

Education, Children's Services and Leisure Scrutiny Sub-Committee

Tuesday 23 April 2013

7.00 pm

Ground Floor Meeting Room G01A - 160 Tooley Street, London SE1
2QH

Supplemental Agenda

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Contact

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Education, Children's Services and Leisure Scrutiny Sub-Committee

MINUTES of the OPEN section of the Education, Children's Services and Leisure Scrutiny Sub-Committee held on Monday 25 February 2013 at 7.00 pm at Ground Floor Meeting Room G02A - 160 Tooley Street, London SE1 2QH

PRESENT: Councillor David Hubber (Chair)
Councillor The Right Revd Emmanuel Oyewole
Councillor Sunil Chopra
Councillor Rosie Shimell
Councillor Cleo Soanes
Councillor Poddy Clark
Councillor Althea Smith
Colin Elliott
Leticia Ojeda
Lynn Charlton

**OTHER MEMBERS
PRESENT:**

**OFFICER
SUPPORT:** Merrill Haeusler, Deputy Director of Children's Services –
Education.
Kerry Crichlow, Deputy Director Strategy and Commissioning –
Education.
Julie Timbrell, Project manager –Scrutiny.

1. APOLOGIES

1.1 Apologies for absence were received from Councillors Rowenna Davis and Paul Kyriacou .

2. NOTIFICATION OF ANY ITEMS OF BUSINESS WHICH THE CHAIR DEEMS URGENT

2.1 There were none.

3. DISCLOSURE OF INTERESTS AND DISPENSATIONS

3.1 There were no disclosures of interests or dispensations.

4. MINUTES

4.1 The Minutes of the meeting held on 16 January 2013 were agreed as an accurate record.

5. REVIEW: BULLYING - SCHOOL AND COUNCIL POLICY IN SUPPORTING VULNERABLE CHILDREN AND REDUCING ABUSIVE AND POOR PEER RELATIONS.

5.1 Peter Bradley from Kidscape gave a presentation, attached to the minutes. He explained that Kidscape was the first anti bullying charity, and they are now in their 28th year.

5.2 Mr Bradley was asked about cyber-bullying and he said that children often start on safe places like Club Penguin from the age of 6, however from the age of 8 children often want join sites like Facebook, even though young people can only officially join at 13 years old. He said there are about 1 million primary school age children on internet sites.

5.3 He went on to explain that one of the chief concerns they have is the rise of porn searches , which is increasing. Young people appear to be getting desensitised to images, many of which are very concerning.

5.4 He ended his presentation by explaining that Kidscape has just received funding from the Department of Education to work with 9 local authorities, including Southwark. This will focus on bullying intervention in primary school, and they intend to train teachers. He said he hoped that Southwark would be interested. The head-teacher representative said she thought schools would, and offered to cascade the information through her role on the head-teachers executive.

5.5 The chair invited questions and a member asked if Kidscape worked with elite adults that bully and he responded that their remit is for under 18 years olds. He was then asked about role models and he agreed that some schools run peer mentoring programmes; for example an 11 year old mentoring a 7 year old. He explained that this can be very effective.

5.6 A member raised the issue of child protection, and asked if Kidscape do you work to ensure children that don't get material that might harm their innocence. Mr Bradley said that Kidscape have a child protection programme. The member went on to ask about the risk that adults might

give information to children that was emotionally harming and Mr Bradley said that they have police officers from the Sapphire programme involved in there child protection work, who are very experienced.

- 5.7 Mr Bradley was asked if Kidscape charged for its services and he explained that they did not, and went on to explain that they work with both targets and bullies, free of charge.
- 5.8 A member asked if children tend to change or carry on bullying. He responded that sometimes there are changes, a bullied child can also become a bully .He said that certainly Kidscape find that targets can do behavioural work to become more assertive and less passive with Kidscape, which is very effective.
- 5.9 A member asked if he was satisfied with the safeguards on the internet. Mr Bradley explained that they had recently advocated for stronger controls; and Kidscape had wanted an 'opt in' rather than an 'opt out'. He explained that a lot of parents are giving hardware platforms to teenagers to set controls. He emphasised the importance of parents and adults talking with children about issues and concerns.
- 5.10 Mr Bradley was asked about children who might be perceived as different, and suggested that children who are 'looked after', might be more at risk and he agreed that Kidscape do find this. He commented that he read the scrutiny minutes of the last meeting and saw that the issue of sexual identity was discussed. He noted that 'gay' is often used pejoratively by children, but not challenged sufficiently. The chair thanked Mr Bradley for his presentation.
- 5.11 The scrutiny project manager, Julie Timbrell, reported that Cybersmile had been due to attend tonight's meeting, but had to cancel at the last minute because of professional reasons and had sent their apologies.
- 5.12 The chair noted the commentary circulated by Colin Elliott on the film - Danny's Parade, which was one of the videos contained in the DVD that School OUT's distributed at the last meeting. The chair said he had contacted Sue Sanders from Schools OUT and asked if she wished to comment. Colin Elliott said he had looked at the other videos, that he also had concerns about these too. He explained that his worries centred on the potential for the DVDs to undermine the message of previous the reviews on the importance of parental responsibility. A member commented that he was also uncomfortable with the content; from a faith perspective. The head-teacher representative observed that any resource like this would be carefully considered by a school prior to use, and that in a primary school teachers would be contacting parents prior to using the material. She noted that the DVD's raised equalities viewpoints that schools need to think about, however she considered, from an educators viewpoint, that the videos were

not that balanced. The chair indicated that he would circulate any comment from Sue Sanders of Schools OUT in response. A couple of members indicated that they would like a copy of the video to view.

RESOLVED

The committee welcomed the opportunity for Southwark schools to receive support from Kidscape to tackle bullying.

Cybersmile will be invited to attend a future meeting.

6. REVIEW: UNIVERSAL FREE HEALTHY SCHOOL MEALS

- 6.1 The chair welcomed Laurence Guinness, Head of Campaigns and Research, at Kids Company to present on their campaign: 'Plate Pledge - tackling childhood hunger, malnutrition and food insecurity'. He gave a presentation, attached to the minutes.
- 6.2 Mr Guinness reported that Kids Company is feeding about 2000 children a week. He said that there has been an increasing number of children self referring; from around 30 new children a week in 2011, to 70 a week now.
- 6.3 He said explained that Kids Company have provided a meal for some time, largely as a means of engaging children by creating a family type atmosphere, encouraging relationships, and the development of social skills, however a survey of children revealed that around 85% of children actually relied on the meal to eat adequately. He said this had been a shock. Other research revealed that 1/3 do not have a bed and 18% do not have any underpants.
- 6.4 Mr Guinness reported that Olivier De Schutter, UN Special Rapporteur on the Right to Food, visited London last week. He would like to do a special report on UK, but is otherwise engaged at the moment. Olivier De Schutter made this comment:

"62% of children in poverty living in families where at least one of the parents has a job is very worrying. It is really unacceptable. We are on our way to a having a permanent underclass, people living in poor neighbourhoods that have no opportunities to choose different ways to feed themselves, fewer role models to follow and poverty transferred through generations."

- 6.5 Mr Guinness went through data from surveys on hungry children .The Princess Trust/ Times Educational Supplement/ You Gov survey (600 teachers UK April 2012) found that almost half (48 per cent) regularly witness pupils coming into school suffering from malnutrition or showing signs that they haven't eaten enough; the Guardian UK Teachers Survey (600 Teachers, June 2012) said that 83% of teachers saw evidence of pupil hunger and the Opinion Matters survey for Kellogg's (500 UK teachers, August 2012) reported that four in five teachers (79%) report pupils are turning up for lessons hungry, with more than half (55%) saying the numbers have increased in the past year.
- 6.6 Lawrence said that he applauded the council for the introduction of free school meals. He explained that Kids Company have lots of voluntary and corporate partners. The care that they provide for children helps them care for themselves. He reported that many children dread the school holidays, and commented that we need to address this. He reported that Kids Company provide food vouchers. He noted that children going hungry is happening in the 6th richest country in world.
- 6.7 Lawrence ended his presentation by making these recommendations:
- Commission urgently needed research to accurately measure the prevalence of food poverty amongst school-aged children and their parents/guardians.
 - Create official channels in deprived schools where hungry children can report to designated staff members who can distribute basic food packs on an as-needed basis.
 - Commission an economic cost/benefit analysis to better understand the social impact of food recycling and reducing food waste by re-distributing to the poorest members in society.
 - Explore ways of utilising the dormant and latent resources presented in under-used school kitchens to create supper clubs in the most deprived areas. These could be sponsored by business and empower community members to collectively help themselves.
 - Provide immediate emergency nutritional measures for schools facing the toughest challenges in educating disadvantaged pupils.
 - Provide "Holiday Kitchens" where hungry children can get a free lunch or dinner during the school holidays.
- 6.8 The chair thanked Mr Guinness for his presentation and invited members to ask questions. Members asked if he thought that responsibilities for feeding children lies with parents and if some were being negligent? Lawrence

acknowledged that there are a significant number of parents who make the wrong choices, however some parents do all the right things but still are unable to feed their children. He noted that while there is negligence, this is a pejorative term; sometimes parents are overwhelmed.

- 6.9 A member commented that the provision of free meals costs a lot of money. Mr Guinness responded that Kids Company provide a meal for £1 per day. He added that even if there is a cost we don't say we can't do anything because of this. He said the first step is to get the data. He said that the Secretary of State for Education, Michael Grove, has not developed sufficient processes to measure food intake, and while the government is pouring money into curriculum and resources these will not work for the children who are hungry.
- 6.10 Kid's Company were asked if they are promoting growing your own, and he responded that they are , but added that this was not going to alleviate the core problem.
- 6.11 A member reported that she volunteers at Kids Company and commented that the report does not mention that lots of children have no recourse to public funds. She added that many of the children have social problems, for example some of their fathers are in prison. She added that many are going there for nurturing as much as food.
- 6.12 Kids Company was thanked for the recognition they had given to the value of Southwark's free school meals. The member ask about the provision of supper in the evening . Mr Guinness mentioned a scheme in a school where this is linked to doing homework, and a promised to provide more details.
- 6.13 Mr Guinness was asked if he was lobbying government and working with social services. He explained that Kids Company's resources were limited; and he is the main person working on this , however he is head of research and has other responsibilities including neuroscience research. He explained that Kidscape have been talking to Ian Duncan Smith, however the political lobbying is done in private as Kidscape as are taking the diplomatic route.
- 6.14 A member said he would like to see Kid Company working with sister organisations to tackle poverty. Mr Guinness said that Kidscape have also contacted other charities and the media about this issue. He said it was not just about public money and that there are solutions involving private business. A member commented that Southwark Council budgets are facing massive cuts and suggested focusing on the Deputy Prime Minister, Nick Clegg. Members also reported that they did feedback concerns to the cabinet lead for children and suggested that Kid Company did this too.
- 6.15 A member asked if they encouraged parents to do more in your programme and Mr Guinness responded that they are working with families who wanted

to develop skills and are going into households and teaching parents how to cook. A member commented that we are often told that food poverty is about skills rather than income. A member asked if there is a risk that some parent will not bother and Mr Guinness said there is, and many children are desperate. He explained that Kids Company focus is on the needs of children. He was then asked if there could be a cycle of deprivation and Mr Guinness explained that Kids Company have a programme that teaches children, teenagers and young people to gain cooking skills so they are prepared as adults. He added that children often have very limited food experiences so Kids Company encourage children to experiment and try different food.

- 6.16 A member thanked Kids Company for their presentation and requested more information on the national statistic which was dropped. Members also commented that they would be interested in hearing more about the conversations that Kids Company are having with other stakeholders, and noted that there are lots the council can do in partnership. The chair thanked Mr Guinness for his presentation.

RESOLVED

The committee requested more information from Kids Company on:

- The Lancashire initiative that provides a supper and homework club.
- A national statistic that was dropped, which used to provide a nutritional measure.
- Details of any partnerships that Kids Company is developing in Southwark as part of their Plate Pledge programme.

7. ROTHERHITHE SCHOOL AND SOUTHWARK FREE SCHOOLS - REGULAR REPORT.

- 7.1 The chair commented that there has been some movement on Free Schools. He added that the City of London Academy is expanding its provision and officers said that this would contribute to provision in the north of the borough.
- 7.2 A member commented that the need for primary places could translate to an added need for secondary places; the officer agreed that this will eventually be the situation, however he stated at the moment the more pressing need is for primary places.

8. COUNCIL COMMISSIONING OF VOLUNTARY SECTOR ORGANISATIONS THAT SUPPORT PARENTS

- 8.1 Kerry Crichlow, Director of Strategy & Commissioning, commented that the arrangement with CVS had ended by mutual agreement because the scheme had recruited fewer volunteers than had been hoped for, and the needs of families had been higher than anticipated. A member asked if work with families is more difficult in Southwark. The Director responded that Southwark does experience high levels of deprivation and the challenges that children and families face are often interconnected and frequently severe. She went on to state that, however, Southwark do have fantastic schools. She ended by recommending the committee hear from Homestart, as they are an experienced provider and used to a step down model.

RESOLVED

The committee will take evidence from Family Action and Homestart on their work supporting parents in Southwark.

9. REVIEW: LOCAL AUTHORITY ROLE IN EDUCATION

RESOLVED

The committee will seek the views of governors and the head-teachers executive on the review.

10. WORK PROGRAMME

- 10.1 The draft was agreed.

DEPARTMENT OF ENVIRONMENT & LEISURE

OLYMPIC LEGACY BOARD QUESTION:

Data detailing which sports activities have seen any increase in participation as a result of the Olympics, in order to judge what sports are most popular.

March 2013

Background

In February 2011 the Olympic delivery board signed off a vision for capitalising on the London 2012 Olympic and Paralympic Games.

On completion of the Olympic Delivery Board work programme in September 2012 the Get Set Southwark 2012 evaluation report was published.

The Education, Children's Services and Leisure Scrutiny Sub-Committee met on Wednesday 12 September 2012 following the successful completion of the London 2012 Olympic and Paralympic Games and the Get Active Southwark Olympic Delivery Programme. The Sub-Committee members stated they would like further investigation into the impact of the London 2012 Games and the question stated in the title of this report was put forward for officers to investigate.

The committee requested a follow up Olympic and Paralympic legacy report with the data requested for March 2013

Considerations

Statistical information available in the public domain for increases in sports participation is available on a year-on-year comparison basis and this report will summarise those data sources available.

Information available on sports participation changes since or directly effected by the London 2012 Games has not been widely collected. This report does include however data from a report by LGA on sports participation increases based on perceived views of Local Government Sports Development Officers, however this is not necessarily quantitative and could therefore be unfounded.

The data presented in this report is collected through key industry partners both nationally or regionally or through data collected locally through specific partners whereby the information provided is proven both valid and legitimate.

The Olympics Games 2012 includes a wide range of traditionally popular sports; this is a core component of the Olympics Games that the challenges/disciplines it contests has a wide international base. There are popular sports in England, however, that are not contested at the Olympic Games because they are only popular in a handful of countries. Examples of these sports with relevance to Southwark are Cricket, Rugby, Squash, Golf and Netball (a full list is detailed in the appendix section). In the interests of being inclusive I will include available data for such excluded sports within this report.

The statistical, quantitative evidence presented in this report should be read and considered alongside the largely qualitative and subjective data collected through the Engaging Young People Olympic Delivery Group commissioned report produced by Jennie Platt in the Southwark Community Sport Development Team. Her research report investigates the impact of the London 2012 Olympics and Paralympics on community sport and physical activity for young people aged between 8 and 24 years in the London borough of Southwark.

National Statistics

The Sport England Active People Survey (APS)

The Sport England Active People Survey is the largest ever survey of sport and active recreation to be undertaken in Europe. Data is collected through market research of 500 people in every local authority area every 6 months and the data collection started in 2005.

The survey provides by far the largest sample size ever established for a sport and recreation survey and allows levels of detailed analysis previously unavailable. It identifies how participation varies from place to place and between different groups in the population.

Fieldwork for the sixth wave of the survey, Active People Survey 6 (2011/12) was completed on 14 October 2012 and results were published on Thursday 6 December 2012. Chart 1 below details the **1 x 30 min** weekly participation of the top 20 sports in England as indicated through the APS 6 (October 2011 – October 2012) survey.

It can be interpreted from this chart that the most popular sports in terms of general mass participation levels nationally are **swimming, football, athletics** and **cycling** respectively.

Chart 1

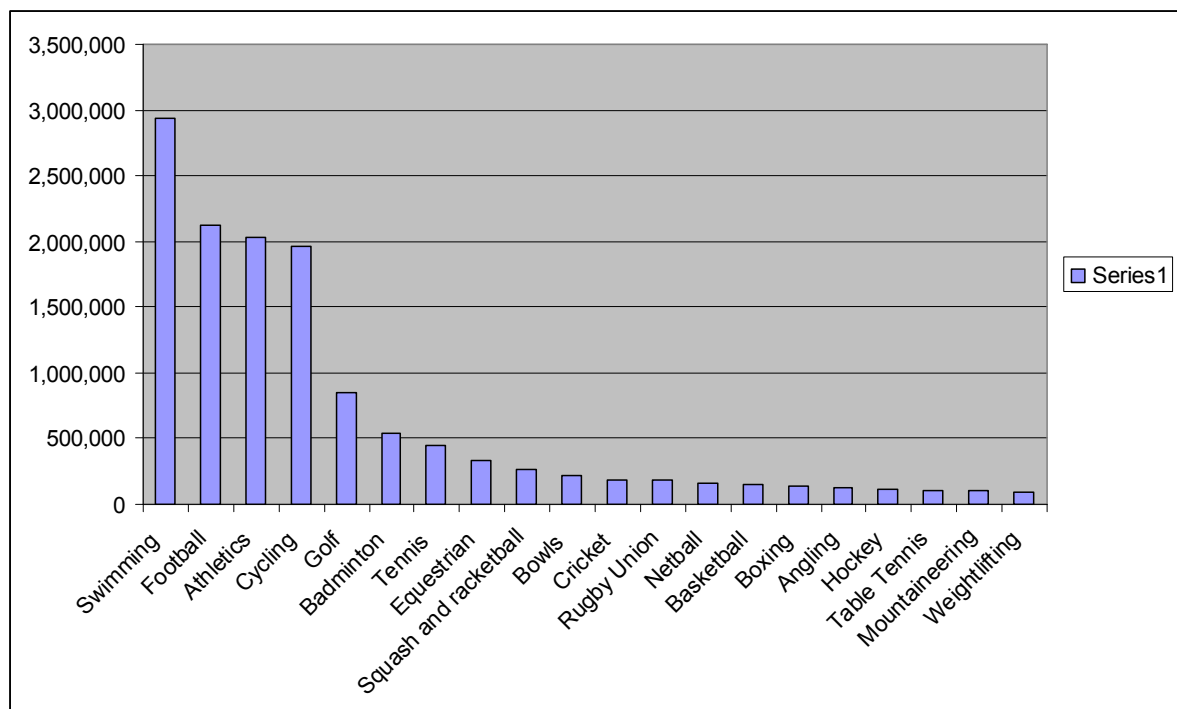
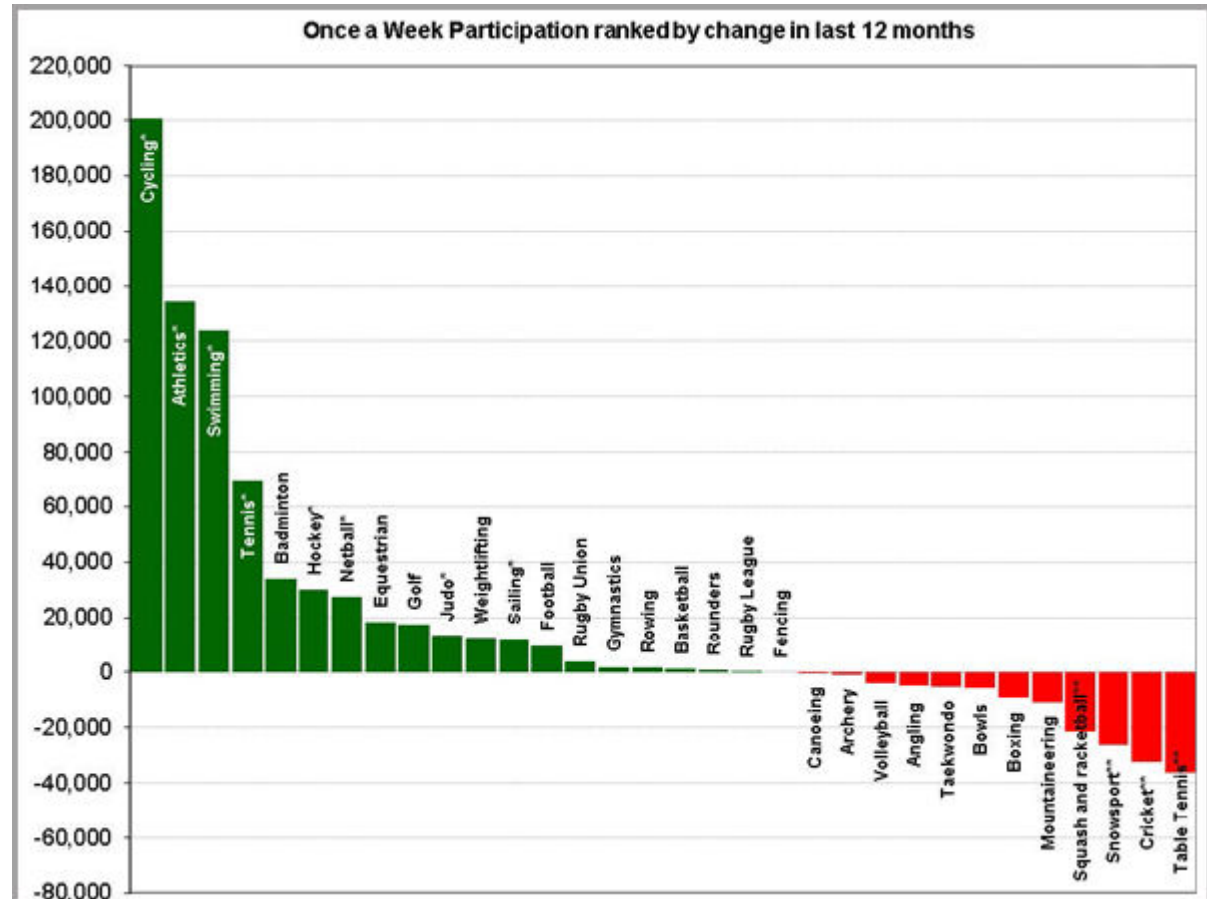


Chart 2 below details the **change in participation** between over the course of one year between APS6 (October 2011 – October 2012) and APS5 (October 2010 – October 2011).

Chart 2



From the evidence displayed in this chart it can be seen that **cycling, athletics and swimming** attracted the most new participants to their sport in this particular survey year:

- Participation in **cycling** increased by 200,800 to 1,962,000 participants
- Participation in **athletics** (including running) increased by 134,300 to 2,033,700 participants
- Participation in **swimming** increased by 123,800 to 2,933,100 participants

These sports above are extremely popular in general term of mass participation however consideration also must be applied to relatively less large sports as detailed below which created a proportionally considerate influx of new participants in one specific year, thus increasing their popularity:

- Participation in **tennis** increased by 18% (69,300) to 445,100 participants
- Participation in **hockey** increased by 37% (30,000) to 109,200 participants

- Participation in **netball** increased by 21% (27,600) to 159,300 participants
- Participation in **judo** increased by 113% (13,400) to 25,200 participants
- Participation in **sailing** increased by 23% (12,100) to 64,400 participants

Overall two thirds of the sports measured by the Active People Survey have shown a positive trend over the past year. This could arguably be attributed to the Olympic and Paralympic Games effect, but must also be considered alongside excellent complimentary delivery projects by National Governing Bodies of Sport, more awareness in society of leading a healthy lifestyle and national campaigns such as Change 4 Life.

Additionally non-Olympic sports such as **netball** and **hockey** have seen increases in participation, whereas cricket boards have additionally blamed their fall in participation on the recent wet summer.

The report written by Jennie Platt aims to explore the impact of the Olympic Games in participation attitudes and will explore these themes further.

Local Government Association

A survey by the Local Government Association (LGA) found three-quarters of councils have seen an increase in people accessing their sports facilities or activities, with one-third reporting a rise in **disabled** people getting involved. These latest figures are even higher than during the Olympics themselves, when a similar survey found 44 per cent of councils had an increase.

Key findings of the research, which compared participation levels during October to December 2012 with the same quarter in 2011, are:

- Facilities and activities related to Olympic sports which have seen the greatest increase were **cycling/BMX** (51%), **athletics** (50%), **beach volleyball** (50%), **handball** (50%), **swimming** (48%) and **gymnastics** (35%).
- Facilities and activities related to Paralympic sports which have seen the greatest increase were **equestrian** (33%), **goalball** (31%), **cycling** (25%), **boccia** (23%), **swimming** (20%) and **sitting volleyball** (20%).
- Non-Olympic/Paralympic sports or activities which have seen the greatest rise were **exercise classes** (62%), **gym/fitness suites** (55%), **squash/racketball** (25%) and **netball** (13%).

