partners engaged with</b>
<b>1.1 Develop strategic approach</b>	Raise awareness about the plan and the need to work strategically in partnership to implement it	Attendance at meetings, boards, networks, workshops etc.	Potential partners are aware of the plan, its origins and potential	Kingston Strategic Partnership, Public Health, Housing Needs and Homelessness Forum, Health & Wellbeing Board, Commissioners Network, VCS groups (See Appendix 2 for membership of these Boards/groups)
	Establish a joined-up partnership approach with appropriate governance to implement the plan.	A range of local agencies agree to work in partnership to implement the plan.  Consider setting up a Kingston Food Partnership.	Food insecurity becomes part of strategic thinking - structure chart produced to show this.	As above
	Communications/strategy plan developed	<ul style="list-style-type: none"> <li>• Programme of events and meetings drawn up when food insecurity is scheduled to be an agenda item.</li> <li>• Raising awareness of residents:               <ul style="list-style-type: none"> <li>○ Reducing food waste</li> <li>○ Local cross-sector champions to help tackle stigma e.g.</li> </ul> </li> </ul>	Communication strategy results in raised awareness of food insecurity, both in the community and at a strategic level.	All partners

Focus	Aim	Activity	Outcome	Partners engaged with
		<p>those working with Connected Kingston</p> <ul style="list-style-type: none"> <li>○ Circulate simplified version of action plan and Call to Action.</li> <li>● Consider how those experiencing food insecurity access information. <ul style="list-style-type: none"> <li>○ Ensure messages about where to access hot meals and sources of help and support are circulated in the appropriate formats in the most relevant locations.</li> </ul> </li> <li>● Link in to other London initiatives: GLA Borough Foods Network; Sustainable Food Cities; Sustain; Food Power.</li> <li>● Lobby supermarkets to improve their approach to surplus food as part of their Corporate Social Responsibility.</li> <li>● South London Partnership – learn from boroughs further ahead with implementing their plans, share experiences.</li> </ul>		
	Identify community assets and resources, including funding, that could be used to improve food	<ul style="list-style-type: none"> <li>● Explore potential opportunities through S106 and CIL with RBK Planning.</li> <li>● Community assets: any buildings</li> </ul>	Understanding of what is available has improved and could be accessed to alleviate food poverty in	All partners

<b>Focus</b>	<b>Aim</b>	<b>Activity</b>	<b>Outcome</b>	<b>Partners engaged with</b>
	insecurity in Kingston.	<p>vacant for long periods – consider renovation and restoring for the benefit of the community.</p> <ul style="list-style-type: none"> <li>• Consider incorporating tackling food insecurity into grants schemes e.g. Your Kingston, New Initiatives, Love Kingston, CCG</li> <li>• Explore potential for more investment: external funding, joint bids</li> </ul>	<p>Kingston.</p> <p>Food insecurity is considered for inclusion when local grants schemes are reviewed.</p>	
	Impact of the cost of living and ways to mitigate it.	<ul style="list-style-type: none"> <li>• Engage RBK housing colleagues to: <ul style="list-style-type: none"> <li>○ Support social landlords</li> <li>○ Encourage fair rents</li> <li>○ Explore links between fuel poverty and food insecurity.</li> </ul> </li> </ul>	Help and support is available for those living with high rents/low pay.	RBK Housing and VCS
	Promote the London Living Wage (see 2.1 below)	<ul style="list-style-type: none"> <li>• Are partners paying their employees the London Living Wage?</li> <li>• Are partners actively promoting the London Living Wage/</li> </ul>	Numbers of employers paying the Living Wage in Kingston increases.	RBK Commissioners network
<b>1.2 Investment in community assets</b>	Opportunities arising from S106 and Community Infrastructure Levy to support the implementation of this action plan.	<p>Determine how spend on S106 and Infrastructure Levy is decided and which areas might currently benefit.</p> <p>How could food insecurity and possible growing of food be factored in? What areas are likely to receive any of these funds in the near future?</p>	<p>Understanding of how this money is allocated and spent is increased.</p> <p>It will become clear whether or not these funds have a role to play in helping to alleviate food insecurity.</p>	RBK Planning and infrastructure, KVA and VCS

