

Adur & Worthing Emergency Food Provision

July - Dec 2020

Emergency Food Providers came together at the beginning of the coronavirus pandemic in March 2020 to support each other and share learning and resources. The group is made up of emergency food providers and mutual aid groups, Adur & Worthing Council Wellbeing team and Community Works.

These groups have been working together to coordinate emergency food response across Adur & Worthing. The group includes organisations who have been providing food for a number of years, and new organisations who sprung up in response to the increased need during the first national lockdown.

In early December we sent out a questionnaire to those who had received National Lottery Funding via community works. Those organisations were:

- Lancing & Sompting Foodbank
- Shoreham Foodbank
- The Gateway Hub
- The Worthing Food Foundation
- We are Food Pioneers
- Worthing Foodbank
- Worthing Vegan Food Bank



Emergency food providers not in receipt of lottery funding also included in this report are:

- Fishersgate Food Bank
- Worthing Soup Kitchen

Emergency Food Support



Photo: Worthing Food Foundation

Individuals supported **6,984**

1418* people accessed a food bank for the first time

1693 parcels distributed each month

310 volunteers, **214** of which were new volunteers

**one project did not have these figures, so not included in total.*

Other Support*

In addition, **Broadwater Support group** acts as a Mutual Aid group, providing weekend and evening emergency food in the Worthing area. They also offer other support, for example, shopping, prescription pick ups and help with any additional needs caused by isolation, shielding and lack of funds.

Maybridge Community Church have provided 132 food parcels during during school holidays. The Boxes of Hope project delivers one parcel during each school holiday, and they provided an extra delivery during the November lockdown. Their last delivery was to 50 families.

Community Spirit provided around 8-15 food parcels to families on a weekly basis in the Worthing area. They also offer other support, for example shopping and prescription pick-ups.

As well as supporting **Worthing Homes** residents, Worthing Homes signpost non-residents to emergency food projects while providing emergency dry storage food for two days. Worthing Homes also offer fresh food when they have it, soon to be on a regular basis. This has tended to be picked up by those who were accessing Community House before the lockdown period. Worthing Homes support between 40-60 individuals each week.

Worthing Soup Kitchen regularly provide hot take-away meals as well as food parcels to those who have been housed as part of the COVID-19 response.

At the beginning of the 1st lockdown in March, **Turning Tides** provided their clients who were shielding or isolating with an isolation pack of both food items and cleaning products and toiletries. This has remained in place and they continue to deliver 10 packs per week on average. Their offer has developed over time to include 3 "ready meals" – meals cooked from fresh.

Turning Tides support both individuals and their residential projects with additional food and their Community Hub model was adapted to a takeaway service for breakfast.

**The above organisations or additional support they offer are not included in the overall statistics in this report.*

Food Pioneers: BATCH



Born out of the Covid 19 crisis, the Food Pioneers BATCH pilot project connects with people who are socially isolated, struggling to make ends meet and are experiencing food poverty.

From their communal kitchen in Worthing, a team of talented volunteers batch cook an average of 600 meals each month using donated surplus food, which would otherwise go to waste.



The project started cooking in August and saved half a tonne of food from going to waste in the first 5 months.

A partnership with Transition Worthing Greenspaces means that any inedible vegetable food waste is composted, providing nutrition for community food growing.



BATCH also partner with restaurants in Adur & Worthing to batch cook meals. For example, The Fish Factory who cooked up 200 fish pies for the community.

Serving the areas of Worthing and Fishersgate the meals were distributed to Turning Tides, Castle Accommodation, Lovett Hub (Worthing Homes), Community House and Fishersgate Food Bank.

“[The] majority of our residents are ex rough sleepers and are still learning basic cooking skills. It's so important to give our residents a sense of HOME to help them get back on their feet and leave Castle well adjusted for independent living. It's not easy to describe the anticipation and how much they look forward to your Thursday visits!”



37 volunteers, 33 of which were new to Food Pioneers, have taken part in the BATCH cooking and delivery of meals

Geographical Areas Covered

Worthing

3 Foodbanks in the Worthing area are collectively covering the area including the Vegan Food Bank (which covers a variety of dietary requirements).

Including Broadwater, Castle, Central, Durrington Gaisford, Goring, Heene, Marine, Northbrook, Offington, Salvington, Selden and Tarring

Lancing & Sompting

2 Foodbanks now cover this area

Fishersgate

2 Food Banks are cover this area

There is nowhere in the district that does not have emergency food provision, however some emergency food projects are operating at capacity.

1 emergency food provider is offering support out of area to Littlehampton, East Grinstead and Horsham.



2 emergency food projects have expanded their geographical reach in the last 6 months due to increasing demand

Trends

The majority of emergency food projects have seen a consistent increase in demand over the 6 months.

Demand increases during school holidays and during lockdowns.

One food bank reported that an easing of lockdown and financial support from government was thought to cause decrease in reliance on emergency food.

“Use of our foodbank has increased by 600% since we started in April. Demand is increasing week on week and so our priority is ensuring we are able to access the emergency food and items to distribute” - Worthing Food Foundation

In Fishersgate there is some evidence that where people struggle to get food delivered from supermarkets and delivery slots are not available they have turned to emergency food instead. This links into wider issues of food deserts, where there is limited access to fresh and healthy produce available to purchase.