Regional (London)

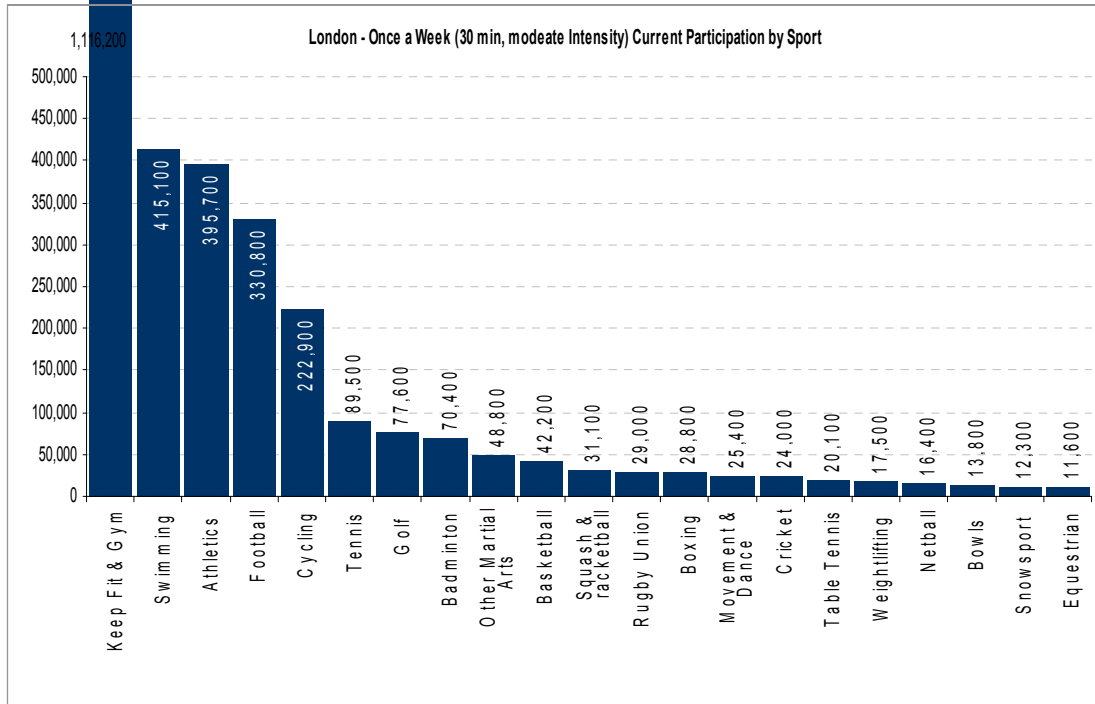
The Sport England Active People Survey (APS) for London

The results of the national APS6 when broken down regionally to represent Londoners, as shown in Chart 3, begins to show slightly different results. London's data collection included **Keep Fit & Gym** as an additional activity and as is apparent this is by far the largest participation exercise and conclusively supports the recent and future investment in the Southwark Leisure Centre stock.

Beyond this huge participation activity, **swimming** and **athletics** perform strongly with around 400,000 participants taking part at least once per week. **Football** also

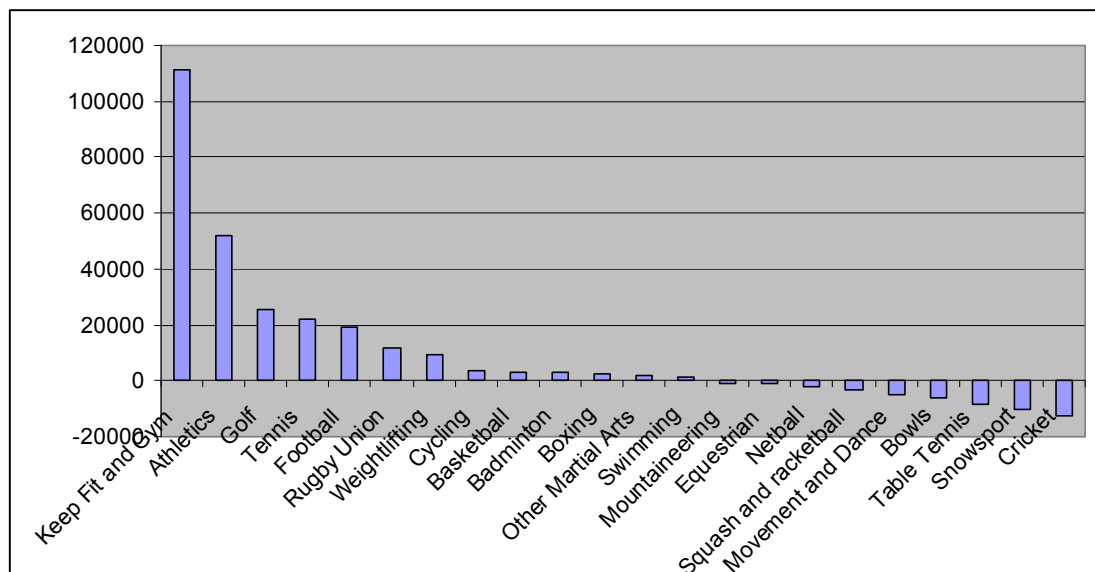
appears strongly within London possibly resulting from the burgeoning small-sided format (5-a-side etc) rolling out across London over the last 5 years. **Cycling** completes the big 5 once-a-week participation activities in London.

Chart 3



In Chart 4 below, it can be seen which sports have been successful within London in attracting new participants within the last year. **Golf** and **Tennis** are shown here as the third and fourth most successful activity in attracting a mass of new participants, it is important to remember golf is not a current Olympic sport. However both sports saw fantastic successes over the summer outside the London 2012 Olympics with British Champions at the top of the sport in both for the first time in generations with Rory McIlroy winning the PGA Championship (Golf) in August 2012 and Andy Murray winning his first grand slam at the US Open in September 2012 (Tennis).

Chart 4



When displaying the percentage participation changes in uptake in different sports in London over the course of 1 year the results tell a different story as can be seen in table 1 below. **Rugby Union** and **Weightlifting** are shown to be the most successful activities in increasing uptake as a percentage increase on the previous year.

Table 1

Sport	Participation change in 1 year %
Weightlifting	111
Rugby Union	67
Golf	49
Tennis	33
Athletics	15
Keep Fit and Gym	11
Boxing	9
Basketball	8
Football	6
Badminton	5
Other Martial Arts	4
Cycling	2
Swimming	0
Mountaineering	-8
Equestrian	-9
Squash and racketball	-9
Netball	-12
Movement and Dance	-16
Table Tennis	-29
Bowls	-32
Cricket	-35
Snowsport	-45

Get Active London website

www.GetActiveLondon.com is the **largest online activity finder** in London where you can find local clubs and activities by entering your postcode or a London Borough along with your chosen activity, the website includes over 10,000 activities, Over 270 different sport and physical activity types listed and has 5,000 visits on average every month.

The information provide in Table 2 below is collated by Paul Cudmore, Pro-Active London, Web Master.

Table 2 Top ten most popular searched activities:

Rank	Pre London 2012	Post London 2012
1	Volleyball	Volleyball
2	Football	Badminton
3	Swimming	Netball
4	Basketball	Archery
5	Aikido	Basketball
6	Badminton	Table Tennis
7	Athletics	Gymnastics
8	Archery	Tennis
9	Netball	Handball
10	Gymnastics	Football

Searches on www.getactivelondon.com relating to a specific Activity (disregarding generic leisure centres and other venues) between July 2012 and March 2013

Southwark - Leisure Centre usage figures 2011 & 2012

The data presented in Table 3 compares Southwark leisure centre visits in the 6 month post Olympic period (Sep '12 - Feb '13) with the same period the year before (Sep '11 - Feb '12). As can be seen Wet side and Dry side visits both shows a slight decrease. However it is important to off-set Dry side by the fact that the Elephant & Castle Leisure Centre (ECLC) was closed in June 2012 so the fact that dry side visits have not dipped noticeably is very encouraging as in it's last full year of operation ECLC accounted for 245,000 visits (all dry side).

Table 3

	Sep '11 - Feb '12	Sep '12 - Feb '13
Wet Side Visits	206,702	188,525
Dry Side Visits	429,428	420,371

Key Dates:

Closure of ECLC - June 5th 2012

CLC gym re-opened - Sep 2011

CLC Warwick and Jubilee Halls re-opened - Jan 7th 2013

DLC Refurbishment completed in June 2011

Conclusion.

By far the most popular physical activity based on once a week participation is:

Keep Fit / Gym

The three repeatedly shown sports that maintain high participation levels nationally and regionally, coupled with ability to increase participation easily and generate massive public interest are:

Athletics (Including Running)**Swimming****Cycling**

Beyond that **Tennis** and **Football** are strong participation sports and **Netball** and **Golf**, both not 2012 Olympic sports, are considerable growth sports.

Deborah Collins
Strategic Director Environment & Leisure

Appendix

Olympic Sports:

Archery	Rowing
Badminton	Rugby 7s
Basketball	Sailing
Beach Volleyball	Shooting
Boxing	Soccer / Football
Canoe / Kayak	Swimming
Cycling	Synchronized Swimming
Diving	Table Tennis
Equestrian	Taekwondo
Fencing	Tennis
Field Hockey	Track And Field
Golf	Triathlon
Gymnastics	Volleyball
Handball	Water Polo
Judo	Weightlifting
Modern Pentathlon	Wrestling

Non-Olympic Sports

Acrobatics	Mountaineering and Climbing
Air sports	Netball
Auto racing	Orienteering
Bandy	Basque
Baseball	Polo
Cue sports e.g Billiards, Snooker	Powerboating
Boules	Racquetball
Bowling	Roller
Bridge	Rugby (sevens part of 2016)
Chess	Softball
Cricket	Sport climbing
Dance	Squash
Floorball	Sumo
Golf (part of the 2016 program)	Surfing
Karate	Tug of war
Korfball	Underwater sports
Lifesaving	Water skiing
Motorcycle	Wushu

LGA Sports participation research

Quantitative Data

Q1: Which of the following sports facilities or activities, if any, does your council

provide to local communities?

Olympic Sports	Percentage
Archery	35
Athletics	67
Badminton	88
Basketball	85
Beach volleyball	9
Boxing/Wrestling/Martial Arts	58
Canoeing	28
Cycling/BMX	57
Diving	28
Equestrian	7
Fencing	25
Football	89
Gymnastics	69
Handball	27
Hockey	59
Rowing	15
Sailing	20
Shooting	7
Swimming/Water polo	89
Table tennis	79
Tennis	77
Trampolining	76
Volleyball	53
Weightlifting	17
We provide no Olympic sports facilities or activities	1
Don't know	0

Paralympic Sports	Percentage
Archery	22
Athletics	46
Boccia	59
Cycling	31
Equestrian	4
Football	55
Goalball	16
Judo	11
Powerlifting	8
Rowing	10
Sailing	14
Shooting	2
Sitting Volleyball	13
Swimming	71

Table tennis	36
Wheelchair Basketball	39
Wheelchair Fencing	7
Wheelchair Rugby	7
Wheelchair Tennis	16
We provide no Paralympic sports facilities or activities	6
Don't know	3

Other Sports	Percentage
Bowls	78
Climbing/Abseiling	4
Cricket	71
Exercise classes (e.g. Aerobics, Zumba)	84
Golf	5
Gym/Fitness suite training	84
Netball	7
Rugby	56
Squash/Racketball	7
Other	15
We provide no other sports facilities or activities	2
Don't know	0

Note that respondents were able to select more than one option

Q2: Comparing the 3rd quarter of 2012/2013 (October to December) to the same period in the previous year have you noticed an increase or decrease in the number of users accessing your council's sports facilities or activities for a) all users and b) users with a disability?

Increase or decrease in number of users	All users	Users with a disability
A large increase in the number of users	19 %	5 %
A small increase in the number of users	53 %	28 %
Numbers of users have remained the same	11 %	40 %
A small decrease in the number of users	7 %	2 %
Large decrease in the number of users	1 %	0 %
Don't know	9 %	25 %
Base	90	88

Q3: For which of the following sports facilities or activities have you noticed an increase in the number of users for a) all users and b) users with a disability?

Olympic Sports	All users	Users with a disability	Base
Archery	22 %	7 %	27
Athletics	50 %	8 %	50
Badminton	30 %	3 %	64
Basketball	17 %	5 %	60
Beach volleyball	50 %	17 %	6
Boxing/Wrestling/Martial Arts	24 %	0 %	41
Canoeing	10 %	5 %	20
Cycling/BMX	51 %	8 %	39
Diving	30 %	0 %	20
Equestrian	20 %	40 %	5
Fencing	12 %	0 %	17
Football	21 %	6 %	63
Gymnastics	35 %	0 %	48
Handball	50 %	5 %	20
Hockey	18 %	3 %	40
Rowing	33 %	11 %	9
Sailing	17 %	0 %	12
Shooting	0 %	0 %	6
Swimming/Water polo	48 %	14 %	63
Table tennis	20 %	5 %	56
Tennis	14 %	4 %	56
Trampolineing	20 %	7 %	56
Volleyball	18 %	2 %	44
Weightlifting	0 %	0 %	14

Paralympic Sports	All users	Users with a disability	Base
Archery	0 %	13 %	16
Athletics	15 %	15 %	34
Boccia	9 %	23 %	44
Cycling	8 %	25 %	24
Equestrian	0 %	33 %	3
Football	12 %	10 %	42
Goalball	23 %	31 %	13
Judo	0 %	0 %	7
Powerlifting	0 %	0 %	6
Rowing	0 %	14 %	7
Sailing	0 %	0 %	7
Shooting	0 %	0 %	1
Sitting Volleyball	10 %	20 %	10
Swimming	14 %	20 %	49
Table tennis	4 %	11 %	27
Wheelchair Basketball	11 %	18 %	28

Wheelchair Fencing	0 %	0 %	6
Wheelchair Rugby	0 %	17 %	6
Wheelchair Tennis	0 %	8 %	12

Other Sports	All users	Users with a disability	Base
Bowls	6 %	6 %	54
Climbing/Abseiling	0 %	0 %	4
Cricket	9 %	2 %	54
Exercise classes (e.g. Aerobics, Zumba)	62 %	7 %	60
Golf	0 %	0 %	6
Gym/Fitness suite training	55 %	7 %	60
Netball	13 %	0 %	8
Rugby	8 %	0 %	39
Squash/Racketball	25 %	0 %	8
Other	6 %	19 %	16

Note that respondents were able to select more than one option

Qualitative Data:

Sports participation survey – qualitative summary

Please provide any further details studies about:

a) the increase in the number of users that you have noticed for each activity

Most respondents were unable to quantify their increases but two reported increases of up to 15 per cent, a further two reported increases between 16 and 30 per cent and one reported an increase of almost 100% for some of its classes.

b) what actions, if any, your council has taken to respond to the increased number of users

Actions taken included:

- Increasing the number of coaches available
- Putting on additional sessions or increasing the capacity of existing sessions
- Investing in new facilities
- Supporting clubs
- Introducing waiting lists for oversubscribed activities
- Bidding for additional funding to cope with demand

Please provide further detail on any actions that your council is taking below to maintain council sport facilities with reduced funding

Actions to maintain council sports facilities included:

- Working in partnership with other councils, the private, other public sector organisations and the VCS to deliver services
- Shared services arrangements with other councils
- Joining up with other departments within their own local authority to deliver services
- Outsourcing leisure services
- Invest to save programmes
- Contract renegotiations with providers
- Reducing management costs and other running costs (e.g energy costs)
- Applying for external funding
- Drives to increase membership to generate greater income
- Asset transfer to local community groups and clubs
- Co-location of services within buildings to reduce costs
- Leasing facilities to increase income



DEPARTMENT OF ENVIRONMENT & LEISURE

An overview of volunteering inspired by London 2012 Olympic and Paralympic Games

4 April 2013

Background

In February 2011 the Olympic delivery board signed of a vision for capitalising on the London 2012 Olympic and Paralympic Games. The vision specifically included the following:

Volunteering and employment – Supporting residents and business

London 2012 means major regeneration for the capital and there are over 80,000 volunteering opportunities linked with London 2012. Working with our partners we will support local business to access this investment, maximise job opportunities and promote all the London 2012 volunteering programmes alongside local projects and initiatives.

Our priorities are:

- *To support and drive a volunteering legacy from the Olympics*
- *To support Southwark's volunteers for the Olympics.*
- *Maximise and promote Inspire mark opportunities.*

Several delivery board working groups were created to deliver towards this vision. The volunteering and employment working group was chaired by Clive Pankhurst, CEX of Volunteer Centre Southwark (VCS). The group was made up of partners from both Council services and organisations across Southwark including, LBS Youth Service, LBS Community Engagement, Southwark Arts Forum and Southbank and Bankside Cultural Quarter.

The purpose of the working group was to create a volunteering legacy and ensure Southwark's communities are able to take advantage of employment and business opportunities.

The group worked along the themes of:

- Supporting Gamesmakers and London Ambassador schemes
- Developing local volunteering strategies
- Maximising training opportunities
- Maximising pathways to employment
- Maximising opportunities for local business involvement

The working group devised an action plan (appendix 1) that mirrored the Councils agreed vision. Each objective was owned by a member of the group and the members reported back every four to six weeks to the rest of the group.

Achievements

Volunteering strategy

Led by the Community Engagement Team, this London 2012 inspired strategy outlines what the Council will do to create a lasting volunteering legacy in Southwark given that the London 2012 Olympic and Paralympic Games will give a significant and welcome boost to volunteering and taking advantage of that boost to bring real benefits to Southwark communities.

The strategy can be seen at appendix 2, and outlines context, current activity, opportunities and an actions moving forward.

25 voluntary groups attended the first consultation into the Volunteer Strategy, **30** groups attending a follow up meeting

Volunteer Centre Southwark

A new online portal that brought together Olympic and Paralympic themed opportunities was created with VCS as part of their existing website. Launched on 2011 the portal had about 2500 hits. This signposting continued with an Olympic volunteering fair that **90** people attended. It is difficult to know how many people who viewed the portal then went on to take up opportunities.

VCS also facilitated and supported with partners consultation around the development of the volunteer strategy and Southwark Sport Makers workshop at Canada Water Library.

130 volunteers supported the makeover day at Herne Hill Velodrome in a VCS initiated programme.

Youth volunteer programme

This new youth service led programme aimed to place 120 new young volunteers into placements over the 12 months leading up to and during the Games.

In total **143** new young volunteers signed up taking placements as varied as with the Teenage Pregnancy Unit, the Community Sports Team, Carl Campbell Dance 7 and Rahala, the Bengali women's group project.

Statistically this was made up from:

60% female 40% male

14% 14 to 15 years old

49% 16 to 19 years old

37% 20 to 25 years old

Bermondsey and Rotherhithe 21%

Borough, Bankside and Walworth 17%

Peckham and Nunhead	18%
Camberwell	17%
Dulwich	6%
Outside of Southwark Council	23%

Additional info specified included:

17% were NEET
6% declared a disability

Young volunteers in libraries

Led by the libraries team young volunteers were recruited and were tasked with assisting library staff with the summer reading challenge by:

- Promoting the challenge
- Joining up new members
- Listen to children talk about books read
- Give prizes to children

41 young volunteers between the ages of 13 and 18 years old were recruited. 27% were male and 73% were female and together they worked for 1389 hours in July through to early September.

Adult volunteers in libraries

There are currently **47** adult volunteers who supported activities throughout the year. They have completed 2465 volunteer hours up to December 31st 2012. and they have helped with the following events and activities during the year:

- Homework club
- Baby and toddler session
- Chatter Books
- Baby Rhyme Time
- ESOL reading group
- Story Stop
- Games club
- Art and craft event
- Summer Reading Challenge
- CIPA plus adult customer satisfaction survey
- Canada Water Library travel survey
- Volunteer open days
- Maths Challenge
- Adult poetry groups
- Adult reading groups
- Family learning sessions
- Film club
- Baby Book Crawl
- Baby Mandarin group

Sports volunteers

Community Sport volunteers programme was awarded the London 2012 “Inspired By” mark in January 2012.

The community sports team had **3** volunteers working with them over the summer on their Summer of Sport programme.

26 volunteers were directly managed by the Community Sport Team in supporting London Youth Games.

In reality there are a lot more volunteers supporting individual athletes and clubs but this figure is unknown.

Boundless Sports that took place at Surrey Docks watersports Centre and focussed on disability sports had **9** volunteers.

A one day certificate in Sports Leadership was delivered at Damilola Taylor Centre in Peckham 13th – 17th February 2012 for **11** young people aged 14-16yrs.

Community Sports Leaders Award Level 2 with **7** young people with learning disabilities, 16+ yr olds in 9th -13th January 2012.

A Southwark Sport Makers workshop took place at Canada Water Library on Thursday 29 March 2012 and was a great success with **25** attendees.

Volunteer stewards at events

The events team recruited a total of **117** volunteers to support events over the summer of which 46 were Council staff.

101 worked on the Olympic Torch Relay

40 worked on Paralympic Torch Relay

20 worked at The Elephant and the Nun

Southwark Arts Forum recruited **33** volunteers to support Boundless Arts a disability arts focussed festival in Peckham Square.

London Ambassadors

London Ambassadors programme was created and coordinated by the Mayor of London to welcome visitors from all over the world during the 2012 Olympic and Paralympic Games. In total there were 7200 Ambassadors with **214** (3%) being residents of Southwark.

Gamesmakers

No information has been provided by LOCOG on the amount of Gamesmakers that resided in Southwark. Anecdotally it was that a relatively high percentage of Gamemakers came from Southwark.

Volunteer engagement summary

Below is a numerical summary of the figures outlined above bringing together the number of volunteers and volunteering opportunities as part of Southwark's Olympic programme.

Volunteer engagement	Numbers
Herne Hill Velodrome make over day	130
Sportmakers Awards	25
Olympic volunteering Fair	90
Volunteer strategy consultations	55
Youth volunteer programme	143
Young volunteers in libraries	41
Adult volunteers in libraries	47
Summer of Sport programme	3
Team Southwark @ London Youth Games	26
Boundless Sports	9
Sport leadership certificate	11
Community Sports Leaders Award	7
Olympic Torch Relay stewards	101
Paralympic Torch Relay stewards	40
The Elephant and the Nun stewards	20
Council staff as events stewards	71
Boundless Arts stewards	33
London Ambassadors	214
Total	1082

Olympic Legacy

Southwark's Olympic Legacy Board is committed to continuing the excellent work that was started by the Olympic Delivery Board and partners in the creation of volunteering opportunities for young people and adults alike. With volunteering in libraries, community sports, events and the youth service mainstreamed the Legacy Board will be continuing to monitor challenges and successes and focus on three different projects below.

Volunteer Strategy

Having achieved all the outcomes in the first stage of the volunteering strategy (appendix 2) stage 2 will now be developed to harness the energy created by the increase in volunteering created by and inspired by London 2012. This is done in consultation with Volunteer Centre Southwark and other partners and internal departments led by the Community Engagement team.

Volunteer Passport

This scheme supports BME volunteers in the arts and culture sector in Lambeth and Southwark

The Volunteer Passport aims to provide volunteers living in Southwark and Lambeth with a package of support whilst promoting diversity within the borough's arts and cultural venues.

Funded by the National Institute of Adult Continuing Education (NIACE) the Volunteer Passport provides participants with:

- An introductory meeting to personal goals and discuss potential opportunities
- Placement in an arts or cultural organisation
- Training and support throughout the placement
- CV workshops
- Interview skills workshops
- Sessions on networking

In February, a series of free recruitment and training volunteer events in Southwark and Lambeth are being held for those interested in the opportunity to find out more.

Young volunteers

Young volunteers who took part in the 2012 programme have been offered the opportunity to become volunteering ambassadors for the Y-Volunteer programme.

This will enable the promotion of volunteering to young people as a genuine pathway to capacity building and skills development.

2013 – 2018 Volunteering Strategy

A five year Southwark Volunteering Strategy is being developed in order to ensure that the council, Volunteer Centre Southwark, Southwark Arts Forum, South Bank and Bankside Cultural Quarter, and other key volunteer hosting or volunteer supporting organisations continue their collaborations and continue the good work developed due to the 2012 programme.

Workshops have already taken place with volunteer managers and council department volunteering leads to develop the strategy, an on-line survey is underway now (March 2013), and a partnership steering group has been organised; all aimed at getting a strategy document in place by the end of April 2013.

So far it has been identified that young people, especially young men, could be a focus of extra efforts by all relevant organisations in the first year of the strategy, with subsequent priorities being developed on an annual basis. Key achievements from 2012, such as the additional volunteering support for sports volunteers and volunteers in the arts/cultural sector will be continued. The council will also play a role in developing internal volunteering opportunities, using the successful model of the apprenticeship scheme, although obviously adapted to unpaid volunteering, as feedback from key informants is that this will be seen as a part of our “leadership” role on this topic.

Deborah Collins
Strategic Director Environment & Leisure



DEPARTMENT OF ENVIRONMENT & LEISURE

Research Project Briefing Sheet

Project Title:

An investigation into the impact of the London 2012 Olympics and Paralympics on community sport and physical activity for young people aged between 8 and 24 years in the London borough of Southwark.

Hypothesis:

The London 2012 Olympics and Paralympics have had a positive impact and increased the number of 8 to 24 year olds engaging in sport and physical activity in the London Borough of Southwark.