<b>Focus</b>	<b>Aim</b>	<b>Activity</b>	<b>Outcome</b>	<b>Partners engaged with</b>
<b>1.3 Seek funding for implementation</b>	Identify and acquire funding to continue the implementation of the plan	Identify funding opportunities from a range of sources to support different aspects of the plan.	Successful collaborative funding bids mean that implementation of this plan will be sustained.	All partners

## Aim 2: Tackling underlying causes

Name/focus	Aim	Activity	Outcome	Partners engaged with
<b>2.1 Tackling poverty/low income</b>	To raise awareness about the impact of low pay and in-work poverty on food insecurity and seek to mitigate this.	<p>Work with Trailblazers and others to encourage signposting to support with:</p> <ul style="list-style-type: none"> <li>• Debt advice/income maximisation</li> <li>• Access to benefits and other support</li> <li>• Financial/household management</li> <li>• Job Centre Plus – employment</li> </ul> <p>Tackle in-work poverty:</p> <ul style="list-style-type: none"> <li>• Raise awareness borough-wide across all sectors about the London Living Wage.</li> <li>• Wherever possible, commissioners to require contractors/service providers to pay the London Living Wage.</li> <li>• Challenge 'zero hours' contracting whenever appropriate and raise awareness of its consequences – inability to afford rent.</li> </ul> <p>Increase understanding about the plight of the 'hidden homeless' – many in work but with no permanent home so often sofa surfing, sleeping in cars. What solutions are there?</p>	<p>Fewer people and families living in poverty.</p> <p>Accredited Living Wage status included in contracts.</p> <p>Strategies are in place to try and alleviate this whenever possible.</p>	<p>Trailblazers, CAK, JCP, Connected Kingston</p> <p>RBK and KCCG</p> <p>RBK Housing</p>

<b>Name/focus</b>	<b>Aim</b>	<b>Activity</b>	<b>Outcome</b>	<b>Partners engaged with</b>
		<p>Raise awareness of changes to the benefits system and its impact on claimants, e.g. Universal Credit rollout, PIPs.</p> <p>Embed food insecurity into Advice Strategy (kiaa), Housing Strategy – including availability of social housing and consideration of availability vs need.</p>	<p>Discussion and preparation in advance of any change to offset as much of the affect as possible.</p> <p>Food insecurity becomes part of strategic thinking in Kingston.</p>	<p>All partners</p> <p>All partners</p>
<b>2.2. Tackling worklessness</b>	Support those not in work to find routes back in.	<p>Development of building confidence/self-esteem activities e.g. photo exhibition of life on the streets seen through the lens of homeless people - support and recognition of achievement is humanising.</p> <p>Improve services for long-term unemployed, furthest away from the labour market including the promotion of volunteering as a route back into work.</p>	<p>Increases self-esteem, health and wellbeing.</p> <p>Increase numbers of people helped back into volunteering or work.</p>	<p>. Local grants programmes, external funders</p> <p>Volunteering Kingston, JCP, CAK</p>
<b>2.3 Impact of cost of living: accommodati</b>	Increase understanding of ways to reduce living costs	Encouragement for social landlords and those charging fair rents.	More people live in affordable rented accommodation.	RBK Housing

Name/focus	Aim	Activity	Outcome	Partners engaged with
<p><b>on, heating; affordable childcare, etc</b></p>		<p>Promotion of Fuel Poverty approaches – Winter Warmth, etc.</p> <p>Access to household essentials, e.g. white goods from charitable trusts such as the Buttle Trust <a href="http://www.buttleuk.org">www.buttleuk.org</a></p> <p>Identify and promote affordable childcare</p>	<p>People can afford to heat their homes and eat.</p> <p>People have access to the equipment they need to cook and store food.</p> <p>People have access to affordable childcare</p>	<p>All Partners</p> <p>All partners</p> <p>All partners</p>