Additional Support

The majority of emergency food groups take a relationship based approach – whereby they build trust in their communities, and as a result people feel comfortable to give insights into the issues they are facing. They are often the first point of call for people who need additional support.

The emergency food projects regularly refer service users to other services for additional support. Organisations which projects regular refer to include, Citizens Advice Bureau, Christians Against Poverty, One Stop Junction, Mind, fuel companies, Council services and others. The projects also regularly refer between each when they do not have capacity to meet the additional need.

A number of projects have begun to develop referral pathways to ensure people who repeatedly access emergency food are able to take up other support and some are looking to integrate advice services into their offer to prevent a continued reliance on emergency food.

Two of the emergency food projects are offering additional services to help relieve poverty and prevent further reliance on emergency food. Including a school uniform exchange, basic debt advice and clothes, books and toys.

“Thank you I can't tell you the relief I've just felt”

People

Staff

1 emergency food organisation had a member of staff prior to the pandemic

1 emergency food organisation employed a member of staff in last 6 months to help with workload

Volunteers

214 first time volunteers

310 volunteers across 7 organisations

The demand for emergency food in 2020 was unprecedented and there is an increasing risk of burnout in both staff-led and volunteer-led projects. Two foodbanks are actively looking for funding to employ members of staff.

Often volunteers are also in receipt of the emergency food, playing an active part in ensuring their communities are fed.



Photo: Vegan Food Bank



Photo: Shoreham Food Bank

Content of the Food Parcels

(information from previous survey in August 2020)

'Ambient food, fresh produce, fruit and vegetables as well as household cleaning and personal care items and nappies where required.'

'We provide basic parcels, any fresh food we have, plus kids clothes, toiletries, laundry & home care, personal care, kids toys & books, activity packs for adults & kids - tailored to the need of the household. We swap out according to dietary need ' milk, tea, coffee, cleaning products, tinned meals/ vegetables/ fish/ meat, pasta, rice, prepared meals (fresh) biscuits, toiletries, distraction packs, any fresh produce we have '

'Standard emergency non-perishable plus toiletries and a meat/fruit/veg vouchers'

'3 days supply of long life tinned food, milk, juice, tea, pasta/rice, biscuits any extras that may have been donated e.g. coffee, pot noodles, jelly, We also add shampoo, deodorant, toothpaste/toothbrush, shower/bath, shaving foam/razors, baby stuff if we have any'

'Basic tinned and dried plus fresh (plusbread, toilet rolls, hand soap, shower gel, deodorant, toothpaste, toothbrush, shampoo, conditioner, razors, shaving foam, sanitary towels, tampons, baby wipes, baby food, baby milk, nappies, washing powder, washing up liquid and cat/dog food)'

'Rice, pasta, tinned food (chopped tomato, baked beans, vegetables, fruit), sweets and crisps, plant milk, sauces, bread, oats / cereal, fresh vegetable and fruit - all items 100 percent vegan and where requested, gluten free'



Photo: Gateway Hub

Special Occasions

In addition to emergency food parcels the majority of emergency food projects put together special parcels for special occasions such as Christmas.

Worthing Food Foundation gave out Christmas hampers with meat and veg vouchers, as well as around 300 stockings.

Gateway Hub distributed around 100 hampers and over 250 santa sacks this Christmas.

Fishersgate Food Bank partnered with Giving World and put together over 180 packs for children, including activity books and comics.



Photo: Gateway Hub

Christmas saw us feed over 200 clients with a meals and wheels style delivery of a Christmas Dinner and Boxing Day grazing box – many of the recipients of these would have accessed community based Christmas events if we had not been in a pandemic. We also fed an additional 30 people from a mobile food truck on Christmas Day from St Clare's which was provided by a local business. - Turning Tides



Photo: Gateway Hub

"Thank you so much with the help of the Foodbank my children will have a Christmas. Without the help of the Foodbank i don't know what I would of done"

"Thank you so very much from the bottom of my heart you have DEFINITELY made our Christmas something to look forward to"



Photo: Worthing Food Bank

Outreach and Project Promotion

The projects often promote their services through a variety of social media, leaflet drops, newspaper articles, advertisements and through church communications.

Social workers, doctors, probation officers, PCSO's, schools, nurseries, local businesses and other emergency food providers also signpost to the projects.

“Worthing Foodbank have been a lifeline to me, If they had not been there I don't know what I would have done!!”

Bi-weekly meetings



The Emergency Food Projects have meet 15 times between July-December.

They group have had wide ranging conversations, made plans, shared ideas, shared surplus food, raised concerns, shared contacts and feedback, set up shared approaches and linked people into other support available or potential partners.

“Informative helpful and supportive”

This group have also invited the local authority and other partners to this meeting to discuss issues such as funding, availability of storage, and more.

“Covid has seen us working in partnership with other organisations that we otherwise may not have worked with, including We Are FoodPioneers, and has strengthened our links with the local food banks” - Turning Tides