Objectives:

- To determine the impact of the London 2012 Olympics and Paralympics on levels of sport and physical activity across the London Borough of Southwark
- To focus on potential impacts specifically on young people aged between 8 and 24 years
- To explore changing attitudes towards sport, interest and participation in new sport forms and the effect of these on the wider family
- To challenge the notion of an Olympic 'legacy' and investigate the prevalence of this concept in sport and physical activity for young people from a grassroots level across the borough
- To take a retrospective view of the London 2012 Olympics and Paralympics. Research will be qualitative for the most part as a pre and post comparative study is not possible due to timings.

Summary of findings

- Young people in Southwark embraced the London 2012 spirit and have become more aware of sport and physical activity opportunities available
- There has been a significant increase (72.06%) in the use of 'Get Active London' to search for sport and physical activity opportunities within Southwark post London 2012
- The most popular sports searched for in Southwark on 'Get Active London' has shifted from more traditional towards minority sports
- The majority of young people in Southwark were inspired to try new sports as a result of London 2012
- Young people in Southwark expressed a desire to improve and become more dedicated to sports they already take part in
- Young people in Southwark have been inspired by competitors at London 2012 and now have a number of role models to assist with lifestyle changes

- Data has led to a leading question; *does inspiration lead to participation?* Evidence suggests that despite young people being inspired by London 2012, it is a challenge to ensure this conversion takes place
- Young people in Southwark are more likely to convert inspiration into participation if the following three components are in play; lead adult/coach, established club or session and a local, accessible facility
- A number of young people in Southwark have encouraged friends and family to take part in sport and physical activity since London 2012
- Barriers exist within the borough preventing young people encouraging friends to join them in sporting activity
- Local sports clubs have experienced an increase in membership, but this was not associated specifically with London 2012
- Local sports clubs do not have concerns about capacity for new membership
- Southwark schools have reported minimal changes to their programmes post London 2012
- The majority of young people in Southwark believe there are enough opportunities for sport and physical activity in the borough but wanted to know where to find out more information
- Young people in Southwark expressed a negative view of the term legacy, but noted positive impacts on their involvement in sport since London 2012

Deborah Collins
Strategic Director Environment & Leisure

**An investigation into the impact of the London
2012 Olympics and Paralympics on community
sport and physical activity for young people
aged between 8 and 24 years in the London
borough of Southwark**



is:



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Introduction:

Between 27 July and 9 September London hosted the 2012 Olympic and Paralympic Games. The Games cost around £11 billion to deliver and transformed East London into a hub of sporting activity. 10,000 athletes competed in 300 events representing 204 countries from around the world.

Historically the Olympics have been referred to as 'the greatest show on earth' and with Team GB finishing second in the medal table, the world's media hailed London 2012 as the 'greatest Olympics of all time'.

Following the success of the Games attention turned to the 'legacy' phase of the programme and to promises made back in 2005 as part of the initial bid to "make the UK a world-leading sporting nation" (DCMS, June 2008, p.18). The legacy was seen as a way to 'inspire a generation' and on 18 September 2012 the Government announced a plan which included the following three points in relation to local youth delivery (Woodhouse, 2012, p.1):

- encouraging community sport through a 'places please play' programme, a youth sport strategy and a 'join in' programme
- ensuring PE and sport in schools is available to all pupils
- inspiring people with disabilities to play sport regularly

Following the publication of these key legacy objectives the public began to question whether they were realistic and more importantly whether there were enough resources to make it happen. As Moynihan (2012) highlighted the day before the closing ceremony "The extraordinary public enthusiasm and momentum has created an unprecedented opportunity to fulfil that promise beyond all expectations – if it can be harnessed effectively".

The focus of this project is to explore the overall impact of London 2012, specifically on young people in the London borough of Southwark. The project timings will provide an opportunity to challenge the legacy ideal as stated above and investigate changing attitudes, participation rates and developments at a local level.

Prior to embarking on the project it is imperative to consider the demographic and sporting landscape of such a diverse borough and potential reach of the proposed legacy. The London borough of Southwark has a population of 288,283, of which 21.7% are from the target group for this project of between 8 and 24 years. According to the English Indices of Deprivation (2010) Southwark features in the top 50 of all of the 326 local authorities across the country and 15.3% of the population would be classed as having fair to very bad health (Census, 2011).

Since 2009 a £12.3 million leisure investment programme has been underway in Southwark. Local leisure centres have been refurbished and rebuilt; offering residents access to high quality facilities across the borough. In conjunction with this regeneration, according to the 'Active People Survey 6' (Sport England, 2012) participation levels have increased. 36.5% of Southwark residents (+16 years) are taking part in one 30 minute moderate intensity activity per week, which is a positive trend. As a result of this increase Southwark currently boasts the highest number of opportunities, clubs and venues on the 'Get Active London' (www.getactivelondon.com) portal, providing key information for local residents.

The London borough of Southwark embraced the London 2012 spirit and departments worked collectively to promote sport, physical activity, health, arts, culture and young people. This pro-active approach before and during the Games helped to capitalise on the event, and its effect on the associated legacy should become clear in the research discussion.

Key projects delivered during 2012:

- 'Engaging Young People: London 2012 steering group
- Olympic and Paralympic torch relay
- Allocation of Olympic and Paralympic spectator tickets
- Inclusive 'Boundless' sports day in celebration of Paralympic games
- Southwark Sportability Grant
- 'Legacy Makers' clubs project

Overall sport and physical activity provision in Southwark is in a strong position; however there is always scope to improve the quality and range of opportunities.

This research will allow an analysis of whether London 2012 has had a positive impact and facilitated a growth in youth participation as part of the legacy. Research methods should also allow gaps in provision to be highlighted through young people's views and experiences, thus aiding future strategic direction. As Lord Sebastian Coe said "We always said this was not simply about staging an extraordinary summer of sport this was always about changing the lives of young people." (Coe, 2012).

Methodology and data collection:

The data collection phase took place between Wednesday 23rd January and Friday 15th February 2013.

The following research methods were utilised:

- One to one interviews
- Focus groups
- Questionnaires
- Statistical analysis

This project will take a retrospective view of London 2012 due to timings of data collection and as a comparative study is not possible. For the most part qualitative data will provide the basis for discussion, with some statistical analysis where available.

Data was collected from 129 young people aged between 8 and 24 years, plus influential adults in the community.

Data was collected from a variety of venues and locations across the borough, allowing for a good geographical spread.

1. GET ACTIVE LONDON STATISTICS (Appendix 1)

Provided by Paul Cudmore, Pro-Active London, Web Master of www.getactivelondon.com

- A comparative overview of web activity pre and post London 2012.
- Pre dates being an average from January - June 2012
- Post dates being an average from September 2012 to February 2013

Opportunities: (includes clubs, venues and activities):

Pre London 2012 – 590
Post London 2012 – 622

Increase of **5.15%** post London 2012.

Page views and average time:**Pre London 2012**

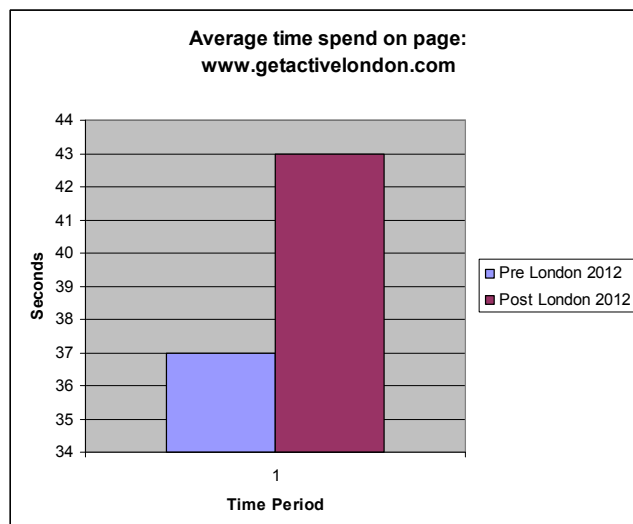
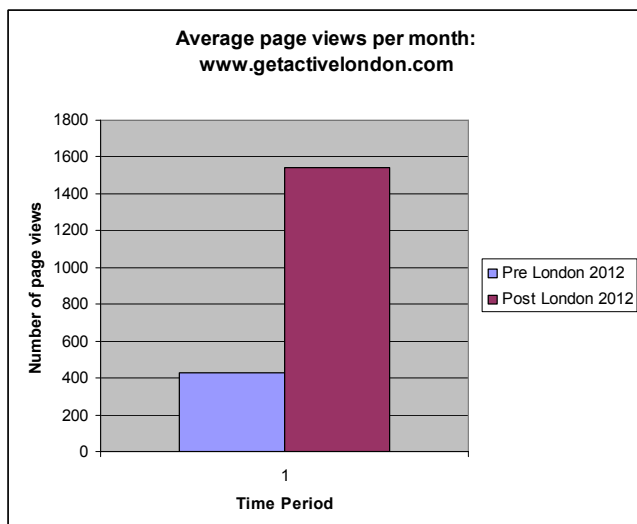
2587 total page views (2060 unique)
Average time 37 seconds

Post London 2012

9258 total page views (7267 unique)
Average time 43 seconds

Comparisons:

- 6671 greater page views post London 2012 – 72.06% increase
- Increase of 5207 unique page views post London 2012
- Pre London 2012 average page views per month – 431.16
- Post London 2012 average page views per month – 1543
- 6 additional seconds spent on each page post London 2012



Top ten most popular search items:

Rank	Pre London 2012	Post London 2012
1	Volleyball	Volleyball
2	Football	Badminton
3	Swimming	Netball
4	Basketball	Archery
5	Aikido	Basketball
6	Badminton	Table Tennis
7	Athletics	Gymnastics
8	Archery	Tennis
9	Netball	Handball
10	Gymnastics	Football

*Searches on www.getactivelondon.com relating to a specific Activity (disregarding generic leisure centres and other venues)

2. SCHOOL FOCUS GROUPS (Appendix 2)

- Data collected from three Southwark Schools
- Comber Grove Primary School – 2.15pm on Thursday 7th February 2013
- Sacred Heart Secondary School – 1.15pm on Thursday 7th February 2013
- Bacon's College – 10.40am on Monday 4th February
- Participants aged between 10 and 17 years were asked to take part in a focus group
- 20 young people contributed during the focus groups, with a breakdown of 14 males and 6 females.

Did you watch or go to London 2012? If so, which sports and did you enjoy it?

Female, 10 – It was good, I went to the Paralympic athletics as I won a contest in school

Male, 11- I watched some of it and it was good

Male, 16 - Yes I watched it and watched more like the races, the athletics and I really enjoyed like the men's 100m and 200m especially

Male, 14 - I mostly just watched Usain Bolt, Blake and Farah's races. I enjoyed most of them.

Were you inspired to take up any new sports as a result of London 2012? If you have tried out new sports where?

Male, 11 - When I watched the running I wanted to do running a bit more

Male, 13 - When I was watching 200m, I kind of enjoyed it because like these fast people yeh they are all getting praise and I wanted to do athletics

Male, 13 - I started like outdoor running, I started the gym

Male, 13 - I watched high jump for Olympics and I thought it would be really fun, so I decided to choose it on sports day and it was really fun

Female, 16 - I play netball already but like basketball was really interesting as well as volleyball. I mean I've played it once and I really enjoyed it, it made me feel like I want to play it again and again

Have you been more dedicated to your activities since London 2012? Going more regularly?

Male, 16 - No

Female, 10 - The same

Female, 16 - I'm a swimmer and I want to represent my country in the Olympics one day and as it was in London, it would have been good

Have you encouraged your friends or family to take part in sport and physical activity?

Female, 11 - I encouraged my Mum to jog a bit and run with me

Female 10 - Yes, my friend and my older sister

Male, 14 - I encouraged my Mum to do cycling. My Mum has always wanted to cycling but she doesn't really know how to, so when she watched it on TV she wanted to do it, so I then I decided to like kind of teach her

Male, 13 - I told my little brother, he's 7, I told him to play football. He's not really that fit and he wants to be fit so like the way I go for it is to play football

Have you noticed a different in the sporting opportunities available within your school since London 2012?

Female, 10 - Yeh, because like in year five we did get a cricket coach, we only got one coach in year five and PE taught by our teacher but in year six now we've got an athletics coach so we have got more opportunities in more sports than just one thing

Male, 13 - There has been like more football matches throughout the whole year and like more basketball team training at lunch time and more people are going. They are going to athletics club after school and sending them to Crystal Palace

Male, 17 - I would say that there have been a few more opportunities to coach in particular sports

Do you think there are enough opportunities to take part in sport and physical activity in Southwark?

Male, 10 - Yes, I've got a park just outside my house, it's a basketball court plus like a running around, so I try out new sports, like what I see my brother do

Male 13 - No. There's a lot of football clubs but I was interested in doing long distance running. I asked one of my teachers and they said I have to go like out of Southwark to go to do it

Male, 17 - I think there are but we just don't know about it

Female, 16 - There's not an athletics club in Southwark, there is one at Tooting

Do you think there has been a London 2012 legacy?

Female, 10 - Yes, because like before the Olympics came like London was just ordinary, but when the Olympics came they built things, not including the arena, but they build special Olympic buses and then they put certain adverts...

Male 13 - I haven't really, like after the Olympics happened you just hear about who won the races and don't really hear much about legacy

Male, 17 - It was good like, the whole Olympics was wicked, but then you go back to reality, people have got bigger things in life

3 .YOUTH CLUB FOCUS GROUPS (Appendix 3)

- Data collected from two Southwark Youth Clubs
- Salmon Youth Centre – 5pm on Thursday 31st January
- Damilola Taylor Centre – 4.45pm Wednesday 6th February 2013
- Participants aged between 10 and 23 years were asked to take part in a focus group
- 18 young people contributed during the focus groups, with a breakdown of 13 males and 5 females.

Did you watch or got to London 2012? If so, which sports? Did you enjoy it?

Male, 19 - I went to see the London Olympics 2012; I went to see a basketball match

Male, 19 - I got tickets to the Paralympics to the athletics final, yeh I got that from college because I am on a sports course. I watched the opening ceremony and a lot of the other sports

Male, 10 - I went to Wembley, to see England v Brazil

Were you inspired to take up any sports as a result of London 2012? If yes, which ones and why?

Male 19 - They haven't inspired me to play any new sports, but to get better at sports I do play. I did try wheelchair basketball though

Male, 23 - I watched nearly all of it, the racing, swimming, the whole Olympics

Male, 10 - I would like to try football or boxing

Have you been more dedicated to your activities since London 2012? Going more regularly?

Salmon Youth Centre Group 1 – Yes

Male, 20 - Yeh watching the Olympics makes me want to become the world's fastest runner

Male, 15 - Yeh more serious about it

Have you encouraged friends or family to take part in sport and physical activity?

Male, 19 - Well we had a sports day here kind of, its called the Salmon Olympiad, we had like the cargo net all different kind of events, we got all the kids round the area to come in and encouraged them to have a go at some sports

Male, 19 - I tried to get my Dad back into swimming. He used to swim on a regular basis.

Male, 18 - For me it was the other way around, like my friend he wanted to go out and doing some more, nothing sporty really, but wanted to improve his overall fitness. He called me up and said he wanted to do some weights, jogging, stuff like that

Male, 18 - Same with me, so for like Rio I heard there is going to be rugby 7's, so I had like a huge smile on my face because I want to play 7's for England. So it's made me like want to train extra hard to make sure I get my slot

Male, 10 - My cousin, I tried to get him to basketball, because he's not that good

Have you noticed a difference in the sporting opportunities available within your youth club since London 2012?

Male, 18 - Even now, like before we used to do football a lot we are trying to like do a variety of sports every week, like rugby

Male, 15 - No just the same old

Do you think there are enough opportunities to take part in sport and physical activity in Southwark? More since London 2012?

Male, 19 - No

Male, 14 - I think no, because the only thing in my area really is Dulwich Hamlet and that's it

Male, 19 - There are enough opportunities to play sport and get involved, its just you don't know where to go to find them

Male, 18 - It very very poor, I'm sorry. Because I have been to Southwark News about the track

Do you think there has been a London 2012 legacy?

Male, 19 - I wouldn't say there is a legacy left behind, for us not a massive impact but there has been a legacy for England in general, because people thought we wouldn't be able to prepare in time and then we done it, it ran smoothly, no problem and then a great success for lots of countries, then great successful Paralympics

Male, 18 - It's all TV talk

Male, 15 - I haven't noticed it to be honest

Male, 17 - It's a good idea, but it's hard to put it into practice really

4. INDIVIDUAL QUESTIONNAIRES (Appendix 4)

- Data collected on Thursday 14th February during the Southwark Mini Marathon trials at Burgess Park
- Participants aged between 11 and 17 years were asked to complete a short questionnaire which featured on the back page of the event programme
- 70 questionnaires were returned, with a breakdown of 39 males and 31 females.

Did you watch or go to the Olympics/Paralympics?

Yes: 60 (85.7%) 34 males/26 females
 No: 8 (11.4%) 4 males/4 females
 Inconclusive: 2 (2.9%) 1 male/1 female

If yes, what did you see and did you enjoy it?

Male, 11 “Yes because it made young people want to take up sport”

Female, 12 “Yes, basketball and football, it was amazing!”

Male, 12 “I saw beach volleyball and it was really good”

Female, 13 “Yes I enjoyed it because I love the Paralympics”

Male, 13 “I went with the Southwark team and I enjoyed it”

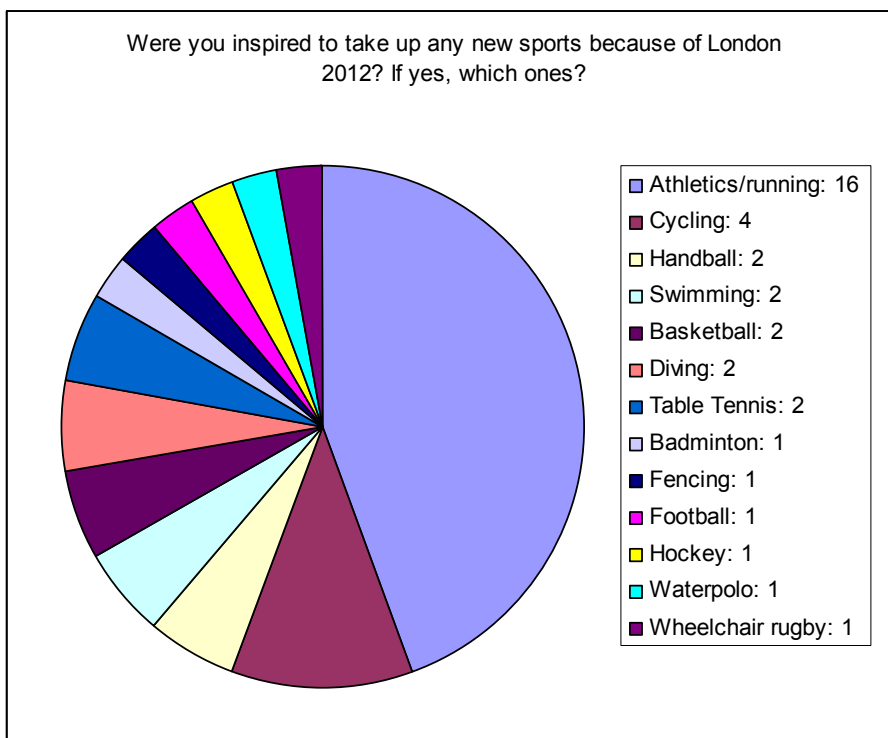
Female, 13 “Yes, 800m and I was inspired”

Female, 14 Paralympic Athletics, yes it was really inspiring and exciting”

Were you inspired to take up any new sports because of the Olympics/Paralympics?

Yes: 31 (44.3%) 15 males/16 females
 No: 36 (51.4%) 23 males/13 females
 Inconclusive: 3 (4.3%) 1 male/2 females

Of the yes answers sports they were inspired to do were (participants sometimes selected more than one sport (total 36) :



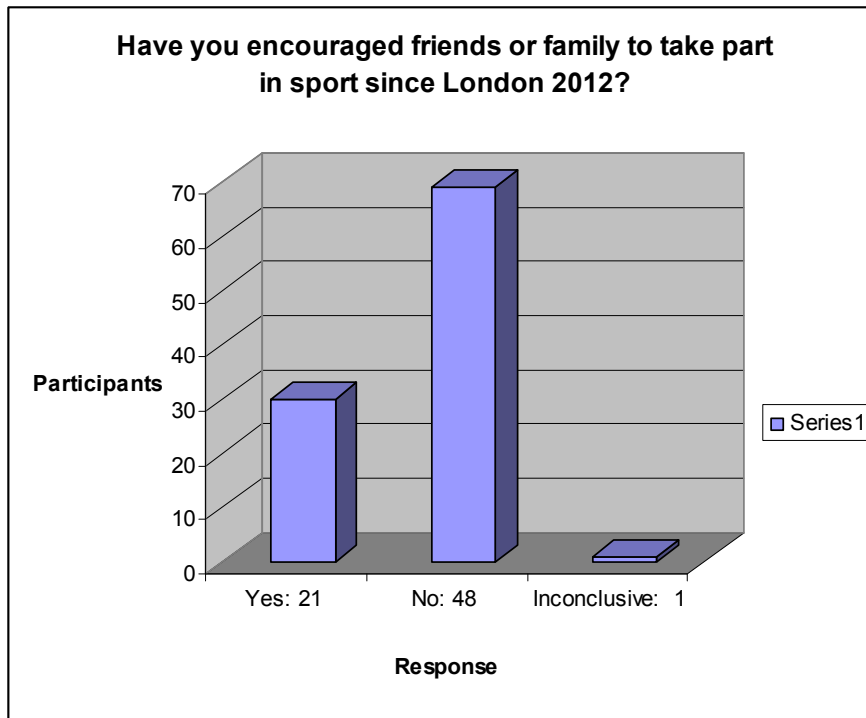
Other response: "Watching the Olympics and Paralympics has inspired me to do better at the sports I do"

Have you encouraged your friends or family to take up the sport since the Olympics/Paralympics?

Yes: 21 (30%) 9 males/12 females

No: 48 (69%) 29 males/19 females

Inconclusive: 1 (1%) 1 male



Responses:

Male, 15 "Handball, my brother enjoys it as well as I do"

Female, 12 "I encouraged my brother and he wants to do gymnastics"

Female, 14 "I encouraged my sister to start running because she enjoys it"

Female, 12 "My Mum started rowing (on a machine) and my brother started rowing"

Do you think there are enough opportunities for you to do sport in Southwark?

Yes: 51 (72.9%) 30 males/21 females

No: 12 (17.1%) 7 males/5 females

Yes and No: 1 (1.4%) 1 female

Inconclusive: 6 (8.6%) 2 males/4 females

Reasons for No:

Male, 13 "No, because there are not enough facilities"

Reasons for Yes:

Female, 12 "Yes there are plenty more than I thought"

Female, 12 “Yes, lots of running”

Male, 14 “Yes, but maybe more unusual sports need to be catered for”

Female, 12 “Yes, lots of running events and trials”

Female, 12 “Yes, but should be more”

5. TEACHER QUESTIONNAIRES (Appendix 5)

- Data collected from Southwark school PE teachers during various occasions
- Teachers represented two state schools; Bacons College and Harris Boys Academy East Dulwich and two independent schools; Alleyns and Dulwich College
- 4 questionnaires were returned, with a breakdown of 2 males and 2 females.

Have you noticed a change in your pupil's attitude to sport since London 2012? If yes, how?

- **Alleyns:** Notice boards and sports like Handball have been of more interest, but no capacity to run
- **Bacons College:** They talk about the role models, we talk about the athletes and their storied where applicable
- **Dulwich College:** Not much, but increased interest in rowing offered at school
- Very enthusiastic anyway
- **Harris Boys:** More joining clubs and more aware of range of sports

Have you offered any new clubs at your school since London 2012? If so, why and what sports?

- **Alleyns:** Cycling, started to take a group to Herne Hill Velodrome after school and numbers have increased
- **Bacons College:** Extended what we have re rugby and badminton (UK No 9 men's singles player)
- **Dulwich College:** No
- **Harris Boys:** Trampolining

Have you done anything specific for the London 2012 legacy in your school?

- **Alleyns:** No
- **Bacons College:** Youth Sport Trust 'Lead a Generation' initiative and Sky Sport for living young leader
- **Dulwich College:** No
- **Harris Boys:** No

Has there been an increase in disability provision? If yes, how, if no why?

- **Alleyns:** All sessions are inclusive anyway, no different because of the Olympics
- **Bacons College:** Only through the LPESSN and links with Cambridge House
- **Dulwich College:** No
- **Harris Boys:** No

Do you think more of your pupils are taking part in sports outside of school? Joining clubs etc? Is there more parental support?

- **Alleyns:** Yes, used example of a pupil taking up rowing
- **Bacons College:** Unsure about parental support, students are being directed more

- **Dulwich College:** Some increased interest
- **Harris Boys:** Yes lots, mostly team sports

Are there enough sporting opportunities for young people in Southwark? Do you think this has increased since London 2012?

- **Alleyns:** Yes, if they can access them [membership issues]
- **Bacons College:** You could always provide more, think there is more available
- **Dulwich College:** No
- **Harris Boys:** Yes – awareness of access for our students is sometimes limited

What is your overall opinion of the proposed 'legacy'?