### Aim 3: Building food security and developing connectivity

Name/focus	Aim	Activity	Outcome	Partners engaged with
<b>3.1 Food distribution and co-ordination</b>	Improve alignment of food sources and distribution	<p>Research the potential for storage/distribution facilities.</p> <p>Improve co-ordination of surplus food collection and delivery. Explore potential of apps – designed by e.g. Hack it Forward</p> <p>Explore and cost the placement of community fridge(s) to store fresh food e.g. Brixton.</p> <p>Encourage donations of herbs/spices to foodbanks to flavour basic ingredients.</p> <p>Publicise and signpost people to 'Cook and Eat' sessions in Kingston.</p> <p>Map food sources and ensure communication is developed to reach those in need.</p>	<p>Improved distribution of surplus food.</p> <p>More efficient distribution of surplus food resulting in less waste.</p> <p>Accessibility to fresh food increased and stigma reduced.</p> <p>More interesting and flavoursome food for those who want it.</p> <p>Reduced social isolation, increase in numbers of people able to cook.</p> <p>More people able to access the food they need.</p>	VCS,RBK, Chamber of Commerce

Name/focus	Aim	Activity	Outcome	Partners engaged with
		<p>Work with markets to promote and develop availability of affordable fresh fruit and vegetables</p> <p>Reduce the number of fast food outlets near schools</p> <p>Work with residents to tackle food waste.</p>	<p>Improved access to fresh fruit and vegetables.</p> <p>Access to fast food limited to school-age children.</p> <p>Food waste is reduced.</p>	
<b>3.2 Develop storage/distribution facilities</b>	Increase connectedness between food and other issues affecting people	Explore possibility of community facility to combine: storage/distribution facilities; cooking facilities; community store cupboard, education on nutrition; community cooking; shared meals.	Those experiencing food insecurity can access healthy food, improve their understanding about food and social isolation reduced.	VCS
<b>3.3 Learning about food, cooking and nutrition and promoting community wellbeing</b>	Increase understanding and knowledge about food and how to cook it as well as the benefits of social activities linked to sharing food	<p>Disseminate 'how to' materials for developing and offering 'cook and eat' sessions linked to financial management/ household management and budgeting. Encourage more organisations to offer 'cook and eat' sessions tailoring recipes to Foodbank supplies and other sources.</p> <p>Explore potential of widening use of food vouchers, eg. Healthy Start but for vulnerable adults/families, eg Rose</p>	Reduced isolation, increased independence. Health benefits: physical and psychological.	Public Health, RBK and VCS

Name/focus	Aim	Activity	Outcome	Partners engaged with
		<p>Voucher Scheme in Lambeth linked to markets where those eligible can access fruit and vegetables.</p> <p>Promotion of materials to help people understand portion size and healthy options: First Steps Nutrition Trust: Making the most of a Healthy Start – a practical guide; Eating Well guides for pregnancy, new mums, first year of life.</p>		
<b>3.4 Growing food</b>	Increase capacity and skills to grow food	<p>Review Allotment Strategy 2008-18.</p> <p>Map potential for allotments/community gardens particularly on housing estates or spare ground, e.g. Cambridge Road Estates to include community allotments as requirement.</p> <p>Make links between allotments and local communities so excess crops can be donated and reach those in need.</p> <p>Create opportunities for people to learn about growing produce.</p> <p>Build on existing work by local VCS groups to maintain and develop food</p>	<p>Revised strategy produced.</p> <p>Increased amount of space used for growing food.</p> <p>Greater supply of locally grown, fresh produce.</p> <p>More people engaged in growing food.</p> <p>Increase community engagement with food</p>	All partners

Name/focus	Aim	Activity	Outcome	Partners engaged with
		growing. Offer allotments to VCS.	growing.	