- **Alleyns:** Sports facilities – people use it as an excuse to upgrade but it is not enough
- **Bacons College:** Not sure how effective it will be with regard to delivering the legacy
- **Dulwich College:** Not enough has been done to carry it through
- **Harris Boys:** Holiday clubs and more Southwark events would be good

6. LEAD CLUB COACH INTERVIEWS (Appendix 6)

- Data collected from three Southwark club leads
- Surrey Docks Sailing – 4pm on Wednesday 23rd January 2013
- Peckham Pride Basketball Club – 5pm on Monday 4th February 2013
- Southwark Gymnastics Club – 5pm on Friday 15th February 2013
- 3 males

Have you had more members attend your club since London 2012? Is yes, how many and what particular age group?

Sailing - Yes, definitely. Not people coming more regularly, but people coming on training courses. So the September, November and December training courses after the Olympics were totally full, never have we had that before. Especially for the November course, in fact we had to put on an additional course.

Basketball - There has been an increase in members joining the club. All the members are of the 16 and under age group, male and female.

Gymnastics - Let me think, before the summer we would have been on about 170, 180 members, we are probably now on about 260 off the top of my head and we've still got space for more. Yeh I mean if we were full to capacity we would be over 300, actually paid up members. Our adult gymnasts for example most of them aren't members, so you could probably put another 50 people on top of that as well that are not actually members but coming to the club regularly

What is the capacity like at your club?

Sailing – N/A

Basketball - Outside of disabled provision, the capacity for members meets the demand of how many members we have with the various training sessions that take place.

Gymnastics - Yeh, with the venues that we've got and the times we have access to them we could probably work up to 350, we are looking at maybe how we can push to 400 but at the moment with the venues that we've got and the hours we've got, 400...this place here is a really nice place but like with all other centres there are still other classes in this space. So where we want to do stuff like 'tiny gym' and Pre School, which again people wouldnt have to

be members they could just come and join. You know if we did that a seven days a week you're talking about a few hundred people potentially, I don't think we will ever hit that but that's the potential capacity.

Have you put on more sessions since London 2012 or have you done anything different/specific for the legacy?

Sailing - Yes we had to put on additional beginner courses

Basketball - There has been 2 more sessions added to our current community timetable, with the plan to run the Southwark Stars under 14s Basketball Development Sessions.

Gymnastics - Yeh we have, not necessarily because of the Olympics, we've put on one, two, three new recreational classes and within some of our existing squad classes we have made new groups, that's where some of the increase has come as well, but I wouldn't put any of that down, if I'm honest, to the Olympics. Had the Olympics not happened we would have done that anyway

Do you need support for new demands? If so what and from whom?

Sailing - From Fusion in terms of investment.

Basketball - The support that we would need would be financial so that more coaches can be developed to run more sessions across the borough in different places. More volunteers to help run the club with a variety of skill sets to develop key areas within the club for it to be successful i.e. funding and administration.

Gymnastics - Yes, the situation we are in we need support from people like that [Fusion]

Are your participants coming more regularly to sessions? Or have they been trying out new sports in addition to yours?

Sailing - No I don't know, yes they definitely migrate across sports within Surrey Docks, but no I don't know what they do outside of that

Basketball - The participants are fully dedicated to the basketball sessions they attend.

Gymnastics - Not noticed any difference.

Are you members more dedicated or keen to compete?

Sailing - Yes

Basketball - Yes, and I feel this has had something to do with the Olympics and myself being an official Olympic Torchbearer.

Gymnastics - With the recreational side they are not competitive gymnasts. On a general level I wouldn't say if there is a difference its not massive, it's not that obvious

Has there been an increase in disability provision? Is yes, how. If no, why?

Sailing - Yes we have actually, because we have a race series that is going on at the moment, for the first year we have included some of Tideway's craft.

Basketball - Unfortunately no there hasn't because I haven't attended any of the courses that I have been invited too, however this is an area I want to explore and start to develop

Gymnastics - Again I wouldn't say there is a obvious difference, I mean we've got, we've been having interest but I wouldn't say there's been more or less interest and because we have done that session for so long, the coaches who are running it are aware of the issues

involved with getting kids with disabilities involved. I don't know, we have a set rota with like four coaches taking that session, there is like four coaches, how of, what have we got 15 odd coaches, it would be interesting to ask some of the coaches who aren't involved in the disability session whether they are more aware or not.

Do parents have a greater interest in their child's participation in your sport?

Sailing – Yes. For reasons you sort of cited earlier, for the younger ones, they think their child is going to be in the next Olympics, so yes

Basketball - Yes as we tend to have parents staying and watching more games and some training sessions.

Gymnastics - I haven't noticed an obvious difference

Have you experience an increase in the number of volunteers since London 2012?

Sailing - To be honest, the answer is yes, I mean I had an instructor ring me up last week asking for work and I said there wasn't any work and as I said we've got this racing series and he has come down for the last two Sunday's and volunteered, which is good.

Basketball - No, but I am sure with advertising and marketing, I will be able to create volunteer roles.

Gymnastics - Yeh, again we are pushing the volunteer side because we need more volunteers around. We're trying to create interest like a group of people, parents, carers whatever. Yeh that's something that we are aware that there is stuff we can get people involved in. I'm trying to find a way to tie that into 2012, that's just our situation that we are in. I mean the emails and the notices we are putting out at the moment, we are getting people that are interested and offering their help. I mean maybe ok we could put some of that down to that spirit and wanting to get involved and that point of view

Do you think the awareness of your sport has increased in Southwark since London 2012?

Sailing - I think the awareness has probably increased nationally hasn't it; there is lots of opportunities, if we are just talking about Southwark, in London for sailing.

Basketball - Through the Sports Development relationship I have, they have promoted basketball very well. I am trying to merge a relationship between the Sports Development team and the Schools Sports Partnership so that more opportunities can be created to enhance basketball development across the borough. This will provide more opportunities for new players, coaches, officials and club development.

Gymnastics – Yeh. It would be nice if one of those clubs had a centre rather than, we are all in leisure centres or schools. Getting schools involved comes down to money, the money situation hasn't changed, or if anything it's got worse for a lot of schools. All of the after school clubs and the extra curricular clubs that we're running the kids have to pay, the kids have to pay the school and then we invoice the school, none of the schools that we are in are actually, where four, five years ago they would pay directly, we are running 15 clubs now and all of those the kids have to contribute. To be fair all of those clubs are full which is good but then you could ask the question of which sort of kids are able to get involved in those clubs, the kid whose parent has a spare £2 a week, it normally works out as £2 for a kid to come and some parents might not be interested.

Where do you think young people are finding out about opportunities for your sport/you club post London 2012?

Sailing - Facebook, we have the Fusion one, the way we do it is to take pictures of the events going on of adults and kids, give the pictures to the kids and then they will put it on Facebook

Basketball - Word of Mouth, Social Networking, Basketball affiliated websites.

Gymnastics - Most of the kids we have are at an age where their parents would be the ones who find out, we do all of our stuff online that's the only advertising we have the website, we have an email address people can use, we don't even have a number now. So that's where we get all our interest from, or just passing or word of mouth.

Do you think there is evidence of a legacy in Southwark? Do you think it has 'inspired a generation'?

Sailing - In terms of what the RYA are doing then yes, they are doing massive amounts to push sailing and funding so and specifically with the age group you just mentioned so yes

Basketball - I would say a legacy is starting through the reputation of the basketball club as a whole as well as how well the borough finish at events such as the London Youth Games. Its beginning yes. If sports are continuously funded and the minds and abilities of the local community are channelled correctly then that statement will reign true.

Gymnastics - I wouldn't agree with inspiring a generation. Some of the funding and some of the building work, not in Southwark, but around with either new funding or new places; I would say there is a bit of a legacy there. Stuff like the Mayors funding, I don't know how linked that was to 2012. If it really wanted to believe there was a legacy it would have been about making things fairer, spreading it somehow, obviously that would take away from others, but football is an easy example because there is so much money there, somehow filter that down to grassroot or elite people in sports that are no big TV sports.

7. CLUB MEMBER FOCUS GROUPS (Appendix 7)

- Data collected from two Southwark Sports Clubs
- Peckham Pride Basketball Club – 5pm on Monday 4th February 2013
- Southwark Gymnastics Club – 5pm on Friday 15th February 2013
- Participants aged between 9 and 17 years were asked to take part in a focus group
- 11 young people contributed during the focus groups, with a breakdown of 9 males and 2 females.

Did you watch or go to London 2012? All sports or mostly your club sport?

Female, 14 - I went to the Olympics four times

Male, 15 – Basketball. I got two [tickets] from my school and the rest my Mum organised

Male, 9 - I saw that gymnast Louis Smith and he really inspired me to do gymnastics. I also need to try harder so I can do things like he does

Female, 9 - I watched the gymnastics, basketball and swimming. It really inspired me to swim and play basketball with my teacher and do gymnastics and keep on trying

Have you been attending more training sessions and been keen to play more matches/enter more competitions since London 2012?

Male, 15 and Female, 14 – Yes

Female, 9 - Me and Cassandra [sisters] have come more than before

Male, 9 - Well I wouldn't say I have attended more but I think I am working harder than I did before

Do you feel more committed and dedicated to your sport since London 2012? If yes, why?

Male, 14 - Our dedication is consistent; we are always keen to do sport

Male, 15 - I think I could be the next Labrant [James]

Female, 9 I have been more committed to gymnastics and basketball and swimming, because I like playing basketball in the cage at school

Have you noticed anything different about your club since London 2012?

Male, 17 - More recruits

Male, 9 - Well new children, but that's because they have separated us into age categories

Male, 9 - They have got new mats and new equipment

Have you tried out any new sports since London 2012? If yes, which ones and why?

Male, 15 - After watching Mo Farah I just wanted to run

Female, 9 - I have tried out running and swimming. Swimming at Peckham Pulse and I'm not running anywhere but I just keep practicing

Have you encouraged your friends to join your club or get involved in sport in general?

Male, 15 - I have encouraged some people yeh, but there is problems out there, some people live in Lewisham and all these places and its like they want to come to Peckham because they don't want to play for Lewisham Thunder, because they are just terrible

Female, 14 - I have but they are girls, so they are just like 'I don't want to do it'

Male, 9 - Well I have encouraged some of my friends to do gymnastics but they said they didn't want to because they would look stupid, but I didn't really care so I just kept on practicing

Female, 9 - My friend inspired my to do gymnastics

Have you volunteered since London 2012?

Male, 17 - Yes, basically I do photography; I've just started taking pictures using the coaches camera, started taking pictures of games and sometimes filming games for coach so he can look back on them and then see what we did good and what we can improve on

Male, 17 - Yeh, I started coaching like U14's and U16's

Do you feel like there are more opportunities in Southwark for young people to do since London 2012?

Peckham Pride Basketball – No real change

Southwark Gymnastics Club - Yes

Where do you find out about sports opportunities in Southwark?

Male, 14 - School

Male, 17 - From coach

Are you encouraged to do more sport by parents/teachers since London 2012?

Male, 17 - Yes

Male, 9 - I have encouraged myself

Southwark Gymnastics Club - Yes

What does the Olympic/Paralympic legacy mean to you? Do you feel inspired?

Male, 17 - I think it's a thing where people already play basketball, once you have a love for the game you never really stop, a think a lot of people are scared to try

Discussion

The purpose of this research project was to prove the hypothesis that 'The London 2012 Olympics and Paralympics have had a positive impact and increased the number of 8 to 24 year olds engaging in sport and physical activity in the London Borough of Southwark'.

The data collected has provided an insight into the effect London 2012 has had on young people in Southwark, the scale of this impact and implications going forward.

In total 129 young people from Southwark between the age of 8 and 24 years contributed to this project, all of which were involved in London 2012 to some extent. All participants watched London 2012, either on TV or live at venues and found the events enjoyable and inspiring, which is really positive as a starting point. Focus groups with schools and youth clubs especially, showed that participants were also engaged on a cultural level through arts and heritage projects, adding a new dimension when assessing impact. This response is encouraging and indicates a positive impact on young people, even if just during the event period.

Southwark specific results from Get Active London (www.getactivelondon.com) show that there has been a significant increase in the number of people searching for local sport and physical activity opportunities in the borough; page views are up 72.06% post London 2012. There has also been a shift in the type of sports searched for, moving from more traditional sports to minority forms such as archery, badminton and netball. This shows an increased awareness of the types of sports on offer and could indicate a desire to get involved in the sports following London 2012. Although we are unable to see the exact demographics of these website users, it does show a change in people's thoughts and decisions for potential future activity. It is also likely that a number of the users are parents of young people in the borough, which again would indicate a positive impact from London 2012.

One of the key objectives of London 2012 was to 'inspire a generation'. From a young people perspective this has been backed by Sport England's new Youth and Community strategy (2012-2017) to create "a sporting habit for life among young people" (Sport England, 2012).

The data collected shows that London 2012 did inspire the majority of young people to engage in sport and physical activity. From the questionnaire taken at the Mini Marathon event, (14.02.2013) 44.3% of participants were inspired to take up new sports. Although this represents less than half of the sample, it is still a positive figure. This finding is supported by research into school sport post London 2012 where "more than half of schoolchildren in academies are doing extra sport after being inspired by the Olympics"(Davis, 2013, p.25).

A more surprising trend shows that the sports they have been inspired to try they tend to be the traditional sports such as basketball, football and swimming. Athletics was the most popular sport young people were inspired to get involved in, whether it is recreational running or joining a local athletics club. This trend slightly contradicts the Get Active London search statistics; however it may be simply because people in Southwark are less informed about where and how they can engage in minority sports and so search for these more frequently.

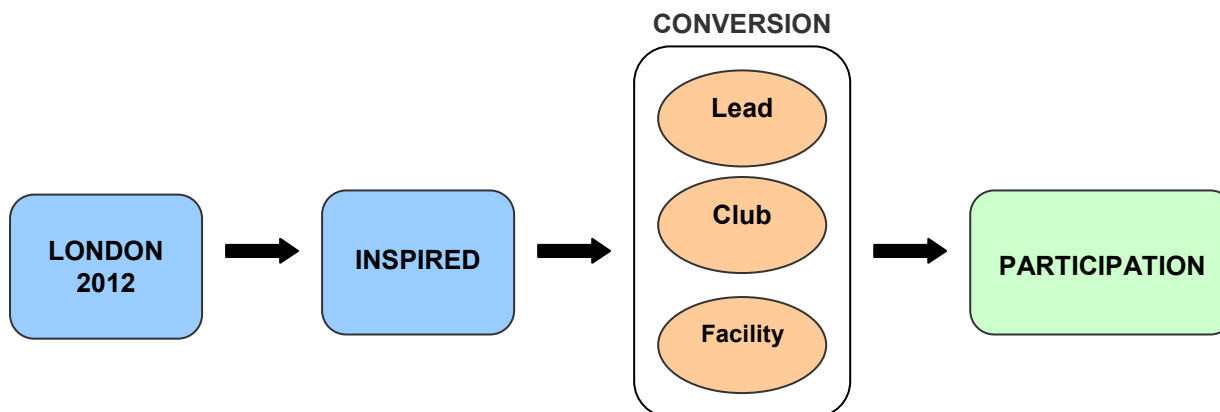
Many of the young people stated that they were inspired by competitors at London 2012 such as Usain Bolt, Jessica Ennis and Mo Farah. Competitors who originate from London, especially from disadvantaged areas seemed of particular importance as young Southwark residents felt they could relate more to them. This has highlighted that young people in Southwark now have a good set of sporting role models for the future and this will continue to have a positive impact on their lifestyles.

As data has presented, young people in Southwark have been inspired by London 2012. However the leading question that has resonated throughout this research is:

Does inspiration lead to participation?

Through discussions at schools and youth clubs, it became clear that young people in Southwark are more likely to convert their inspirations if they have the following; a lead person who encourages involvement, an established club or session and a local accessible facility. Diagram 1 highlights a proposed method for converting inspiration into participation. In essence participation can only take place when all three conversion components are in place.

Diagram 1:



Jennie Platt, March 2013

For example at Salmon Youth Centre, a male aged 19 years, expressed a desire to engage in athletics following London 2012. However, due to the lack of an established club or track in the borough, his ability to follow this through is limited. This finding is paramount for future strategic direction and ensuring sporting pathways in Southwark are in place.

Despite the majority of participants being inspired to try new sports, some young people also expressed a desire to get better at the sports they already take part in. These young people felt they had been more dedicated to their sports post London 2012 and were attending training more regularly. In addition a young female (16) and male (19) both had new aspirations to represent Great Britain at the 2016 Rio Olympics in swimming and rugby respectively. This finding could explain an increase in the time spent doing particular sports opposed to an increase in the range of sports being undertaken. By young people becoming more committed and dedicated to their sports appropriate pathways must be put in place to help them achieve their new goals.

Young people were asked if they have encouraged friends or family to take up sport and physical activity since London 2012. The responses were overall quite encouraging and some young people had been successful at re-engaging their parents in sports like swimming and cycling. Data from the Mini Marathon event questionnaire indicated that 30% of the young participants have encouraged friends and family, which is positive. A number of young people stated that they had actually been encouraged to do sport by their friends or family, so London 2012 has impacted in both ways. It is imperative however, to note some barriers that young people faced when attempting to involve friends in sport. A young gymnast explained the stigma attached to his sport for males and the basketball team hinted at the issue of 'post code wars'. It is paramount therefore that these barriers are broken down to aid inclusive access.

During the research it was important to assess the impact of London 2012 on young members or potential members of local sports clubs. Results illustrated that overall there has been an increase in young people joining Southwark sports clubs since September 2012. This supports research by the 'Sport and Recreation Alliance' who found that "2 in 5 clubs (42%) have seen an increase in the number of people joining their club since the Games this year" (Sport and Recreation Alliance, 2012). However, club leads did not associate this specifically with London 2012, but rather due to changes of venues and independent promotion. For example Southwark Gymnastics Club recently moved back to Camberwell Leisure Centre prompting a new influx of young people.

In conjunction with increased membership, all club leads interviewed did not have concerns regarding the club capacity. This is a good response as many post London 2012 reports and research articles like the 'Sport and Recreation Alliance survey' have suggested the opposite. Overall club leads highlighted no dramatic changes in the way their clubs are functioning, in relation to sessions, capacity, dedication and parental involvement. These findings are positive and show that young people in Southwark will be welcomed to local clubs if they wish to convert inspiration into participation.

As with local sports clubs, teachers at Southwark schools also reported minimal changes to their programmes post London 2012, which was echoed through focus groups with pupils. There was a slight contrast in view between state and independent schools, which emphasised a gap in opportunities for young people across the borough. Independent schools had not made any specific changes for the London 2012 legacy, tending not to offer new clubs or disability specific provision. However, one school had started a cycling club, making links with Herne Hill Velodrome, which is proving to be a great success. The state schools were more open to opportunities arising from the legacy and one school has become involved in initiatives such as the Youth Sport Trust 'Lead a generation' project and 'Sky Sport for living'. These findings suggest that schools and perhaps other institutions like youth clubs have not and do not intend to change the way they perform. An independent school teacher highlighted that they do not have the capacity or financial backing to add to current provision, a reality that Government plans have not focused on enough perhaps. The lack of changes within schools and youth clubs may make it harder for young people to really capitalise on London 2012 and may halt their ability to make sport a habit for life.

All young people were asked whether they believe there are enough opportunities to do sport in Southwark. The data presented an excellent picture of the sporting landscape across the borough post London 2012, especially with 72.9% of Mini Marathon questionnaire responses being 'yes'. Some of the young people did however indicate that it is often hard to find out about the opportunities available. The 'Get Active Southwark' campaign that was launched in January 2013 by the Southwark Community Sport Team has been devised to tackle this issue (www.southwark.gov.uk/getactive).

When the young people were asked about their thoughts on the legacy, responses were mixed. For the younger participants between the ages of 8 and 11, the term 'legacy' was too complex and they failed to grasp the meaning. For the older participants from 12 to 24 years a negative response was received. The young people expressed how they have failed to see any major difference in the opportunities available to them other than some facility development. As one male from a youth clubs stated "It's a good idea, but it's hard to put into practice really". New government legacy plans, actually put the focus on 16 to 24 year olds. As stated by Jennie Price, 2012 "For the first time every governing body will have a specific target to grow participation in 16-24 year olds. They will have a special programme aimed at that age group (The Independent, 2012). Together with the lack of understanding from younger people, it will become hard to engage 8 to 15 year olds in sport and embed it into their lifestyles.

From the analysis of data collected it can be concluded that the hypothesis has been proved to a certain extent. Interpretation of data has been subjective for the most part due to its qualitative nature, but key trends highlight that London 2012 has had a positive impact on young people in Southwark.

There have been some really exciting findings. It is encouraging to confirm that young people in Southwark embraced London 2012 and entered into the spirit of the Games. Most importantly this population have been inspired to try new sports or become more dedicated to sports they already participate in. In conjunction with this the wider family are experiencing changes through support from young people. At this point, it is important to consider that the level of these impacts may be heightened due to Southwark being located within the capital and close to the action.

As previously discussed the findings extrapolate one key question of whether inspiration equates to participation. It is imperative to use this key finding going forward in order to

capitalise on young people's awareness of sport and physical activity and to enable sustainable provision.

This research has identified some gaps in provision and highlighted some potential strategic aims for departments involved in young people. For example the lack of an athletics club and suitable facility was mentioned on several occasions, so this should be a focus for 2013. Despite this, it is reassuring to find out that Southwark sports clubs are thriving and are able to cope with additional numbers.

The definition of 'legacy' is complex and many of the post London 2012 reports have been quite contradictory. Targets for participation levels have been amended and the general public are beginning to question whether it is realistic. It has been suggested that the London 2012 legacy will not become apparent immediately after the Games. As Lord Sebastian Coe stated on BBC Five Live (2013) "the legacy is a ten year programme ". Over the next ten years our focus therefore needs to be on young people and their behaviours, in essence making sport and physical activity a habit in their daily lives.

Summary of findings

- Young people in Southwark embraced the London 2012 spirit and have become more aware of sport and physical activity opportunities available
- There has been a significant increase (72.06%) in the use of 'Get Active London' to search for sport and physical activity opportunities within Southwark post London 2012
- The most popular sports searched for in Southwark on 'Get Active London' has shifted from more traditional towards minority sports
- The majority of young people in Southwark were inspired to try new sports as a result of London 2012
- Young people in Southwark expressed a desire to improve and become more dedicated to sports they already take part in
- Young people in Southwark have been inspired by competitors at London 2012 and now have a number of role models to assist with lifestyle changes
- Data has led to a leading question; *does inspiration lead to participation?* Evidence suggests that despite young people being inspired by London 2012, it is a challenge to ensure this conversion takes place
- Young people in Southwark are more likely to convert inspiration into participation if the following three components are in play; lead adult/coach, established club or session and a local, accessible facility
- A number of young people in Southwark have encouraged friends and family to take part in sport and physical activity since London 2012
- Barriers exist within the borough preventing young people encouraging friends to join them in sporting activity
- Local sports clubs have experienced an increase in membership, but this was not associated specifically with London 2012
- Local sports clubs do not have concerns about capacity for new membership
- Southwark schools have reported minimal changes to their programmes post London 2012
- The majority of young people in Southwark believe there are enough opportunities for sport and physical activity in the borough but wanted to know where to find out more information
- Young people in Southwark expressed a negative view of the term legacy, but noted positive impacts on their involvement in sport since London 2012

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Item No.	Classification: Open	Date: 23 April 2013	Meeting Name: Education, Children's Services & Leisure Scrutiny Sub-Committee
Report title:		Progress update against: Review of childhood obesity and sports provision for secondary and primary children	
Ward(s) or groups affected:		All	
From:		Public Health	

RECOMMENDATION

1. That the scrutiny sub-committee is asked to note the progress against cabinet recommendations regarding childhood obesity and sports provision for secondary and primary children.

BACKGROUND INFORMATION

- 2.1 The Education and Children's Services Scrutiny Sub-Committee decided to conduct a review on 12 July 2010. The aim of the review was to make recommendations to the Cabinet for improvements to the education of children on healthy eating and the dangers of obesity, and to examine whether sports provision is adequate.

SUMMARY OF PROGRESS

- 3.1 Early years: Improving healthy eating and healthy weight awareness in early years has been a particular focus. The successful pilot of the Eat Better Start Better programme in 43 early years settings will be further rolled out to support more settings to be audited and implement improvement plans in line with national guidance.
- 3.2 Schools: A whole school approach to healthy weight has been developed alongside the Free Healthy School Meal programme including curriculum support; training for staff, cooks and governors; follow-up interventions from school nurses and improved links with School Sport Network, local clubs and growing projects.
- 3.3 Physical activity and sports provision: Community Sport played an important roll in recent years to increase the physical activity and sports 'offer' in and out of school, whilst Bacons College took a role in training schools in delivery of high quality PE. With the devolved responsibility for school sport and recent ring-fenced funding going directly to schools, more emphasis will be placed on capacity building and training for schools to increase their offer within their own means.
- 3.4 Local authority departments have made good progress improving : access to green open spaces with large scale improvement schemes to parks including features such as outdoor gyms; development of walking/cycle friendly

greenways; investment in leisure facilities; supporting school travel plans to promote active travel.

- 3.5 Links to urban agriculture, allotments, gardening and growing schemes have been integrated with the whole school approach to healthy weight supporting the healthy free school meals programme.
- 3.6 Appendix 1 provides an update against each of the 55 recommendations. The fifteen recommendations that the chair identified as priorities are highlighted.