**Aim 4: Address the issues facing vulnerable/disadvantaged groups**

Name/focus	Aim	Activity	Outcome	Partners engaged with
<b>A: Children and Families</b>				
<b>4.1 Increase uptake of Healthy Start scheme</b>	All children are provided with a healthy start in life.	<p>Plan developed to ensure awareness of Healthy Start scheme is promoted regularly across all sectors.</p> <p>Provide support for completing application form where needed.</p> <p>Encourage signposting to other services when appropriate through Connected Kingston, Kiaa</p> <p>Increase number and diversity of authorised Healthy Start retailers and local markets.</p>	Uptake of Healthy Start reaches 80% of those eligible.	<p>Healthy Start, VCS midwives and other health professionals, Children's Centres, Public Health, RBK</p> <p>Chamber of Commerce</p>
<b>4.2 Breastfeeding</b>	Increase uptake of breastfeeding (sustained for at least 6 weeks)	<p>Extend drop-in support to other statutory and VCS organisations</p> <p>Refresh peer to peer support schemes.</p> <p>Work towards Unicef Baby Friendly Stage 3 accreditation</p>	Borough breast feeding rates increased.	Public Health and VCS

Name/focus	Aim	Activity	Outcome	Partners engaged with
<p><b>4.3 Access to food 365 days a year (including early years)</b></p>	<p>Ensure children can access healthy food all year round.</p>	<p>Explore and increase provision of food in school holidays:</p> <ul style="list-style-type: none"> <li>○ Children’s centres link with, e.g. Foodshare to prevent food insecurity in school holidays;</li> <li>○ Holiday clubs to include healthy food provision whenever possible and include activities around nutrition and healthy food choices.</li> </ul> <p>Increase take up of Free School Meals work with selected schools on ways to do this</p> <p>Find out if there are any gaps in breakfast club provision.</p> <p>Promote application of National School Food Standards.</p> <p>Check that contracts for childcare providers include requirement that children are provided with nutritious meals, snacks and drinks.</p>	<p>Children can access healthy food all year round</p>	<p>Children’s Centres, AfC, RBK and VCS</p>

Name/focus	Aim	Activity	Outcome	Partners engaged with
<b>4.4 Partnership working between children's centres and VCS</b>	Improve the way children's centres work with VCS organisations	Increase joined-up support/access to services.	VCS offering relevant services supported to link with Children's Centres.	AfC, RBK and VCS
<b>B: Homelessness</b>				
<b>4.5 Partnership working</b>	Ensure food security needs of homeless people are addressed by all sectors.	<p>Work with housing, Trailblazers, Spear (Fresh Start), kiaa, Homelessness Reduction Act implications to include access to food.</p> <p>Improve signposting/access to sources of food and other services for homeless people</p> <p>Encourage/support organisations to provide support services at events e.g. physio, dentistry, chiropody, etc.</p>	Homeless people have access to healthy food and other relevant services including mental health.	RBK Housing, Trailblazers, SPEAR, KIAA, Connected Kingston, Foodbank, Health Services and other health professionals and the wider VCS
<b>4.6 Addiction issues</b>	Increase awareness of addiction issues and how they link to food insecurity.	Support harm reduction approaches and access to healthy food	Support is provided to those with addiction.	

Name/focus	Aim	Activity	Outcome	Partners engaged with
<b>C: Older People and those with Long Term Conditions (LTCs)</b>				
<b>4.7 Raising awareness</b>	Ensure that frontline staff working with older people and those with LTCs are aware of the possibility of food insecurity.	<p>Raise awareness with frontline staff and carers about signs to look for in someone who is experiencing food insecurity but is reluctant to admit this.</p> <p>Recognise the impact lack of mobility may have on the ability to buy and prepare food.</p> <p>Review meals on wheels usage and, where uptake is low, look at reasons why and develop an action plan on how to improve.</p> <p>Provide information on accessing food, when appropriate, for new and existing service users.</p> <p>Use Connected Kingston to signpost to services for lunch clubs and other resources.</p>	Potential food insecurity is included in contact with older people and those with long term conditions.	All partners
<b>D: Refugees, asylum seekers and refugees</b>				
<b>4.8 Tackle social isolation and encourage community cohesion</b>	Support the integration of refugees, asylum seekers and migrants through food	<p>Invite refugees and asylum seekers to 'cook and eat' sessions at day centres, lunch clubs, to increase understanding of different food cultures.</p> <p>Help for refugees, asylum seekers and</p>	Increased community cohesion and resilience.	VCS, Public Health, RBK and Adult Education

Name/focus	Aim	Activity	Outcome	Partners engaged with
	initiatives.	<p>migrants to access community facilities where they can run their own 'cook and eat' and 'get to know you' sessions.</p> <p>Accessible food hygiene courses offered more widely.</p> <p>Provide information on food in different languages, where to find particular foods, including palatable substitutes, and which shops offer best value and different types of shops, eg. M&amp;S vs Lidl.</p> <p>Encourage 'grow your own' - even in small spaces – plant/seed swapping.</p>	<p>Increased food safety.</p> <p>People are helped to make choices based on fact.</p> <p>Independence, increased access to fresh produce.</p>	
<b>Promote the Action Plan on Food Insecurity in Kingston</b>				
<p><b>KVA 2018</b>  <b>13/9/18 Health and Wellbeing Board</b>  <b>1/10/18 Kingston Strategic Partnership</b>  <b>3/10/18 Commissioners Network</b>  <b>12/10/18 Housing Needs and Homelessness Forum</b></p> <p><b>Planned for 2019, Food Poverty Action Plan launched to progress implementation at KVA's Annual Health Conference in Jan/Feb 2019</b></p>				

## **APPENDIX 1: RESOURCES**

KCAH 'Useful information' leaflet that lists places to get food, local services and local area information

Greggs Bakery – scheme to donate unsold food to 'good causes' see <https://www.greggsfoundation.org.uk/unsold-food-donations>

Jack Monroe - Source of recipes and ideas for cooking and sourcing economical but good food

<https://cookingonabootstrap.com/category/recipes-food>

Trussell Trust – More than Food programme – helping foodbanks develop into community hubs offering emergency food and a range of support in one location such as:

- Money management
- Basic cookery, nutrition and budget management
- Holiday clubs
- Fuel poverty
- Welfare benefits, housing advice
- Job skills

[https://www.bbc.co.uk/news/resources/idt-sh/my life on a plate](https://www.bbc.co.uk/news/resources/idt-sh/my_life_on_a_plate)

<https://www.healthystart.nhs.uk>

<https://www.afcinfo.org.uk/pages/local-offer/information-and-advice/early-years-and-childcare/children-s-centres/healthy-start>

<https://www.kidskitchen.org.uk/>

<http://www.lambethlarder.org/>

Buttle Trust - for white goods and other things (e.g children's beds) [www.buttleuk.org](http://www.buttleuk.org)

**Appendix 2: Partners Engaged with:**

Kingston Strategic Partnership	RBK Kingston University Kingston College Community Brain Staywell Groundwork Job Centre Plus Kingston Environment Group Kingstonfirst Kingston Chamber of Commerce Kingston Fire Brigade Kingston GP Kingston Hospital Kingston NHS Kingston Race & Equalities Council Metropolitan Police South West London NHS Board KVA
Housing Needs & Homelessness Forum	RBK officers, Housing, Welfare Reform KCAH Citizens Advice Kingston & kiaa network SPEAR Job Centre Plus Shelter Joel Project Kingston Food Bank

Health and Wellbeing Board	RBK Councillors and Officers Achieving for Children Public Health Kingston CCG KVA
Trailblazers	
Connected Kingston	
Commissioners Network	RBK officers
Voluntary and Community Sector groups	KCAH Kingston WelCare Kingston Recovery Hub (Kaleidoscope Project) Milaap Centre Kingston Race and Equalities Council Brighter Living Kingston Centre for Independent Living Canbury Community Trust Riding for the Disabled Save the World Club Refugee Action Kingston Kingston Foodbank Citizens Advice Kingston Kingston Carers' Network Staywell
Kingston Adult Education	