APPENDICES

No.	Title
1.	Table : Update on recommendations for childhood obesity and sports provision for secondary and primary children

AUDIT TRAIL

Lead Officer	Jin Lim, Consultant Public Health	
Report Author	Rosie Dalton-Lucas, Health Improvement Partnerships Mgr	
Version	1.0	
Dated	11 April 2013	
Key Decision?		
CONSULTATION WITH OTHER OFFICERS / DIRECTORATES / CABINET MEMBER		
Officer Title	Comments Sought	Comments included
Strategic Director of Communities, Law & Governance	N/a	N/a
Finance Director	N/a	N/a
Chief Officers	N/a	N/a
Cabinet Member	N/a	N/a
Date final report sent to Constitutional Team		

**Recommendations from review of childhood obesity and sports provision Action Plan 2012/13
(The 15 priority areas are shaded)**

No.	Recommendation	Owner	Comments on Progress
	Early Years		
1.	Implement NICE guidance (2010) for maternal obesity 'Weight management for before and after pregnancy'. Local authority leisure and community services should offer women with babies and children the opportunity to take part in a range of physical or recreational activities, that are affordable, accessible, with provision made for women who wish to breastfeed and, where possible, crèche provision.	Early Help team / Sport and Leisure team / Health improvement team	There is a strong emphasis on making all centres friendly and accessible to families. Dulwich and Peckham Leisure centres have a crèche facility and other centres have been made as accessible as possible including provision of breast feeding facilities at each centre. Two children's centres run 'buggy push' walking groups.
2.	Develop and implement consistent healthy eating and physical activity policies across Southwark Children's Centres and other early year's settings including child minders, private and voluntary nurseries that promote breastfeeding and ensure compatibility with the Early Years Foundation Stage Framework and Caroline Walker Trust nutrition guidelines.	Children Centre Nutrition Team / Early Help team / Health improvement team	The Southwark Eat Better Start Better programme is now supporting implementation of national food and drink guidelines. So far 43 early years settings have been audited and have improvement plans. Policies to support physical activity will be proposed in refresh of Physical Activity and Sports Strategy.
3.	Develop and carefully promote courses using professional chefs on cooking, shopping and nutrition through aspirational marketing to appeal to parents and carers in Sure Start Children's Centres and other early years' settings.	Early Help team/ Health improvement team	Eat Better Start Better has delivered 58 healthy cooking sessions with 163 parents/carers and nine community food activities involving a further 153 other family members. Parents report increased confidence in providing a healthy balanced diet for the family
4.	Encourage all nursery staff, including catering staff, to attend under 5's physical activity and nutrition training to support implementation of policies. Extend also to anyone caring for a child under 5.	Early Help team/ Health improvement team	Eat Better Start Better has trained 18 early years practitioners from 9 settings. Healthy weight and nutrition training sessions have also been promoted. Uptake is patchy however and further work required to review, tailor and target this.
5.	Implement the 'Eat better, Start better' or HENRY programme in Sure Start Children's Centres, and other early years' settings, and ensure it is embedded in early years' practice.	Children Centre Nutrition Team / Early Help team / Health improvement team	Eat better, Start Better has been implemented in 43 settings so far and will be further developed, led by the children's centre nutrition and dietetic team in 2013/14.
6.	Develop initiatives which target parental obesity of both mothers and fathers as a priority	Health improvement team	Eat Better Start Better cooking sessions are referred in to by practitioners who may have concerns about either the

No.	Recommendation	Owner	Comments on Progress
7.	Undertake a pilot early years local weighing programme with a children's centre. Build on the Health Visitor practice of weighing children at 2 years and use this as a way of particularly targeting at risk parents and children and then signposting them to nutritional and exercise advice & programmes.	Early Intervention and Prevention team/Health improvement team	<p>parent and or child's weight / eating habits.</p> <p>Following the prioritisation of early intervention by the Health and Wellbeing Board, there have been discussions about strengthening the way that multi-agency staff including Health Visitors offer support to young children in a locality model, the 2 year old check has been suggested as the platform for a targeted weighing programme. Further discussions required to explore how this could be enabled.</p> <p>Recent agreement has been reached to add support to the Early Help 'Team Around the Child' model with input from the nutrition and dietetics team as appropriate.</p>
	Schools and the universal free school meals		
8.	Ensure a whole school approach to implementing the universal free school meals programme by involving all staff, children, parents, governors and the wider school community in developing a plan.	Free-School Meal project team/Health Improvement Team	<p>Several focus groups have been run with children to collect their feedback on the school meals provision and to help to inform plans.</p> <p>All primary schools including special schools have been offered free staff training and curriculum resources including lesson plans to support healthy eating and physical activity messages: 34 schools have signed up so far.</p> <p>20 governors and cooks attended training on nutrient standards.</p> <p>Schools are encouraged to consult parents on menu planning.</p> <p>An audit is being progressed in the wider community to identify cooking clubs and activity/sports clubs that could link more with schools and provide parents and children support with the extension of healthy living behaviours into their community and home.</p>
9.	Promote the uptake of school meals and nutrition based	Free-School Meal project	FHSM website information provides access to FFLP

No.	Recommendation	Owner	Comments on Progress
	standards by working towards, or achieving, at least the Bronze Food for Life award and ideally the Silver award.	team	resources and support for schools needing to develop a school nutrition action group and food policy as a requirement for FFLP bronze award. Currently 21 schools are registered with FFLP and 1 school is a flagship school available to provide school-school support
10.	Ensure that all primary and secondary school meals are nutritious and tasty at the point of delivery. Promote training for governors, who have responsibility for school meal provision	Free-School Meal project team/Health Improvement Team	20 governors and cooks from primary schools attended training on their responsibilities for school food including nutrient standards and a practical healthy cooking session to whet their appetite and stimulate peer support.
11.	Promote health literacy in schools throughout the curriculum, including PSHE classes.	Free-School Meal project team/Health Improvement Team	<p>Phunky Foods resources made available to all primary schools. Active4Life Programme developed in partnership with School Sport Network to additionally target 25 primary schools with high levels of obesity to run a X-week Active4Life programme for yr 5 pupils inc heart-health awareness as well as encouraging interest in a broad range of physical activity/sports.</p> <p>Southwark supported Old Vic New Voices to deliver 'Health Wealth' play and workshop to 1500 13/14 years old in 7 Southwark schools. The play tackled issues of 'chicken shops, craving sugary, fatty and salty foods, and getting fat inside as well as on the outside'.</p>
12.	Make links between growing food, urban agriculture and nutritional education. Connect with local allotments and city farms. Grow food at the school.	Free-School Meal project team	<p>Several growing projects identified and encouraged to link with schools inc growing spaces on estates.</p> <p>The Food for Life partnership award is also being promoted alongside free healthy school meal programme as a framework that schools can use to support this type of activity.</p> <p>A new 'Free Farming' project initially targeting primary schools in Southwark has been funded to run in 2 schools this year as a pilot with a vision to extend to all primary schools. Includes classroom education activities and growing projects.</p>
13.	Increase the quantity and quality of sport and physical activity throughout the school day including curriculum,	Sports and Leisure Services Team	Proactive Southwark is working with the Southwark School Sports Network to support a co-ordinated approach in

No.	Recommendation	Owner	Comments on Progress
	lunchtime and after school.		engaging schools with a local offer to a) take up staff training to improve quality PE delivery, b) improve links to quality-checked clubs that can provide after school activities, and c) where necessary bring in quality assured providers to support in-curricular activity. Schools will each receive an £8000 ring-fenced budget to support them to do this.
14.	Provide at least 3 hours of sports provision and that includes a 45 minutes of constant cardio-vascular movement, through developing in house expertise or via Southwarks 'Superstar Challenge'. Time spent travelling to and from the activity should not be counted	Sports and Leisure Services Team	<p>The Southwark Superstar Challenge programme was offered to all schools in the borough through a menu of activities by the Southwark Community Sport Team. Included within this menu was a programme of sport specific coaching in up to 20 Primary schools per term and also offered a programme of estate based sessions in weekday evenings.</p> <p>In 2013/14 and beyond the Southwark Community Sport service will be delivery the London Youth Games and London Mini Marathon Programmes directly. The service will continue to coordinate the Sportivate grant programme which supports local organisations to provide up to 8 hours of additional sports delivery. The service will also be supporting the delivery of the Active4life schools programme coordinated through the Southwark Public Health Team.</p>
15.	Invest in training staff in coaching skills, through in house expertise, linking with outside expertise or via the Bacon's partnership.	Sports and Leisure Services Team	<p>Southwark Community Sports Team (SCST) delivered a number of Community Sport Leadership courses to young people in a youth club setting as part of the Engaging Young People Olympic Delivery network in 2012.</p> <p>The SCST service is in the process of developing a comprehensive in-house training service in key skills such First Aid instruction, Safeguarding Children Training and Disability Awareness, these will be offered free of charge.</p>
16.	Encourage active and outdoor play in schools during playtime.	Sports and Leisure Services Team	All primary schools have been encouraged to be Change4Life campaign supporters which gives them access to materials, ideas and support in helping children to engage in active play.

No.	Recommendation	Owner	Comments on Progress
			A programme of targeted support will be facilitated by Bacons College to support 25 schools with high levels of obesity to encourage children to get involved in physical activity through fun 'multi-skills' sessions that improve physical confidence and teach them active games that can be played in the playground.
17.	Improve links with voluntary sports clubs and consider providing free or subsidised space and championing their activities	Sports and Leisure Services Team	Sports and Leisure Services Team coordinates and delivers the ProActive Southwark Community Sport and Physical Activity Network (CSPAN) which creates and builds successful links with voluntary sports clubs in order to access support and resources. The service is developing a new Sport and Physical Activity Strategy in 2013 whereby supporting voluntary sports clubs will be a key priority.
	Local Authority and Partners		
18.	Provide an option for schools to buy in the 'Superstars Challenge'; integrating the 'Superstars Challenge' with the free school meal offer may be an ideal opportunity to embed this initiative in schools.	Sports and Leisure Services Team/Health Improvement Team	The Southwark Superstar Challenge programme was offered to all schools in the borough through the Southwark Community Sport Team (SCST) as a buy in product up until Mar 2013. Going forward the SCST will instead be working in partnership with Southwark Public Health Service in developing and expanding the 'Active4Life' programme.
19.	Provide training for governors, who have responsibility for school meal provision, in ensuring tasty meals at the point of delivery, meeting high nutritional standards and an increasing uptake of school meals.	Free-School Meal project team/Health Improvement Team	See rec 8 and 10
20.	Promote the Food for Life standards to all schools.	Free-School Meal project team/Health Improvement Team	All schools receiving Free Healthy School Meals are encouraged to also work towards the Food for Life Partnership award. 21 schools are currently registered as doing so.
21.	Provide an option for schools to buy in coaching from Bacon's College to enable teachers to gain the skills to become effective coaches and understand health literacy.	Sports and Leisure Services Team	Most Southwark schools are now members of the School Sport Network that Bacons run. Recently the government has awarded primary schools with a new ringfenced budget for sport and physical activity (approx 8K each) to support a continuation of the Olympic legacy. Bacons is currently consulting all schools to identify how they can best support them with development of a School Sport core package

No.	Recommendation	Owner	Comments on Progress
22.	Work with Bacon's College to ensure that the learning developed by the Bacon's Partnership Health and Wellbeing programme on health literacy is captured and available for schools to utilize through a pack, Inset day, or other suitable method.	Sports and Leisure Services Team/Health Improvement Team	This programme (now called Active4Life) is continuing to be built on and further refined. It will be delivered to a further 25 year groups this Spring/Summer. LSBU are also a partner in helping to evaluate the programme and bid for further funding to scale it up.
23.	Continue to maintain investment in MEND (Mind, Exercise, Nutrition, Do-it!) programme so that children can be referred to this from the child weighing programme, and in other ways	Sports and Leisure Services Team/Health Improvement Team	MEND courses did continue to run with funding from the PCT however there is no mainstreamed budget for this beyond 2012/13.
24.	Promote partnership work between sports clubs and schools.	Sports and Leisure Services Team	<p>The Sports and Leisure Services team continue to promote partnership work between sports clubs and schools in a number of ways</p> <ul style="list-style-type: none"> • working with partners such as ProActive Southwark, the London PE and School Sport Network. • Developing a community use strategy to link schools and their facilities with local clubs and the community. • Engaging schools in the London Youth Games and the London Mini Marathon • Linking clubs with schools via the 'Sportivate' and 'Sportability' grant programmes.
25.	Promote active travel - ensuring every school has a healthy travel plan that encourages active travel i.e. walking and cycling to school.	Transport Team	All schools are encouraged to develop travel plans. Currently over 90% of schools have travel plans
26.	Provide pedestrian and cyclist training for schools.	Transport Team	All schools are offered pedestrian training and cyclist training. We train in the region of 2500 and 900 children respectively each year.
27.	Promote a greater understanding of health through the child weighing programme. Consider screening more effectively for metabolic health by working with school nurses to develop other measures, such as waist measurements. Seek to create a dialogue on this.	Health Improvement Team	There is limited scope to expand to include screening for metabolic health in weighing programme, although consideration will be given to providing follow-up screening for older children (ie year 6) for early onset type 2 diabetes and other obesity-related conditions. Problems are documented with waist circumference measures as they are more open to error than BMI.

No.	Recommendation	Owner	Comments on Progress
			<p>Further health improvement opportunities have been seized through the weighing programme. During 2012/13 parents whose children were measured as obese (from 'top 20' schools) during NCMP measures were proactively followed up through brief telephone intervention. Additionally all parents of overweight and obesity children were invited to attend one of three health fairs run across Southwark. The health fairs helped parents/carers and their children to understand the importance of healthy eating and physical activity on their child's weight and health. School Nurses were also invited to attend the event.</p> <p>An obesity CQUIN is also being drafted by CCG for school nurse team including the continuation of the health fairs to increase the understanding of nutrition, activity, healthy weight and NCMP.</p>
28.	Provide schools with details of urban agriculture opportunities including links to allotments and city farms and information on how to link this to nutritional education and physical activity.	Health Improvement Team	see rec 12
29.	Evaluate the Universal Free School Meals programme effectively. There is an international and national need for research that helps identify effective methods to reduce health inequalities and childhood obesity; and that tracks the cost and outcomes of programmes.	Free-School Meal project team/Health Improvement Team	There is an ongoing monitoring process in place to track uptake, as well as a collection of more qualitative data from staff, parents and children through interviews and focus groups to supplement this.
	Nutrition		
30.	Create a healthier environment for our children and young people by restricting the licensing of new hot food takeaways (A5) that sell low nutrient, calorie dense food e.g. within 400m boundary or 10min walking distance of schools, children's centres, youth-centered facilities. High concentrations of fast food outlets are currently in Peckham town centre, Queens Road Peckham, Walworth Road.	Planning team	<p>As part of the Peckham and Nunhead Area Action Plan (PNAAP) one policy in the PNAAP (Policy 4) was dedicated to Hot Food Outlets in Southwark. The policy proposes the following:</p> <ul style="list-style-type: none"> Control the number of hot food takeaway units within the protected shopping frontages in Peckham town centre and Nunhead local centre by setting a threshold of 5% of units to be allowed for hot food

No.	Recommendation	Owner	Comments on Progress
			<p>takeaway use and where the proportion of A5 use has exceeded the threshold of 5%, no further A5 use will be permitted.</p> <ul style="list-style-type: none"> Put a restriction on the clustering of A5 units in protected shopping frontages, i.e.no more that two A5 units located adjacent to one another, and no less than two non-A5 units located between a group of hot food takeaways Define a 400 metre exclusion zone of new A5 units around secondary schools <p>The consultation for this policy ended in December 2012 and Public Health canvassed heavily for support from partners such as NHS clinical staff, Children's Centres and teachers. A decision on the policy is expected in mid-2013. Similar policies look to be implemented included in plans for other areas within the borough (eg Camberwell).</p>
31.	Support the development of a greater diversity of local food outlets that sell healthy food, particularly near schools after school so children have better options.	Planning team/Environment Team	As above (rec. 30)
32.	Restrict or place conditions on the licensing of cafes and other food outlets that mainly or exclusively sell food high in calories and low in nutrients. Consider particularly rigorous conditions when outlets are near schools and open during lunch hour or after school.	Licensing Team/Environment Team	As above (rec.30)
33.	Use planning and other methods at the local authority's disposal, to promote the establishment of businesses that make available healthy food. For example groceries, market stalls, food cooperatives and supermarkets that sell fruits and vegetables, whole foods etc.	Planning team	The Health Checks team have devised a discount card, providing 10% discount card for health food shops (such as fruit, vegetable and fish shops) and gym for individual who have been through a health check with the outreach team.
34.	Redefine food safety standards to reflect current threats to health and use environmental health officers to promote healthier eating.	Health Improvement Team/Environment Team	Healthy Catering Commitment (see below).
35.	Set high standards of nutrition in public spaces e.g. schools, offices, sports centers, day centres and	Free School Meals Programme Team/Health	In addition to supporting schools to procure meals that comply with nutrient based standards, we have also worked

No.	Recommendation	Owner	Comments on Progress
	libraries.	Improvement Team	<p>with 11 businesses including one leisure centre, workplace canteen to meet the Mayor's Healthier Catering Commitments. 8 of the 11 met the criteria and been award HCC Certificate. This is now part of Environmental Health responsibilities. Public Health plans to support this in 2013-14 by working with Dulwich, Camberwell and Peckham leisure centre cafes and focusing on one chain in an obesity hotspot area.</p> <p>Tooley Street canteen has been involved and work continues into 2013-14.</p>
	Urban Agriculture		
36.	Promote urban agriculture, for example allotments and city farms. Use the planning process and spatial documents to help this.	Planning and Transport team/Health Improvement Team	<p>Strategic policy 11 of the Council's adopted Core Strategy sets out our approach to improving, protecting and maintaining a network of open spaces and green corridors that will provide food growing opportunities. We will do this by continuing to protect important open spaces, including allotments from inappropriate development. We will also promote green corridors, gardens and local food growing in new development. Our draft open space strategy sets out further guidance on the use of open spaces for allotments and community food growing.</p> <p>Public Health have funded five Estates to develop growing spaces within the estate for mixed use (flowers and food growing) as part of the Olympic Health activities.</p>
	Physical activity and sport		
37.	Continue with the Southwark Community Games wider programme. Ensure it is additionally targeted at very precise areas of population in local neighbourhoods.	Sports and Leisure Services Team	<p>The Southwark Community Games (SCG) programme ran throughout 2012 and early 2013. The programme targeted specific areas of the borough known to have high levels of anti-social behaviour such as the 4Squares Estate in Bermondsey and Damilola Taylor Youth Centre in Peckham.</p> <p>The SCG programme ceased in Mar 2013, however through the partnership with StreetGames, a national programme funded by Sport England, the Southwark Community Sport Service will be creating 12 'Door Step Sports Clubs' over the</p>

No.	Recommendation	Owner	Comments on Progress
			next three years. These community based sports sessions will be targeted at areas of specific need and within housing estates without current sports provision.
38.	Continue to use the LBS Olympic brand to promote physical activity and sport.	Sports and Leisure Services Team	The LBS Olympic Brand was used on the Southwark Community Sport Team staff uniform in 2012/13, on the SCG street programme fliers and on the 2013 Team Southwark London Youth Games promotional material.
39.	Collate information on Southwark wide provision of sports and physical activity and publish this widely. Ensure the public can easily access information on provision by Southwark Council, leisure providers, voluntary clubs and private sector providers. Enable this to be accessed on the website and through other portals, using available resources. Link with the LBS Olympic brand.	Sports and Leisure Services Team/Health Improvement Team	Southwark Community Sport team launched the Get Active Southwark campaign in 2012 which included a web-portal with over 700 local opportunities to participate in sport and physical activity in Southwark including over 100 clubs, 250 venues and 350 different activities.
40.	Continue to support the capacity of voluntary sectors organizations and facilitate partnership building, within available resources. Help champion local sports clubs	Sports and Leisure Services Team/Health Improvement Team	<p>The Sports and Leisure Services Team supports voluntary sports organisations in a number of ways. Officers assist with</p> <ul style="list-style-type: none"> • Funding bids • Capacity building • Communication networks (e.g. ProActive Southwark Delivery Sub Group) • Operational Advice • Facility Development • Creating links with other organisations such as schools. • Marketing (Through Get Active) • Training
41.	Prioritise the maintenance and provision of sports facilities in parks and green spaces, particularly green spaces in deprived areas. Where possible increase the provision of outside gyms and other sports facilities. Ensure good urban design so that spaces feel safe and are located near transport hubs.	Parks, Planning and Transport team	<p>Satisfaction of residents with Southwark's parks is very high. Southwark match funded a 2M grant with a 4K funding commitment to improve Burgess Park at the heart of several deprived communities.</p> <p>10 outdoor gyms have been installed in parks around the</p>

No.	Recommendation	Owner	Comments on Progress
			<p>borough and several more in housing estates.</p> <p>The Olympic legacy fund has invested significantly in further sports facilities in the borough.</p>
42.	Maintain Peckham Pulse to a high standard.	Leisure Team	<p>Standards are continually improving as a result regular monitoring and performance review of the centre according to the terms and conditions of our contract with Fusion. Ongoing planned maintenance and capital investment of £2.3m over the next two years will ensure the centre is maintained to a high standard over the coming years. Officers continue to work with Fusion to increase participation and improve access and programming at the centre for young people.</p>
43.	Promote a diverse range of sports, particularly for women.	Sports and Leisure Services Team	<p>Southwark Community Sport team launched the Get Active Southwark campaign in 2012 which included a web-portal with over 700 local opportunities to participate in sport and physical activity in Southwark including over 100 clubs, 250 venues and 350 different activities.</p> <p>Southwark Community Sport Team has a dedicated officer tasked with developing opportunities for women to participate in sport. The Southwark 'Us Girls' programme received national recognition as an outstanding project for women's sport participation at a local level.</p>
44.	Ensure that Fusion invests in lifeguard training for women, as a priority, so it can ensure that it only uses female lifeguards for its women-only swim sessions. Once this has been achieved Fusion should promote this widely.	Sports and Leisure Services Team	<p>Fusion continue to aim to recruit female lifeguards. This is historically a challenge across the leisure industry. Fusion have responded by offering free National Pool Lifeguard Courses with to women with a view of employing upon successful completion of the course. It is an area that is being monitored and developed as part of the wider women's programme.</p>
45.	Ensure universal sports provision is accessible for disabled people	Sports and Leisure Services Team	<p>There are a number of tools and structures in place to ensure that the services we provide are accessible to disabled people. At a policy level, as part of the wider ProActive network, the Southwark Disability sub group (number of organisation working with people with</p>

No.	Recommendation	Owner	Comments on Progress
			disabilities) meet on a quarterly basis with the aim of sharing information and improving access to physical activity. Other ongoing work includes the improvement of facilities through the investing in leisure programme, the development of services within each sports facility by the centre's Disability Champion. Community sports work such as multi sports session delivered at Southwark College and London Youth Games, the Paralympic Legacy grant programme 'Sportability' and finally special inclusive events celebrating the Olympics such as Boundless.
46.	Ensure planning applications for new developments always prioritises the need for people (including those whose mobility is impaired) to be physically active as a routine part of their daily life.	Transport planning team	Southwark Plan requires that new developments: <ul style="list-style-type: none"> - make adequate provision for pedestrians and cyclists; - have good design of access arrangements that promote walking and cycling; - create or contribute towards more direct, safe and secure walking and cycling routes; and - provide convenient, secure and weatherproof cycle parking
47.	Ensure pedestrians, cyclists and users of other modes of transport that involve physical activity are given the highest priority when developing or maintaining streets and roads.	Transport planning team	East Walworth and Faraday Green Links - the creation of new high quality walking and cycling routes between green spaces in the Walworth area.
48.	Plan and provide a comprehensive network of routes for walking, cycling and using other modes of transport involving physical activity; particularly in deprived areas.	Transport planning team	See above. Also Camberwell Green links - Burgess Park to Camberwell Green. Also rollout of cycle permeability improvements across the borough e.g. contraflow cycle facilities. Also Greendale path improvements.
49.	Ensure public open spaces and public paths can be reached on foot, by bicycle and using other modes of transport involving physical activity.	Transport planning team	The Green Links programme focuses on improving links between open spaces to improve access and encourage uptake of walking and cycling by local people.
50.	Promote walking and cycling and other modes of transport involving physical activity in spatial planning documents; particularly in deprived areas.	Transport planning team	Peckham and Nunhead Area Action Plan sets out vision for sustainable travel in the plan area.
51.	Incorporate active design codes in neighbourhood planning, housing strategies and building codes.	Transport planning team	In assessing developments officers seek to ensure that walking and cycling, on their own or as part of a journey that includes public transport, are as attractive as possible as alternatives to car use. Aside from reducing congestion and pollution, this encourages more active travel as a

No.	Recommendation	Owner	Comments on Progress
			contribution toward active lifestyles by improving local pedestrian and cycling routes and including good cycle parking.
52.	Enhance healthier eating knowledge and behaviour amongst at risk populations, working with relevant geographic and ethnic communities.	Health Improvement Team	<p>Worked with British Heart Foundation BME project to target at risk communities (South Asian, African) through events, training and information dissemination.</p> <p>Worked with libraries to expand stock of books for relevant cultures re healthy eating and healthy recipes.</p> <p>Recruited 10 community groups supporting at risk populations to train on the Lets Get Cooking Course to then cascade 10 x 8 week cooking courses.</p> <p>Worked with Ladies of Virtue and West African dietician to devise workshops and support programmes that could be delivered through churches. 3 have taken part so far.</p>
53.	Support people with learning disabilities and mental ill-health, as well as the carers and staff that work with them to encourage healthy eating and physical activity.	Health Improvement Team	<p>GP resource pack devised to support them to signpost Learning Disability patients to health promotion advice in relevant format. Carer/patient workshops also held via provider organisations including MENCAP.</p> <p>Working with Cooltan Arts as a deliverer of Lets Get Cooking course for their Mental Health clients</p>
	Working with the whole population		
54.	When refreshing Southwark's Healthy Weight strategies, consider evidence from the whole community approach, from France, EPODE ('Ensemble, Prévenons l'Obésité Des Enfants', or 'Together, Let's Prevent Childhood Obesity') and incorporate that where relevant and possible.	Health Improvement Team	Refresh of strategy due in 2013/14.
55.	Ensure that links between Southwark's 'Healthy Weight Strategy'; Physical Activity Strategy and Food Strategy are made so that initiatives are mutually strengthening.	Health Improvement Team	This will be the case with the refresh of the physical activity and sports strategy in July 2013.

Progress report on the Community Restoration Fund and Youth Fund

Background

1. The Community Restoration Fund (CRF) was announced, as part of the February 2012 budget setting process, in response to the civil unrest experienced in areas of Southwark in August 2011. It is a one off annual fund (2012-2013) and aims to restore community pride and deliver longer term solutions to support business growth and young people across the borough.
2. The Youth Fund was announced as part of the February 2011 budget setting process. It is a 3 year (2011/2012-2013/2014) programme established in response to rising numbers of young people claiming out of work benefits, increased university tuition fees and the withdrawal of the national Education Maintenance Allowance scheme. It aims to help young people in Southwark improve their long term employment prospects.
3. A joint Advisory Board currently manages the delivery of these funding streams, chaired by the Strategic Director of Finance and Corporate Services.
4. This report is intended to provide an update on progress on the delivery of the CRF and Youth Fund.

Progress to date - Community Restoration Fund (CRF)

5. There are two elements to the CRF: supporting young people and supporting businesses.
6. The objectives of the youth element of the CRF are:
 - To invest in increased positive opportunities for young people with the aim of giving young people more things to do;
 - To provide opportunities which prevent or intervene to divert the small number of young people who are at risk of making poor life choices, including criminal activity, and support a pathway to positive activities within the community.
7. The objectives of the business element of the CRF are:
 - To place thriving high streets and town centres at the centre of local communities that attract increased footfall and economic activity from across Southwark's diverse communities;
 - To ensure businesses are more able to adapt and innovate in response to regeneration and changing local economic circumstances;
 - To get businesses to work together collaboratively to share ideas and resources and achieve increased economic growth in their area.
8. Overall, the CRF has been successful in developing and maintaining 6 area specific business networks across the borough. It has supported young people to start their own business and has engaged young people

in positive activities, diverting them from criminal activities. It has provided access to information advice and guidance through the Youth Buses service and summer activities through 'pop-up' programmes.

9. Key activities and outcomes delivered through the CRF to date include:
- A pop-up shop project, delivered by Creation Trust, delivering business startup support to those interested in becoming self-employed
 - Sustaining low numbers of people not in education, employment and training (NEET) in the borough
 - More young people engaged in enterprise development through the "App project" and the "Mind your own Business" programme.
 - More provision available for young people through Community Council Youth Grants
 - Greater interaction between businesses in local areas such as Camberwell, Tower Bridge and Peckham
 - Business surveys conducted to gain better insight into business needs in different localities
 - Improved communication channels through the development of new business network websites in Camberwell, Bermondsey, Walworth and Peckham
 - Greater community engagement in the delivery of projects and events such as local young people running Rerezent's Talking Shop Radio show and local communities engaged in a range of festive and other themed markets
 - Development of a business improvement district in Bermondsey
 - Improved perception of the council by local business.

10. The CRF performance summary to date is:

	Spend to date	Outcomes achieved	Performance summary
Supporting Young People	£450,000	<p>More YP engaged in positive activities.</p> <p>Greater sense of community engagement in project development and implementation.</p> <p>Young people supported to start their own businesses</p>	<p>Community Council Grants: 100k funding made available between Community Councils for small projects to deliver improved outcomes for young people. Approximately 100 applications for funding have been received; projects will start in April 2013.</p> <p>Youth Buses – Buses in various locations throughout the borough focusing on hot spot areas as identified by Southwark Anti-Social Behaviour Unit and the Police.</p>

		<p>Increased access to further education, training and employment</p>	<p>Mobile delivery has also been extended with the purchase of Mobile Recording/Film studio called 'The Mix Bus' ensuring the service offer can be extended.</p> <p>Buses have also been used at various events promoting youth service activity and are working directly after school closure time in identified areas.</p> <p>Pop up youth clubs - 148 individual young people attended the two pop up projects with in excess of 800 visits to the projects during the summer period.</p> <p>Various activities were in place including film clubs, CV writing and life skills projects. The pop up clubs helped young people gain access to College and access to employment opportunities.</p> <p>'Mind your own Business' Business Bursaries scheme - 40 applications received in first funding round. 13 business ideas selected by the panel to go forward to next round. These 13 will work with London Youth Support Trust to produce a business plan. First grants will be allocated in February 2013 and second round of funding will take place in March 2013.</p>
<p>Supporting Business Growth</p>	<p>£199,330</p>	<p>Identifiable business networks established across the borough.</p> <p>Increased interaction between business</p>	<p>32 people to date have completed their retail training programme and delivered 2 Pop-UP Shops in Walworth; 2 people have gone on to start their own business. 6 business networks have been established and developed across the borough</p> <p>More businesses are actively engaged and have signed up to the newly developed business</p>

		network and the Council. Improvements made to key town centres and high streets	networks More interaction between local businesses and young people Approximately 10 community events and markets have taken place to date
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Progress to date - Youth Fund

11. The Youth Fund was put in place in 2011/12 for three years with the key objective of providing support and assistance to improve the life chances of some of the most vulnerable young people in the borough. In particular the fund intended to support activities that helped to improve the educational outcomes of young people and help support them access local job opportunities.
12. On 27th July 2011 the youth fund was formally agreed through an IDM allocating £3,175,000 over a three year period.
13. The fund is currently delivered through 3 strands:
- the Southwark Scholarship Scheme delivers financial support to fund university study for some of the most vulnerable young people in the borough;
 - the Southwark Educational Maintenance Supplement (SEMS) delivers financial assistance for young people aged 16-18 in learning;
 - the Southwark Employment Training Scheme (SETS) delivers employment support for young people aged 16-24 leaving education.

Southwark Scholarship Scheme

14. To date 13 scholarship beneficiaries have received financial support to fund their university study fees.
15. The subjects of study that the 13 scholarship beneficiaries are attending is as follows:
- Accounting and Finance,
 - Economics,
 - Mathematics,
 - Sociology,
 - Law,
 - Sports Science,
 - Computer Systems and Networking,
 - Civil Engineering,
 - Criminology and Psychosocial Studies,
 - Sociology,
 - Business and Marketing and
 - Biomedical Science.

16. The scholarship scheme has a total budget allocation of £400k over the current lifetime of the programme.
17. The budget report proposes that resources be provided to extend the youth fund for a further three years until 2016/17. This will provide assurance for the future delivery of the scholarship scheme.

Southwark Educational Maintenance Supplement (SEMS)

18. The government abolished the Education Maintenance Allowance (EMA) on the grounds that it did not provide value for money. This meant that from January 2011 no new learners were eligible for EMA, although those already in receipt continued to receive reduced support until the end of that academic year. The scheme cost £560m per annum in England. Qualitative research for the government found that EMAs had limited effect on keeping learners in education. When recipients of EMA were asked what they would do in the absence of EMA only 12% said they would not be in education. The government therefore interpreted that 88% of students receiving EMAs would be in education even without it.
19. In Southwark in 2010/11 there were over 10,000 16-18 residents in Southwark the majority of who attended schools and colleges outside Southwark. There were 3,729 Southwark residents receiving EMAs at schools and colleges in and out of Southwark (i.e. approaching 40% of Southwark's 16-18 year olds residents). By contrast the Youth Fund Southwark Educational Maintenance Supplement (SEMS) in 2012/13 only reached about 900 students. This reflects the much more restrictive criteria used for eligibility in SEMS. EMA was available to students from households earning up to £30,810 pa whereas SEMS sets an income limit of £16,190 (in line with Free Schools Meals eligibility criteria). Also in 2012/13 EMAs were still available to some students and they were therefore not supported by SEMS
20. SEMS was not conceived as a replacement for EMAs. The cost of EMAs to Southwark students in 2010/11 was between £3m-£4m but the budget for SEMS was just £600,000. It was obvious therefore that SEMS could not match the scale and reach of EMAs in Southwark but was intended as part of a package to promote opportunities for young people through the Youth Fund. The average amount paid out by EMA to learners in Southwark was about £1000 whereas SEMS was only able to pay £262 per learner. EMA was also paid directly into the learner's bank account while SEMS is paid to providers based on data they provide about the number of eligible learners.
21. Many providers also provide additional support to students in need using money left over from the national 16-18 bursary fund after they have met the needs of those entitled to £1200 from this fund (care leavers, disabled students and 16-18 year olds receiving income support). Providers also add money from their own budgets to compensate for the end of EMA.

This can amount to hundreds of pounds and so is more significant than SEMS. Nevertheless SEMS has been a vital addition for many students and a survey done by email and phone found that students regarded it as having enabled them to stay on in education.

Southwark Employment Training Scheme (SETS)

22. There are several factors that contribute to continuing youth unemployment. These include: young people are less likely to have work experience; young people lack specific skills; young people don't have access to adequate support networks and employers; young people aren't yet familiar with the 'world of work' and often struggle to navigate the local employment support system.
23. Although London remains a supplier of jobs, competition to secure these jobs continues to increase. An increase in demand for high skilled jobs at one end and more low level service sector jobs at the other means the labour market may be 'hollowing out' with more competition for lower level jobs. This acts as a further barrier to employment for young people, who then less prepared to compete for jobs in an open market.
24. Recognising some of these issues, SETS aims to help young people gain access to available local employment opportunities and training.
25. To date, SETS has supported 431 young people. 126 have gained work experience and 62 have secured employment. Key observations from the delivery of the SETs include:
 - the spectrum of need of the young people on the programme is wide;
 - there is a large variation in the skills levels of the young people on the programme;
 - recent university graduates are struggling to secure employment;
 - there is lack of sector specific information about what jobs are available;
 - young people want help to navigate the local employment support system and work out what they want to do;
 - young people lack confidence and understanding of how to 'sell their skills' to employers;
 - young people benefit from having a mentor/advisor who can help them to realise their talents and ambitious.
26. SETS has been able to help young people make the transition from education to employment by giving them access to opportunities in the labour market, building their employability skills and raising their confidence. It has proved challenging to secure evidence of sustainable job outcomes over 13-26 weeks. This may be because of a number of factors including: the entry level jobs available are short term; young people do not wish to continue to engage with providers following job entry; young people move into training/further education following a period of employment; providers need to improve their monitoring techniques.

27. The majority of referrals for the SETS have been from Jobcentre Plus which suggests that this support has been successful in filling a gap that mainstream provision is not easily able to provide.
28. It should be noted that during 2012/13 Red Kite Learning, one of the providers contracted to deliver the largest proportion of outputs through SETS, ceased operation.

29. Overall, the youth fund performance summary to date is:

	Total Budget allocation (2011-2014)	Spend (or committed) to date	Outcomes achieved	Performance against key indicators to date
SSS	£ 400 000	£287,000	Talented YP given the opportunity to reach their learning potential	<p>13 students have been awarded a scholarship since the start of the programme.</p> <p>SSS aims to support 21 students in total.</p> <p>Students from the following wards have gained scholarships:</p> <p>Cathedral (3 people) Faraday (2 people) Newington Peckham Rotherhithe College East Dulwich Grange Livesey</p>
SEMS	£1,800,000	<p>The total £300,000 budget for 2011-12 was allocated.</p> <p>For 2012-13 the budget is £600,000 - to Date £382,500 has been allocated.</p>	<p>Successful in ensuring young people in the borough remain in education.</p> <p>Helped to sustain Southwark's NEET numbers at a low level – 495 NEET 16-18 year olds.</p>	<p>In 2011/12 the scheme supported 922 learners at 33 providers inside and outside Southwark.</p> <p>In 2012/13 to date, the scheme is supporting 1280 learners at 30 providers.</p> <p>A questionnaire has been sent to pupils who have benefited from the scheme 103 (11% of the number of</p>

				<p>students funded) from 22 providers have responded to date. Survey findings show:</p> <ul style="list-style-type: none">- Travel, books and food were the most common uses of the funding;- All respondents said SEMS helped them stay in education;- Some students say it was "vital";- Others students felt the amount wasn't enough.
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SETS	£ 975,000	2011/12 spend of £298,158. 2012/13 allocated spend to date is £165,133.	Young people supported to increase their employability and compete in the labour market.	Key outputs since October 2011: Numbers supported: 475 Work Placements: 146 Entry to jobs: 65 Jobs sustained for 13 weeks: 22 Jobs sustained for 26 weeks: 8* *recorded for 3 projects delivering in 12/13
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Consultation

30. The Youth Fund was established in response to high rates of youth unemployment in the borough and the impact of the removal of education maintenance allowances as part of the 2011/2012 budget which followed an extensive consultation. This included the Southwark Spending Challenge. This challenge involved seeking views from each Community Council and through meetings with key community groups. The consultation process began in September 2010 with Cabinet Members agreeing a set of budget principles and then visiting community councils, and other groups.
31. The decision to establish the CRF followed the disturbances of August 2011. In the immediate aftermath of the disturbances the council held a series of 'community conversations' where individuals and groups provided insight into the impact of the disturbances and what could be done to learn for the future. These highlighted that young people need and value opportunities to be part of their community and in the decisions that affect them.
32. During January 2012, the Cabinet Member for Regeneration and Corporate Strategy held a series of meetings with key stakeholders, including local business leaders and business organisations, to discuss the development of the CRF. This helped to establish the scope of the fund and the process by which it would be distributed.
33. The Southwark Youth Council were involved in developing the proposals for the supporting young people element of the CRF and supported the implementation of the projects supported through this fund.
34. CRF projects have been presented to Community Council's for discussion and the youth community councils are helping to determine funding

allocations in their respective areas through the Community Council Youth Grant.

Summary of funding

35. The following funding allocations are in place for the youth element of the CRF:

Project	Amount awarded
Community Council Youth Grants	£100,000
App centre	£85,000
Business start-up bursaries (Mind your own Business)	£70,000
Pop-up youth projects	£62,200
Youth Buses	£180,000
Total	£497,200

36. The following funding allocations are in place for the business element of the CRF:

Organisation	Project	Funding allocation
Bermondsey Business Association	Bermondsey BID	£30,000
Business Extra	Walworth Town Team	£100,000
Camberwell Business Network	Camberwell is Cool campaign	£50,000
Creation Trust	Pop-Up Retail project	£84,000
Deli Felice (on behalf of Albion Street businesses)	Albion Street Traders	£4,800
Eclectic Productions	Reprezent Radio's Talking: Shop	£31,430
The Means	Peckham Town Team	£100,000
Tower Tandoori (on behalf of Tower Bridge Road businesses)	Tower Bridge Road Alliance	£40,000
Total		£440,340

37. The following funding allocations are in place for the youth fund:

	2011-2012	2012-2013	2013-2014	2014-2015	Total
Southwark Educational Maintenance Supplement	£ 300,000	£ 600,000	£ 600,000	£ 300,000	£1,800,000
Southwark Scholarship Scheme	£ 50,000	£ 100,000	£ 150,000	£ 100,000	£ 400,000
Southwark Employment Training Scheme	£ 350,000	£ 325,000	£ 300,000		£ 975,000
Total	£ 700,000	£ 1,025,000	£ 1 050 000	£ 400 000	£ 3 175 000

From: Laurence Guinness [mailto:laurence.guinness@kidsco.org.uk]
Sent: 15 April 2013 12:13
To: Timbrell, Julie
Subject: Re: Kids Company - summary of the meeting

Hi Julie,

Here's the information I said I would supply;

The name of the school that serves dinner after school in return for doing homework is Carshalton Boys School, I haven't visited there myself but Henry Dimbelby who is writing the DfE's School Food Report told me it is an example of best practice.

With regards to the Low Income Diet and Nutrition Census that was dropped please see the email below from Gillian Swan at the DoH in response to my enquiry.

I have also attached the recent report from the London Assembly that I'm sure the scrutiny sub committee will find interesting. Here is a link to further information regarding this.

<http://www.london.gov.uk/mayor-assembly/london-assembly/publications/a-zero-hunger-city-tackling-food-poverty-in-london>

I'll look forward to hearing any comments from the committee or to further engagement to discuss addressing unmet needs amongst children in the borough.

All the best,

Laurence

----- Forwarded message -----

From: <Gillian.Swan@dh.gsi.gov.uk>

Date: 19 March 2013 15:27

Subject: re: Low Income Diet and Nutrition Survey 2009

To: Laurence Guinness <laurence.guinness@kidsco.org.uk>

Dear Laurence

Thank you for your enquiry. I apologise for the delay in responding.

Responsibility for nutrition policy in England transferred from the Food Standards Agency to the Department of Health in 2010. The Department now has responsibility for diet and nutrition surveys including the National Diet and Nutrition Survey rolling programme (NDNS). The NDNS covers the general UK population aged 18 months upwards living in private households. Fieldwork has been carried out every year since 2008. Low income groups are included in NDNS but the sample size is too small for separate analysis of this group. We will be including a analysis of food consumption and nutrient intakes by household income in the next NDNS report due for publication towards the end of this year.

We also commission ad hoc surveys of population groups not covered by NDNS. We recently published a survey of the diet and nutrition of infants and young children aged 4-18 months. There are currently no plans to commission a new dietary survey of low income groups but we do keep a watching brief on developments and would consider this group alongside others when deciding on priority groups to cover in any new survey.

I attach links to the latest NDNS report and the report on infants and young children for your information.

<http://transparency.dh.gov.uk/2012/07/25/ndns-3-years-report/>

<http://transparency.dh.gov.uk/2013/03/13/dnsiyc-2011/>

I hope this is helpful

regards

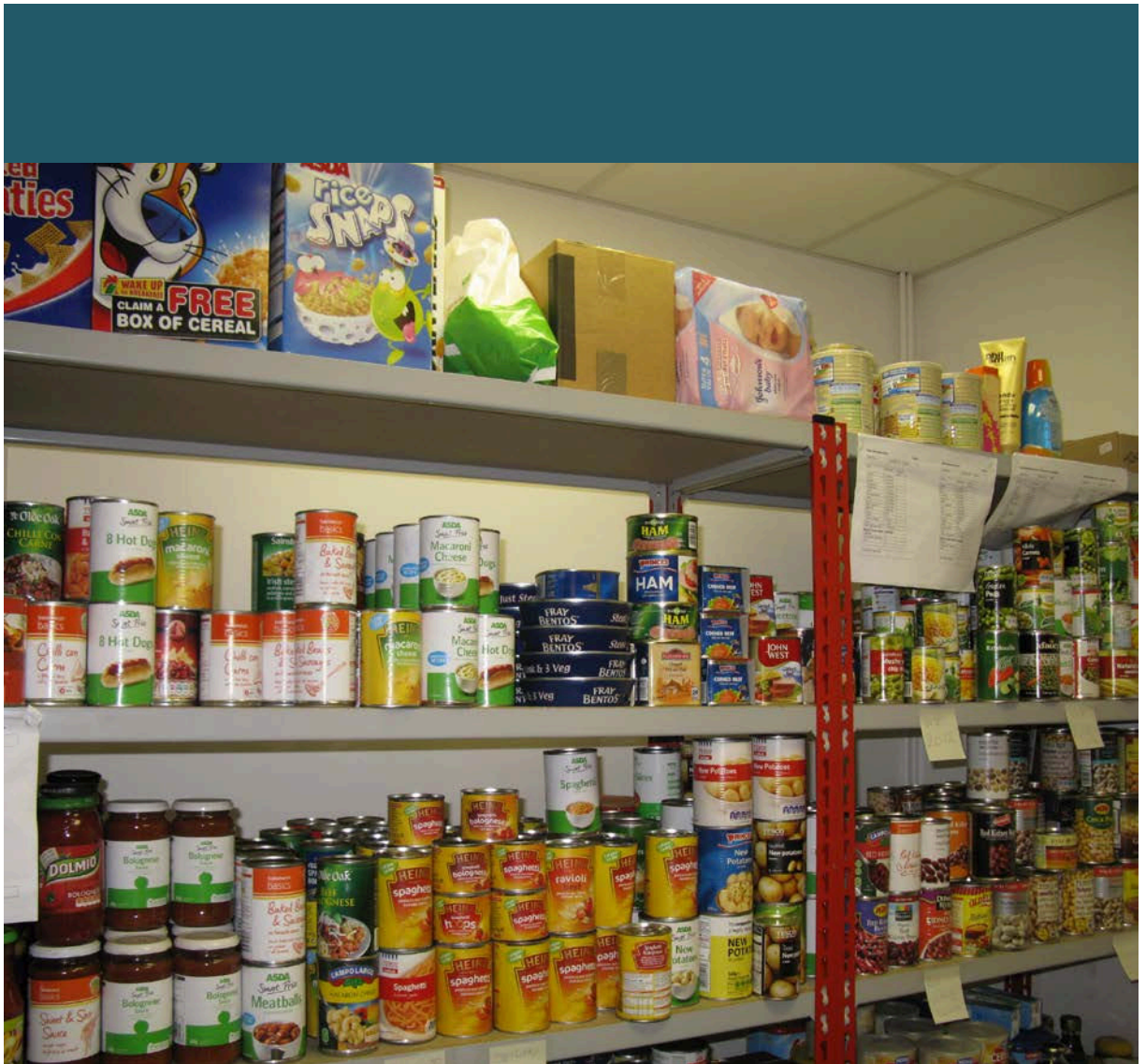
Gillian

Gillian Swan
Food Composition and Diet Team
Nutrition Branch
Department of Health

A Zero Hunger City

Tackling food poverty in London

March 2013



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Andrew Boff	Conservative
James Cleverly	Conservative
Nicky Gavron	Labour
Stephen Knight	Liberal Democrat
Kit Malthouse	Conservative
Onkar Sahota	Labour
Fiona Twycross	Labour

The Health and Environment Committee agreed the following terms of reference for this report on 12 September 2012:

- to investigate the scale and causes of food poverty in London;
- to consider what the Mayor and partners can do to support people suffering food poverty in London; and
- to consider what the Mayor and partners can do to address the risk factors of food poverty.

The Committee would welcome feedback on this report.

For further information contact: Simon Shaw on 020 7983 6542 or Simon.Shaw@london.gov.uk.

For press enquiries contact Lisa Moore (Lisa.Moore@london.gov.uk) or Julie Wheldon (Julie.Wheldon@london.gov.uk) or 020 7983 4228.

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Foreword



Food is the most basic of human requirements. Yet, in one of the richest cities in the world, increasing numbers of Londoners are struggling to afford sufficient healthy food for themselves and their families. Our aim should be to make London a Zero Hunger City.

Food banks are the most visible manifestation of the growing crisis of food poverty in London. Their volunteers do remarkable work providing emergency aid to increasing numbers of people, but food banks must be viewed as an emergency ‘sticking plaster’ response rather than a solution in themselves. More must be done to address the underlying reasons why people turn to food banks in the first place. This report highlights concerns that far from these issues being in the process of being resolved, food poverty is likely to increase in the coming months and years. This is an immediate problem and will not solve itself.

We are witnessing a rapid rise in people accessing food banks for emergency food provision. The number of food banks has increased to match this surge in demand. The Trussell Trust, which runs the largest chain of food banks in the country, had 6 food banks in London in 2009 and now has 40. Over 34,000 people were fed by Trussell Trust food banks in London from April 2012 to mid-February this year. Among those resorting to food banks are people in low paid work and all too many people in London who are in work are still earning below the London Living Wage. They are no longer able to juggle the pressures of rising debt, increasing rents and escalating fuel bills. At the same time welfare changes and effective cuts in pay are hitting people.

Large numbers of children are fed by food banks in London. Many children in our schools arrive hungry. The survey conducted for this report shows that over 95% of teachers who responded said children in their schools regularly went without breakfast. Over half said this was because families could not afford food. These children’s health, educational attainment and life chances are threatened by hunger. This is shameful and is completely unacceptable. Neither breakfast clubs nor free school meals reach all children living in poverty nor do they feed all children who are hungry. We present a number of ways to tackle children’s hunger, including expanded provision of healthy universal free school meals.

At the other end of the age spectrum, there are fewer ready-made solutions to the issue of malnutrition and food poverty among older people in London. However, pensioner hunger and malnutrition is a problem that requires urgent attention. Our investigation heard that a high proportion of people over the age of 65 admitted to hospital in Lewisham and Southwark were already suffering from malnutrition

Perhaps the most worrying aspect of the picture of food poverty we saw during the research is the element of chance involved in what help is available. Provision is ad hoc as a result and greater strategic oversight and co-ordination is needed to ensure all Londoners have access to decent good value food.

Throughout the investigation I have met remarkable people trying to overcome considerable barriers to address both the immediate and longer term needs faced by people of all ages in our city. We have met teachers who pay for food for pupils out of their pockets, business people who have made personal sacrifices to establish food banks, volunteers who themselves have faced poverty in the past and representatives of charities, government and local authorities who are determined to tackle hunger in London and across the UK. I would like to thank all of these people for contributing to this report and for the work they do on behalf of Londoners on a daily basis.

These people have all recognised that hunger is not acceptable in our city. The only acceptable – and urgent – overall objective for the Mayor, Government, local authorities and other partner organisations with a role in addressing food poverty (and poverty) is to work together towards a Zero Hunger City.

Fiona Twycross AM

Executive summary

Food poverty is the inability to afford or access healthy food. Our investigation found that thousands of Londoners are at risk of food poverty. Food poverty affects children, people of working age and older people and those at risk or living in food poverty are both in and out of work.

Food poverty is a complex economic and social phenomenon and there are multiple drivers for it. Low income, welfare reform, rising prices and food deserts all play a part. Food poverty is likely to increase in London as the economic downturn persists and inflation continues to depress living standards.

A number of initiatives are being supported by statutory and non-statutory organisations. These include food banks, food kitchens, community food-buying schemes, school breakfast clubs and lunch clubs for older people. They represent a very powerful response to hunger in our communities.

Food banks and other forms of emergency food aid provision are increasingly necessary to address food poverty but should not allow policy-makers to avoid addressing the underlying causes of food poverty. Organisations should look to work more formally with government to help identify the causes behind the rise in demand and to provide signposts to other agencies, particularly statutory ones, to support those in or at risk of food poverty.

The scale of hunger among school children is of serious concern. Schools play a vital role in tackling hunger among children. It is essential to develop sustainable funding models for breakfast clubs across London – both in schools with higher and lower numbers of hungry children. Maximising uptake of free school meals, expanding eligibility where possible and exploring further introduction of healthy universal schools meals are also key elements of the response. However, the scale of the problem requires new thinking about extending support beyond the school gates, particularly during the school holidays.

There is a need for local authorities as part of their public health remit to more effectively assess the extent of food poverty among older people. Current initiatives to tackle malnutrition are welcome; these responses should be built on. Community meals should be reinvented for the 21st century, protecting this vital support.

In some areas of London, individuals on a low income, or facing disadvantage, find it particularly hard to buy affordable healthy food. Addressing areas where access to low-cost affordable healthy food is difficult for some groups should form a part of responses to food poverty.

Our findings lead us to the conclusion that there needs to be strategic oversight for monitoring both the prevalence of and the response to food poverty in London. This will require a coordinated approach by both statutory and non-statutory agencies. We therefore recommend that:

- The London Food Board should take on strategic responsibility for addressing food poverty in London – aiming for a Zero Hunger City.
- The Mayor of London should ensure that the London Food Board has the necessary capacity to fulfil this role. The Mayor should also take an active role in supporting healthy school meals across the capital.
- Health and Wellbeing Boards in all London boroughs should lead a food poverty action plan and designate a link worker for the multiple organisations responding to food poverty.
- Schools should identify and address hunger in schools throughout the school day and support families in food poverty.
- Emergency food aid organisations should proactively seek out groups that face barriers to accessing emergency food aid, including older people. They should also identify ways to systematically make sure service users access the advice and support to which they are entitled.

1. Introduction

Food poverty is on the rise in London. The economic downturn and recent increases in food prices and energy costs are placing renewed pressure on Londoners' incomes and reducing spending power. Many thousands of people both in work and out of work are living in, or at risk, of food poverty.

Food poverty is the inability to afford or access healthy food.¹ It causes poor physical and mental health and contributes to heart disease, diabetes and strokes. For children, food poverty can cause low birth-weight and poor child development. Food poverty can also lead to high malnutrition levels among older people. It can also be linked with obesity, where unhealthy foods are chosen as filling options for those on a limited budget. Inequalities in diet can lead to inequalities in health and life chances.²

*People who are held back by poor diet are more likely to develop vulnerability to food-related diseases such as heart disease, cancer, stroke, and type 2 diabetes, arthritis and mental health issues. Malnourishment is also a barrier for personal development, affecting education and future success. **FareShare***

*Previous research has already demonstrated that food insecurity correlates with lower IQ, behavioural problems and emotional problems. **Kids Company***

The impact of food poverty generates very significant costs to public services, especially health services. It has been estimated that malnutrition costs the UK's health services up to £7.4 billion a year, 50 per cent of which is spent in community settings.³

There is therefore a clear economic as well as a moral case for addressing food poverty. This would reduce the burden and costs to public services, as well as improving life chances.

This report makes a pan-London assessment of the extent of food poverty and its causes. It considers a number of the current responses to food poverty in London and identifies ways that these responses can be strengthened. The report also highlights where gaps or inconsistency in support put Londoners at a disadvantage. We recommend actions that contribute to a strategic and coordinated response to food poverty across the capital.

¹ Department of Health, Choosing a better diet: a food and health action plan, 2005

² http://www.fph.org.uk/uploads/bs_food_poverty.pdf

³ Elia et al, The cost of disease-related malnutrition in the UK and economic considerations for the use of oral nutritional supplements (ONS) in adults. Health Economic Report on Malnutrition in the UK, 2005

How we conducted the investigation

The investigation has gathered information and interviewed a large number of stakeholders and experts. We received forty written submissions from organisations including charities, faith groups, schools, London boroughs and the Greater London Authority, health services, academic experts, housing organisations and the food industry. Written information was also submitted by eleven members of the public.

The Committee also visited Southwark food bank, run by Pecan, where we met volunteers, referral agencies and a client. We spoke to children, breakfast club staff and teachers at Woodberry Down Primary School in Hackney. We also visited the Matthew Tree Project in Bristol and 'The Arches', a centre run by Kids Company in Lambeth.

Further details about this and the other evidence we have received are included in Appendix 3.

2. The extent of food poverty in London

Household spending has come under severe pressure in recent years. The Bank of England's recent Inflation Report highlights that weak wage growth, together with increases in VAT and import and energy prices, have borne down on real incomes.

Many low income households are vulnerable to a sudden loss of spending power if a bill is higher than anticipated or a benefit payment is delayed or changed. As a result, people can face tough decisions about how to feed their families. On a visit to a food bank, the Committee heard about this at first hand. One client explained that she faced two choices to get food that day – either to go to the food bank, or to visit a loan shop.

This chapter sets out the drivers of food poverty and assesses the number of Londoners at risk of food poverty.

The drivers of food poverty in London

Food poverty is a complex economic and social phenomenon. It manifests itself in many different ways: from bare cupboards in the kitchen to the reliance on the cheapest, least healthy fast foods; from hungry children trying to learn with just cold chips in their lunchboxes, to frail older people admitted to hospital with malnutrition. There is a correlation between food poverty and income poverty, but it is not entirely caused by a low income; careful budgeting, cooking skills – and chance – can keep a low-income family from food poverty. One food bank client we met explained how she would find herself with £1.50 to spend – this would go on the option of a bag of frozen sausages that could provide three meals, rather than a bag of apples.

Our interviews indicate that food poverty in London is driven principally by reduced spending power. Problems with income – low income, benefit delays or changes, and unemployment – can combine with problems of expenditure: debt repayments and competing demands from bills and other necessary purchases.

The top three reasons why people are using foodbanks in London are as follows:

1. Benefit delay – 24%;
2. Low income – 21%;
3. Unemployment – 10%.

Trussell Trust (Foodbanks)

We know that living in poverty puts people at risk of poor dietary intake and health inequalities. Food poverty data for those on low incomes in an area of London showed that food insecurity may be a common feature of households that have incomes at the level of the

UK national minimum wage or lower, with 20% being food insecure and 6% food insecure with hunger.

Professor Martin Caraher, City University

Furthermore, research conducted by the London Borough of Lambeth found that 27 per cent of clients of food banks in the borough had 'no recourse to public funds'; their immigration status disqualifies them from any support from public funds and they consequently fall outside the welfare safety net.⁴ It is likely that this group with very weak spending power accounts for a significant proportion of food bank users in some other London boroughs, too.

Low income

In London, low pay is a persistent problem for many. 112,000 people are paid at or below the National Minimum Wage and an estimated 465,000 people are living in London households where gross income does not exceed state benefit income levels.⁵ Almost 700,000 people in work in London earn less than the London Living Wage, including ten per cent of full time workers and 44 per cent of part-time workers.⁶ Low incomes, coupled with high housing costs, means that the poverty rate for children in London, after housing costs, at 37 per cent, remains higher than for any other region. The poverty rate for children in Inner London, at 44 per cent, is higher than in any other part of the country.

Low-income families will often have very limited or no resilience to increased or unexpected spending. Despite careful budgeting, families may simply not be able to afford to put money aside in savings. It is clear that for many on low incomes, the household budget is not sufficient for basic expenditure and simply won't stretch to cover additional occasional requirements or unexpected bills.

The risk of food poverty is therefore particularly acute at crisis points: times of unexpected expenditure, and towards the end of the month when budgets are under pressure. People may have already 'traded down' to cheaper brands or foodstuffs; this leaves less scope to adapt to further declines in income or sudden additional expenditure.

Welfare reform

Changes to welfare benefits, tax credits and income tax have a disproportionate impact on low-income families. These families use the welfare system more than others, and so lack savings to help them survive unexpected shortfalls. 665,140 Londoners were claiming out of work benefits in May 2012.⁷

Major recent reforms have brought added uncertainty to household budgets: the introduction of Universal Credit to replace the main in-work

⁴ Unpublished research, Minahan, D. and Jameson, H (2013), An exploratory study into foodbanks in the London Borough of Lambeth

⁵ GLA, Households below average income, 2008/09 – 2010/11

⁶ <http://www.london.gov.uk/sites/default/files/living-wage-2012.pdf>

⁷ Department of Work and Pensions, May 2012

and out-of-work benefits; the capping of the Local Housing Allowance; the reforms to Council Tax benefit; and the localisation of the social fund. While the stated aim of Universal Credit is to boost incentives to work, the Government has acknowledged that there will be households that are both better and worse off as a result of these reforms.⁸

From April Community Care Grants and Crisis Loans, previously delivered as part of the Social Fund, will be abolished. The Department for Work and Pensions will provide an advance of benefit facility and local authorities will decide how to use the remaining localised social fund as part of a combination of cash, goods and other local support for those in need.

Some of the charities and organisations we consulted told us that the transition from old to new systems puts more people at risk of food poverty. Errors and delays will inevitably occur during a period of such significant change; for people on low incomes, these problems already intensify pressure on food budgets and potentially lead to cycles of debt.

Rising prices

Food prices have risen substantially in the past six months. This rise is largely the result of sharp increase in the prices of some grains following the adverse impact on crop yields of unusual worldwide weather patterns. Other food commodity prices are likely to be affected by the increases in grain prices in due course, and there is risk of further rises should crop yields be adversely affected again this year.⁹

Food, energy and rent spending have all grown at a greater pace than median hourly earnings; growth of energy costs has been particularly high. Food budgets are therefore particularly vulnerable as energy and rent expenditure grows. Graph 1 illustrates the historic growth of median hourly earnings, household electricity and gas bills, rent and food and non-alcoholic beverage prices since 2004.

*...many of our clients do have the skills to manage their finances effectively. The problem is the increasingly low levels of income on which they are being expected to cope whether in or out of work. Cuts to housing benefit especially for those living in London mean that many have to make up their rent out of money which is meant to cover living costs such as food. **Citizens Advice***

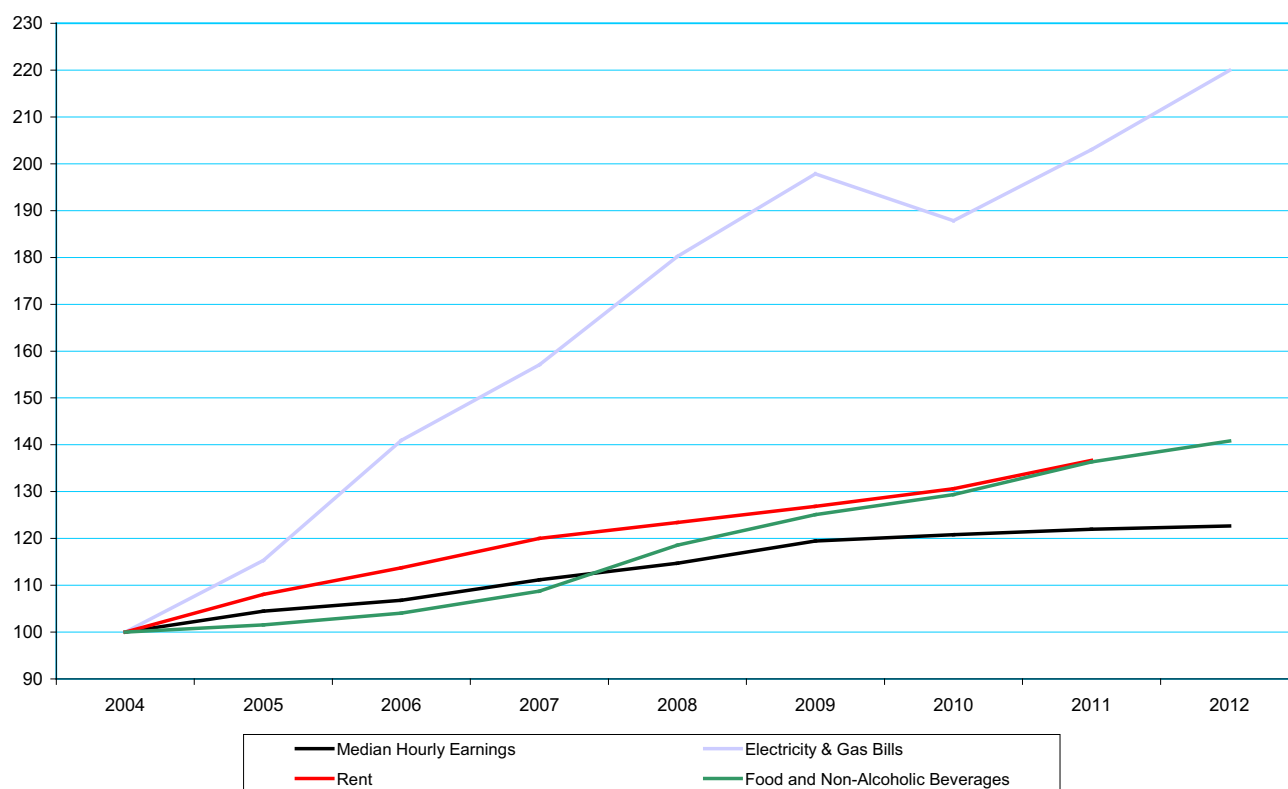
People on a low income already spend a greater proportion of their income on food and non-alcoholic drinks, and those in the lowest income deciles buy less fresh fruit and vegetables.¹⁰ Further pressures on food budgets will exacerbate this situation.

⁸ <http://www.dwp.gov.uk/docs/universal-credit-wr2011-ia.pdf>

⁹ <http://www.bankofengland.co.uk/publications/Documents/inflationreport/2013/ir13feb4.pdf>

¹⁰ <http://www.defra.gov.uk/statistics/files/defra-stats-foodfarm-food-familyfood-2011-121217.pdf>

Graph 1: Nominal growth in median household earnings in London, average household electricity & gas bills in London, rental costs in London and food and non-alcoholic beverages costs in the UK over 2004-2012 (Index 2004=100)



Food deserts

Food deserts are areas where affordable healthy food is scarce or difficult to access. Low consumption of fresh fruit and vegetables is an indicator of food poverty; although other factors contribute to people eating less healthy food, simply not having access to fruit and vegetables at reasonable prices is a problem for many. If these foods are hard to find in reasonable quantities at affordable prices, or if reaching outlets selling this food is costly or unreliable, a food desert exists.

In London, identification of areas that can be considered food deserts is not straightforward; not only are geographical factors important but also how people are prevented from finding healthy food by barriers such as cost, transport and disability.

However, a number of boroughs and academic studies have identified areas of London that could be considered food deserts. A 2009 study of food deserts in Hackney showed that, while affordable healthy food was generally available, there were problems of access as well as there being an overabundance of fast food outlets.¹¹ Islington Council has identified three pockets in the borough where people need to go more than 400m to access any food at all.¹²

¹¹ Bowyer S, Caraher M, Eilbert K. and Carr-Hill R., *Shopping for Food; Lessons from a London Borough*. British Food Journal, 2009, 111 (5): 452-474

¹² Informal meeting with London boroughs, 31 October 2012

The National Obesity Observatory (NOO) has identified a strong correlation between deprivation and density of fast food outlets. The NOO map of local authority areas demonstrates how these two are strongly correlated in London.¹³

Numerous food deserts exist in London especially in the poorer boroughs.

Community Food Enterprise and Greenwich Community Food Co-operative

Sadly, the housebound or those who cannot access the larger food stores are often disadvantaged by having to use the local shops where prices are higher. I also feel that cheaper foods are often higher in fat, sugar or salt which makes the older people's healthy shopping choices especially of prepared meals unhealthy by default - in short less money gives them less options. Disability compounds this because they are more reliant on pre-prepared foods.

Older people's organisations survey respondent

The outlook for food poverty in London

Food poverty is likely to increase in London as the economic downturn persists and inflation continues to depress living standards. The Bank of England's February 2013 Inflation Report highlights the risk of higher domestic energy prices and higher commodity prices over the medium term. The economic consequences of successive waves of welfare reforms are also hard to predict.

Every emergency food aid organisation we spoke to expects an increase in demand for foodstuffs and advice from April 2013. They are stockpiling provisions to be ready for this.¹⁴

Given the potential effect on household incomes in Enfield resulting from the changes to housing and council tax benefit, food poverty is likely to grow significantly over the next few years. LB Enfield

...we anticipate demand for our services will increase significantly with the forthcoming changes to the Social Fund in April 2013.

Trussell Trust

...given the increasing number of cases on JSA [Jobseeker's Allowance] sanctions and crisis loans we also expect a growing number of clients to claim food vouchers. Hackney Citizens Advice Bureau

...the numbers that we serve at our centres increase every year if they are 'open' services to the public. Kelvin Cheung, CEO FoodCycle (personal capacity)

¹³ http://www.noo.org.uk/uploads/doc/vid_15683_FastFoodOutletMap2.pdf

¹⁴ Informal meeting with emergency food aid organisations, 16 November 2012

This review has paid particular attention to hunger among children and older people.

The scale of hunger among children in London

A number of surveys have found worrying levels of hunger among children, as reported by teachers and parents.

A London Assembly survey of teachers in late 2012 found that:

- over 95 per cent of teachers reported some children arrive at school hungry;
- over 77 per cent who answered a question on this had taken action to address hunger among pupils;
- over 60 per cent of teachers had given food to pupils at their own expense;
- more than 2 out of 5 of these teachers reported giving food to pupils up to once a month; and
- almost 1 in 5 reported giving food to pupils between one and four times a month.¹⁵

A survey of teachers commissioned by Kellogg's, conducted in August 2012, likewise found that hunger levels were high and increasing in both London and the UK as a whole.

Question	% of London teachers	% of UK teachers
Don't have a breakfast club but used to.	17%	13%
Children coming to school hungry.	71%	79%
Why children are coming to school hungry? Lack of time at home.	81%	69%
Number of children coming to school hungry? Increased a lot.	15%	13%
Number of children coming to school hungry? Increased slightly.	44%	42%
Have you ever brought food into school? Every day.	5%	2%
Have you ever brought food into school? Every week.	8%	6%
Does your school ever use food banks etc.?	15% ¹⁶	9%

Source: Kellogg's, August 2012

These surveys combined with individual evidence from schools, London boroughs and charities, present a truly worrying picture of child hunger in London; this impacts on their health, wellbeing and attainment levels.

¹⁵ See Appendix 1 for further findings

¹⁶ This is the highest level across all regions.

The scale of food poverty among older people

Food poverty among older people is harder to identify than among children. Isolation and social attitudes (including attitudes among people themselves affected by food poverty) can make the issue harder to quantify. A number of factors contribute to poor nutrition among older people living in the community, including low income, poor health and social isolation.

In response to a London Assembly survey:

- 64% of older people's organisations told us older people had found it harder to afford enough healthy food; and
- 58% of organisations stated that older people regularly struggled to buy affordable healthy food in local shops.¹⁷

Malnutrition levels among older people are an indicator of food poverty. It is estimated that, nationally, malnutrition affects over 10 per cent of older people aged 65 and over;¹⁸ this represents an estimated 90,000 older people in Greater London.¹⁹ Over half the costs of addressing malnutrition are spent on people in this age group. Furthermore, an estimated 25 per cent of older people aged 65 and over admitted to hospital in the UK and Republic of Ireland were found to be at risk of malnutrition (18% high risk, 7% medium risk).²⁰ Although food poverty is not the only driver of older people's malnutrition, these figures serve to highlight the need for greater attention on this group.

*As we are approaching the Christmas season and the temperature starts to drop rapidly, our services become a vital lifeline for some members of the community. A demographic particularly susceptible to food poverty in this period are the elderly as they often have to weigh up the cost of heating their homes against the cost of food and other necessities. **Islington Foodbank***

Conclusion

Thousands of Londoners, both children and adults, are in food poverty. Falling spending power and competing financial demands are the key drivers behind the squeeze on household food spending. The number of London households at risk of food poverty is expected to rise this year.

¹⁷ See Appendix 2 for further findings

¹⁸ BAPEN, Malnutrition among Older People in the Community: Policy Recommendations for Change, 2006

¹⁹ Based on Census 2011 population data

²⁰ BAPEN, Nutrition Screening Survey in the UK and Republic of Ireland in 2011, 2012

3. The response to food poverty in London

In response to this challenging situation, a number of initiatives are being supported by statutory and non-statutory organisations. These include food banks, food kitchens, community food-buying schemes, school breakfast clubs and lunch clubs for older people. Many of these initiatives started off at a local level and remain largely volunteer led. They represent a very powerful response to hunger in our communities. A number of the key initiatives are considered in more detail below.

Food banks

Food banks are the most visible and high profile mechanism for responding to short-term food poverty. The Trussell Trust is the UK's leading food bank organisation. Trussell Trust food banks are established by local church groups or other Christian organisations with support from the national organisation and a London co-ordinator post. A small number of independent food banks have also been established but the Trussell Trust model is dominant across London.

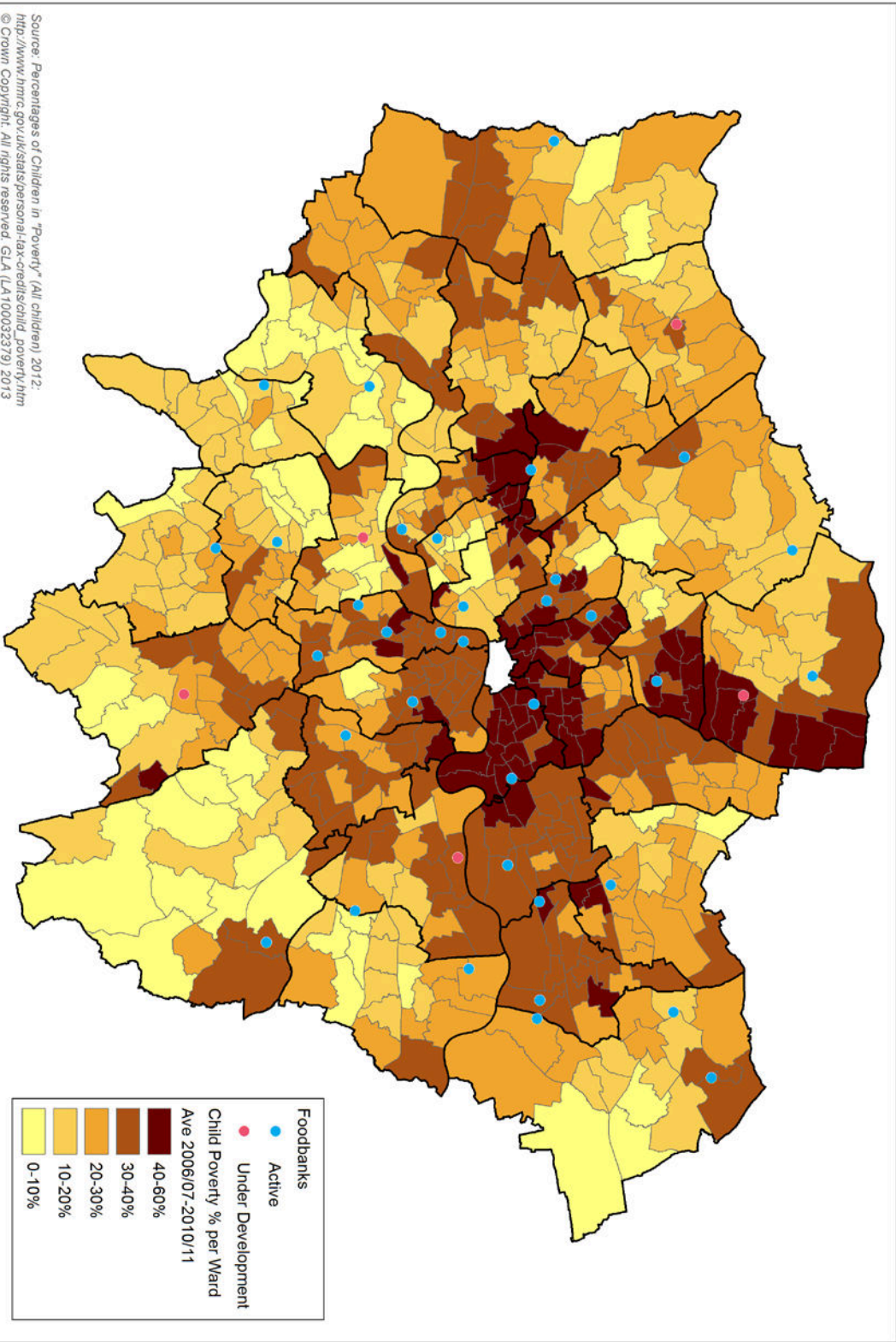
In recent years there has been a substantial increase in the number of food banks in London. In 2009, London had six food banks; now there are 40 (see map). In 2009, food banks supplied food to 400 people; in 2012–2013, they had over 34,000 clients. Some of this number will be repeat clients (each client is usually permitted three visits). The average number of people fed by each food bank has risen from 68 in 2009 to 850 in 2013.

Financial Year	Number of food banks	Number of children	Number of adults	Total	Average number of people per food bank per annum
2009/10	6	238 (58%)	170 (42%)	408	68
2010/11	16	2,689 (42%)	3,690 (58%)	6,379	399
2011/12	30	8,056 (55%)	6,513 (45%)	14,569	486
1 April 2012 – 15 Feb. 2013	40	14,286 (42%)	19,789 (58%)	34,004	850

Source: Food banks data for London, Trussell Trust, 2013

Demand is rising across this sector. FareShare, a charity that redistributes good food that would otherwise go to waste, recently undertook a survey of the charities and community organisations that it supplies. It found that, in the last 12 months, 59 per cent of charities and community organisations reported an increase in demand for food from their beneficiaries. Yet one third said that reductions in funding meant they found it harder to provide

Children in Poverty and Food Bank Locations



meals. One in ten said they may have to reduce their services or abandon providing food altogether.²¹

Individuals normally need to have a referral voucher in order to access three days' worth of ambient food (food that can be stored at room temperature) for themselves and their dependants. These referral vouchers are given to professionals and others, who allocate them to individuals in need of emergency food aid. Each food bank decides on which agencies can hand out referral vouchers; they are commonly social services, school liaison staff and Citizen Advice Bureaux. In some boroughs, police officers issue vouchers, mainly to vulnerable people, but sometimes also to those who may be at risk of offending due to hunger.

Trussell Trust-affiliated food banks focus on meeting short-term food shortages and in general limit individuals to three visits. However, it is clear that on occasion they do offer extra support on a discretionary basis in certain circumstances. Food banks may for example provide food for a longer period where individuals face a longer-term income shortfall; they might also offer food during the school holidays to families entitled to free school meals. The downside of this admirable response to individual situations is that levels of support may not be consistently clear, especially for people with on-going needs. Volunteers may also be unclear to what extent they can use their discretion.

Voluntary organisations are often limited by their capacity to help. While discretion is shown to those who need food beyond the standard three trips to a food bank, there is a gap in provision for those who face longer-term difficulties.

Food banks offer different levels of information and advice to their clients. Some provide written information: for example, on benefits or debt issues. Others partner with local advice organisations, giving clients the chance to speak to an adviser at the food bank.

Although these services show a welcome recognition of the need to address the long-term needs of clients living in, or at risk of, food poverty, food banks should not and cannot be expected to fill what appears to be a gap in state provision.

Many food banks now provide advice and support beyond food, for example in relation to welfare, debt and employment. In providing such additional advice and support to clients, food banks are going above and beyond their initial purpose. It is therefore inevitable that in some areas this support is not as universally developed as it could be.

As the Trussell Trust itself states, food banks are only a part of the response to food poverty, aiming to provide limited emergency support:

...foodbanks are not a sustainable response to food poverty because their purpose is to provide short-term support to people in a crisis situation; they cannot provide long-term support to low income

²¹ Written submission, FareShare, November 2012

families living in poverty. However, we do believe that foodbanks are a sustainable response within the context of providing short-term crisis support... **Trussell Trust**

The food bank model, which relies on voluntary donations, effectively imposes rationing on its client group in order to try to avoid building up a dependency. It is therefore vital that underlying causes of food poverty are addressed, not only to help people stabilise their economic position, but also to allow food banks to do their primary job, meeting emergency demand.

Short-term emergency food aid provision may allow policy-makers to assume that need is being met and that no further action is required. Submissions to our review highlight the situation in the United States where emergency food banks have become an established part of the welfare state. This has formalised the acceptability of food banks as a long-term support mechanism for those on low incomes. The UN Special Rapporteur on the Right to Food's recent report on food insecurity in Canada has highlighted concerns regarding the high numbers of low-income Canadians relying on food aid on a regular basis, comments that he reiterated on a recent visit to London.²²

During the course of this review, food aid organisations identified the need for local authorities to take responsibility for liaising with and supporting their organisations. There was significant support for every borough providing a designated contact person. High storage costs for some food banks were also highlighted, as well as growing project management costs as demand increases.

Conclusion

There is a very wide range of responses to food poverty in the capital. Emergency food aid provision is increasingly necessary to address food poverty but should not allow policy-makers to avoid addressing the underlying causes of food poverty. The experiences of other developed Western economies has shown that once food banks have become a regular source of food for a significant proportion of low-income households, they often become entrenched as a formal part of the nation's welfare system.

Food banks illustrate how community-based responses can both target those living in food poverty and draw in the goodwill of the local community. The dedication of volunteers and staff is to be applauded. However, food banks in London should retain a role only as providers of emergency food aid; they must look to work more formally with government to help identify the causes behind the rise in demand and to provide signposts to other agencies, particularly statutory ones, to support those in or at risk of food poverty.

²²

http://www.srfood.org/images/stories/pdf/officialreports/20121224_canadafinal_en.pdf

A strategic and coordinated response by the public, private and voluntary sector is fundamental to an effective and sustainable response. There should be a systematic approach to the provision of information, advice and signposting across all emergency food aid sites, including a clear ‘triage’ process for priority groups, including repeat users.

Providers should analyse their client groups regularly and work hard to reach groups that face barriers to accessing emergency food aid.

Hunger among school age children

Effectively tackling hunger and food poverty among school-age children in London...

It is now widely accepted that a significant proportion of children in London are living in income poverty. London has the highest rate of child poverty after housing costs of all regions in the UK. According to GLA figures, on the after-housing cost (AHC) measure, almost 40 per cent of children in London are living in poverty (which equates to around 590,000 children)²³ putting them at risk of food poverty.

A particular focus for this review has been tackling food poverty among school-age children. The evidence received during this investigation has demonstrated that at this stage in their lives, hunger seriously affects children’s health, attainment and life chances.

There is a welcome number of statutory, charity and private sector organisations responding to hunger in schools. Some initiatives focus on mealtimes; others advocate a more holistic approach, looking not just at healthy school meals but also at what food is provided by families outside school hours.

...means establishing sustainable breakfast clubs...

Breakfast clubs are part of the solution. Breakfast clubs in London schools often play a dual role, offering breakfast to children who for a number of reasons have not eaten at home, and early morning childcare, which is particularly helpful for working parents.

A number of Lambeth schools participated in the Schools Food Fund research and the results suggest that the introduction of a breakfast club in schools in deprived neighbourhoods is associated with an improvement in pupils’ Key Stage 2 average point score; the observed improvement was also sustained over time.

LB Lambeth and NHS Lambeth

Breakfast clubs can cost between £2,000 and £10,000 a year to run, depending on the cost of food and staff time. As schools do not receive any

²³ http://data.london.gov.uk/datastorefiles/documents/poverty_2012_update.pdf

specific funding to provide breakfast clubs (though they can use Pupil Premium monies if they wish), most will charge families for attendance, often 50p or £1. Some schools do not charge some families, according to their own discretion or criteria; some breakfast clubs are free to all.

The Pupil Premium is intended to provide additional funds for pupils who have been eligible for free school meals in the last six years. However, it is often split between multiple initiatives. Ofsted has reported that around one third of school leaders said that they had used some or all of the Pupil Premium to fund additional curriculum opportunities for pupils. In primary schools, the funding was often used to support extra-curricular clubs and/or out-of-school hours activities, including before- and after-school care, such as breakfast clubs.²⁴

There are other sources of support for schools that want to establish breakfast clubs. We have identified three principal sources of frontline charitable support for breakfast clubs in London: Magic Breakfast;²⁵ the Greggs Foundation²⁶ and ContinYou.²⁷ Each organisation offers different levels of support and criteria to access that support (though important factors indicating deprivation and need are also considered when determining a school's eligibility). Charity support generally focuses on start-up costs, provision or funding for food, training and support; it may not help to cover the cost of staffing breakfast clubs, which can be significant, especially if staff are paid and not volunteering additional time. Importantly, school breakfast clubs supported by the Greggs Foundation and Kellogg's are not required to use the companies' branding or branded products.

In January 2013, the Mayor's Fund announced funding for Magic Breakfast to work in 50 primary schools across the seven poorest boroughs in London (Hackney, Islington, Lambeth, Lewisham, Newham, Southwark and Tower Hamlets) in which over 50 per cent of pupils are entitled to free school meals.²⁸ Magic Breakfast will work with schools for three years developing breakfast clubs. The aim is that, by the end of year three, the breakfast clubs will develop different models to achieve self-sustainability.

While this funding is of course welcome, the lack of a universal approach means that a significant number of schools with 50 per cent free school meal eligibility will not benefit from this funding - Magic Breakfast estimates that 400 London schools would qualify for their support. This is out of a total of more than 1,770 maintained primary schools in London. Additionally, schools with lower numbers of hungry children often have less access to additional support as they do not meet most thresholds for this. Yet the needs of individual hungry children in these schools remain.

²⁴ <http://www.ofsted.gov.uk/resources/pupil-premium>

²⁵ Magic Breakfast delivers free, healthy breakfast foods to UK primary schools with more than 50% free school meals; www.magicbreakfast.com

²⁶ The Greggs Foundation provides free breakfasts in primary schools with over 40% free school meals; <http://www.greggsfoundation.org.uk/breakfast-clubs>

²⁷ ContinYou runs the Breakfast Club Plus programme in partnership with Kellogg's. The programme provides a start-up grant of £450 and free accredited training on setting up and sustaining breakfast clubs; http://www.continyou.org.uk/what_we_do/breakfast_clubs/

²⁸ <http://www.mayorsfundforlondon.org.uk/programme/magic-breakfast/>

Throughout the investigation, it has become clear that not all schools are aware of the different ways to establish and sustain breakfast clubs. The sustainable funding of breakfast clubs is a key issue and it will be vital to widely disseminate any learning from the Mayor's Fund/Magic Breakfast programme.

In 2007, the Welsh Government introduced the Primary School Free Breakfast initiative throughout the country, which schools can opt into.²⁹ Currently, more than three quarters of primary school pupils in Wales have access to a free breakfast every school day. This model works by providing national funding to buy food, but schools must provide the staff at their own cost; in some cases, teachers and kitchen staff volunteer in their own time. There was initially low take-up of breakfast clubs; but outreach work, including by health workers, helped to attract families by demonstrating the value of clubs and minimising any stigma attached to them.

Conclusion

The level of hunger among school children makes it essential to develop sustainable funding models for breakfast clubs across London – both in schools with higher and lower numbers of hungry children.

...and current provision of free school meals may not be doing enough to tackle hunger amongst children

It is widely accepted that healthy school meals have multiple benefits. They can help to improve children's readiness to learn and improve their behaviour at school; they can also help to establish healthy eating habits for life. In England, children are eligible to receive free school meals (FSM) if their parents are in receipt of certain benefits. Crucially, for low-income families in work, FSM are not available to families where a parent works for 16 hours or more (24 hours for couples), regardless of their salary.³⁰ This situation needs to be revisited, particularly for London where the cost of living is generally higher than the rest of the country. With school lunches costing around £10 a week per child, having to suddenly find that money as a parent returns to work can be challenging. With the advent of Universal Credit, the different benefits that allow access to FSM will no longer exist. The Government is currently deciding on the gateway for FSM via Universal Credit and a number of charities are currently campaigning for any level of eligibility for Universal Credit to be made the threshold. This would ensure greater numbers of children were eligible for FSM.

Free school meals are provided to a higher proportion of low-income families in London than the national average. The national average for known eligibility for FSM is 18.2 per cent. For nursery and primary schools in London:

- almost a quarter of pupils are known to be eligible for FSM;
- 1 in 3 of pupils in inner London are eligible for and claiming FSM; and

²⁹<http://wales.gov.uk/topics/educationandskills/learningproviders/schools/foodanddrink/breakfast/?lang=en>

³⁰<http://www.education.gov.uk/schools/pupilsupport/pastoralcare/a00202841/fsmcriteria>

- almost 1 in 5 of pupils in outer London are eligible for and claiming FSM.³¹

These data illustrate the importance of free school meals in contributing to the wellbeing of London's children, particularly in boroughs with high levels of deprivation. However, under-registration for free school meals is high in the city - estimated at 9 per cent in inner London and 17 per cent for outer London³² - which means that large numbers of children are unable to access free lunches, and that many schools cannot claim the Pupil Premium for them.

Local authorities can address food poverty among children in two ways: by extending free school meals; and by providing universal free school meals (USM).

The London Boroughs of Southwark, Newham and Islington are all introducing universal school meals for primary school children. Newham was initially match-funded as part of a national government pilot scheme and the borough has decided to continue funding the scheme. Islington is funding USM for all nursery and primary school pupils, Southwark is funding USM for all primary age pupils by autumn 2013 and Tower Hamlets recently approved funding for two years of USM for reception and Year 1 pupils.

The national evaluation of the USM pilot schemes found that offering free school meals to all primary school children improved take-up.³³ There was consequently an improvement in educational attainment. The evaluation identified a consistently positive impact at Key Stages 1 and 2; pupils made between four and eight weeks' additional progress, this particularly applied to children from less affluent families.

Conversely, widening eligibility to include additional children appeared to have very limited impact in improving take-up and attainment. This would suggest that universality of free school meals is the only significant and effective policy option available to local authorities when seeking to improve take-up and address hunger in children.

It is essential that children and parents view free school meals as a healthy quality option. Ofsted no longer has a role to inspect schools' compliance with government school food standards. Academies and free schools are also not required to follow these standards. Universally applicable standards and a clear quality assurance procedure are both key elements of further developing trust in and take-up of, school meals. The Food for Life quality standard is another welcome initiative.

London could choose to target investment at significantly extending eligibility for free school meals or making school meals free for all children. Research from the National Centre for Social Research shows how this can help improve nutrition and educational progress for children from less affluent homes, and this is a policy already

³¹<http://www.education.gov.uk/researchandstatistics/statistics/allstatistics/a00209478/df-e-schools-pupils-and-their-characteristics-january-2012>

³² <https://www.education.gov.uk/publications/eOrderingDownload/DFE-RR235.pdf>

³³ <https://www.education.gov.uk/publications/RSG/publicationDetail/Page1/DFE-RR227>

adopted by some London boroughs, such as Newham, Islington and Southwark. **Children's Food Trust**

Conclusion

Maximising uptake of free school meals is a vital part of tackling hunger and poor nutrition among school children. Addressing under-registration for free school meals should be a priority for governing bodies and local authorities.

More action is needed to explore the introduction of Universal School Meals across London and consider different funding models.

As a minimum, the advent of Universal Credit presents a timely opportunity to extend free school meal eligibility to low-income families both in and out of work.

Ofsted should be responsible for inspecting school food; academies and free schools should sign up to follow government school food standards. However, in the absence of this, there is a role for the Mayor to assess provision of healthy school meals in London.

But action is also needed outside the school gates...

Action on school meals and breakfast clubs is unlikely to be a sufficient response to hunger among school children.

*...the real problem for children in my school is that a significant number of them sometimes go hungry in the holidays because they are not receiving free school meals (FSM), parents do not have enough food... maybe we could offer FSM during the holidays on a daily basis for those children at risk of going hungry. **Teacher survey respondent***

Meeting the needs of children in households at risk of food poverty requires multiple approaches, including initiatives that engage with parents and carers to promote healthy diets.

*Many families living in poverty in London just do not seem to understand how to spread the cost of buying food for their families (opting for junk food/take away food). Schools also need to monitor lunchboxes so that they are aware of the families that need advice with healthy eating. **Teacher survey respondent***

Magic Breakfast, with funding from Asda, piloted a programme to provide support during the school holidays. The *Magic Breakfast 365* programme can offer food, cookery skills and exercise classes to children and parents. We heard that the programme is ready to roll out into other schools; all it needs is the necessary funding.

Kids Company provides practical, emotional and educational support to vulnerable inner-city children. Kids Company provides meals for those accessing its services; 85% of the children and young people attending Kids Company centres rely on them for their main meal of the day. Kids Company also reported that they are making an increasing number of referrals to food banks.

Conclusion

Schools play a vital role in tackling hunger among children, but the scale of the problem requires new thinking about extending support beyond the school gates, particularly during the school holidays.

A renewed commitment is needed to tackle food poverty in older people

It has proved significantly more difficult to assess how food poverty among older people is being tackled. Older people represent less than 1 per cent of food bank users in London. Cuts in building-based service provision (such as lunch clubs) in many areas have made it harder for older people to access affordable meals in the community. In response to our survey older people's organisations reported significant concerns regarding this group's ability to afford sufficient healthy food. The survey also identified the major barriers preventing older people accessing food banks:

- 79% of organisations identified older people not knowing about food banks as the biggest barrier to accessing them;
- 64% told us older people did not feel comfortable going to food banks;
- 43% thought that older people did not know how to be referred to a food bank; and
- 29% told us that the local food bank was hard to get to.

Given high levels of malnutrition reported in elderly people on hospital admission, the London Boroughs of Southwark, Lewisham and Lambeth have established a tri-borough task force to address the issue. Two key support mechanisms are the provision of ready-to-eat or ready-to-heat community meals and lunch clubs or other social events where food is part of provision.

Pressure on community-based food provision is increasing the risk of food poverty among older people

Community meals seem best focused on people facing significant difficulties in preparing food in the home. In London boroughs, these will predominantly be older people, but the group will include some disabled people. Community meals help older people to remain in their own homes, preventing escalation of needs.

However community meal provision is under significant pressure. Figures from a survey of councils in England by the charity Age UK, found that two-thirds of local authorities were increasing charges for services such as community meals – the average charge for a meal rose from £3.17 in 2010-11 to £3.44 in 2011-12.³⁴ Some are going further, putting up their community meals charges by as much as 75 per cent. In some areas they are scrapping their meals services altogether.³⁵

³⁴ <http://www.telegraph.co.uk/health/elderhealth/8854308/Misery-for-millions-as-elderly-care-funds-cut.html>

³⁵ <http://www.thenacc.co.uk/assets/downloads/144/Malnutrition%20-%20UKs%20silent%20killer.pdf>

The London Borough of Southwark has taken a different approach. Given the prevalence of malnutrition among older people in the borough, the council has decided to halve the price of community meals by 2014. This step aims to ensure older people are supported to remain independent and not have to go into residential or nursing care. The council expects community meals will remain a key component of future support for older people, particularly those over 85.

Conclusion

There is a need for local authorities as part of their public health remit to more effectively assess the extent of food poverty among older people. Current initiatives to tackle malnutrition are welcome; these responses should be built on.

Given their very limited use by older people, it is not currently possible to rely on food banks as a significant part of the solution in addressing food poverty among older people.

Community meals should be reinvented for the 21st century, protecting this vital support and preventing high costs to the health service when older people are malnourished.

Tackling food deserts

Our review heard of two particular policy responses to tackling food deserts. One approach is to avoid an over-dominance of unhealthy food outlets. Waltham Forest sets policy, both to limit the number of hot food takeaway outlets and to limit their proximity to schools, youth centres and parks. The GLA and Chartered Institute of Environmental Health *Takeaways Toolkit* aims to encourage further take-up of this policy.

The other policy response is to make affordable healthy food more available. Promoting access to low-cost healthy food is a key part of addressing the underlying causes of food poverty. Community food-buying schemes can be located in areas where access to affordable healthy food is problematic and target specific groups. For example, East London Food Access piloted a project offering low-cost fruit and vegetable deliveries and cooking sessions to older people. An evaluation of the pilot found that, by the end of the 12-week period, individuals consumed more fruit and vegetables. Another example is Community Food Enterprise, which partners with Suriya Foods, the largest distributor of ethnic food, to ensure its supply chain for local food banks meets the needs of BAME groups.

We have found that coverage across London for such food-buying schemes is patchy; the benefit for communities seems to warrant a greater Mayoral focus on these initiatives. More could and should be done to promote access to low-cost healthy food.

Conclusion

Addressing areas where access to low-cost affordable healthy food is difficult for some groups should form a part of responses to addressing the underlying causes of food poverty.

Strengthening the supply chain of low-cost healthy food

FareShare are the largest food re-distribution organisation in the UK. FareShare has a very practical approach; rescuing good food that would otherwise go to waste from the food and catering industry. It is then redistributed to community charities such as hostels, food banks, day centres, breakfast clubs, and women's refuges. In London, FareShare serves 109 community charities and organisations, benefiting over 5,000 people a day.

Fundamental to the delivery of emergency food aid and other initiatives such as breakfast clubs, is the supply chain of free or low-cost healthy food. This is supported by not-for-profit organisations such as FareShare and Best Before, as well as by the food industry. Free or low-cost food supplies help organisations to minimise their spending on food, protecting stretched budgets.

It can be challenging for smaller initiatives to engage with larger donations, due to capacity limitations and, particularly, a lack of storage. Yet organisations such as FareShare are proactively seeking a greater number of partners in London.

And these operations could be scaled up. Too much food still goes unnecessarily to waste.

*...each year an estimated 3 million tonnes of food, much of it fit for human consumption, is wasted from the food industry. Food producers are throwing away food due to faulty packaging, ordering mistakes, or short shelf life. **FareShare***

Conclusion

Given rising need, it is vital to ensure a sustainable supply chain for food aid initiatives. This should cover issues such quantity and quality, but also distribution and storage.

4. Conclusions and recommendations

There is substantial evidence to indicate that food poverty is a significant and growing problem in London. A large number of initiatives, driven predominantly by the third sector, are supporting households and individuals in need, but they are at risk of being overwhelmed. It is therefore vital that London has a unified response to providing both emergency food aid where necessary, and longer-term support for those at risk of food poverty. Efforts by the GLA, London Food Board and London boroughs will be crucial to provide a joined up and sustainable response to food poverty.

London needs a strategy for addressing food poverty that not only coordinates responses but minimises any threat to individuals' dignity and prevents stigmatisation. Individuals can have very different experiences, for example when accessing emergency food aid or applying for free school meals, depending on efforts to maintain dignity or prevent stigmatisation.

London's food poverty strategy needs to be led by the Mayor's London Food Board (LFB) chaired by Rosie Boycott, the Mayor's food advisor. The board now has a food poverty project group which should adopt our recommendations in its on-going work and strategy for a zero hunger London.

The Mayor's office, in retaining a small group dedicated to this issue, can affect the necessary linkages to other key streams of government activity, whether or not they fall under the Mayor's remit. **Professor Elizabeth Dowler, University of Warwick**

Particularly in the current economic climate, the local response to food poverty is inevitably spread across the statutory, third and private sectors. However, it is essential that statutory agencies, particularly local authority agencies or agencies acting on their behalf, take the lead in developing a local strategic response to food poverty and promoting access to statutory services wherever individuals are entitled. The new Health and Well Being Boards, which bring together professionals from across different sectors, are ideally placed to lead that response.

Recommendation 1 – The London Food Board

The London Food Board should take on strategic responsibility for addressing food poverty in London – aiming for a Zero Hunger City. This responsibility should be included in a new revised London Food Strategy³⁶ and implementation plan. This should be in place by September 2013.

³⁶ The London Food Board published its first strategy in 2006 and implementation plan in 2007. The strategy was widely supported and highly influential.
<http://www.london.gov.uk/london-food/general/strategy-implementation-plans>

This strategic oversight would require monitoring both the prevalence of, and the response to, food poverty in London. The Board should take the lead in bringing together the public, private and third sector organisations from across the capital.

The London Food Board's strategy should include:

- monitoring the risk factors for food poverty, including implementation of welfare reform and low income and regularly sharing this knowledge with local and national government;
- facilitating greater sharing of intelligence and good practice with a wide range of agencies – including boroughs, the education and health sectors and the police;
- ensuring the response to food poverty in London addresses the needs of all groups, including older people;
- working with partners, including the commercial sector, to establish sustainable funding models for free breakfast clubs in schools; and
- publishing a paper on the possible models for delivering universal healthy school meals in London.

Given the importance of access to healthy school meals for all, the Food Board should explore the different models for funding this. Sustain has recently proposed a model for funding universal school meals via a duty on sugary drinks.³⁷ Such proposals should be seriously considered by the London Food Board and government.

Recommendation 2 - The Mayor

The Mayor should champion working towards a Zero Hunger City.

The Mayor should review the resources available to the London Food Board's programme to ensure it has the capacity to take a strategic lead in working with partners to explore the extent of and address food poverty among older people.

The Mayor should, as a minimum, take an active role in calling on government to agree eligibility for free healthy school meals for all families in receipt of Universal Credit.

The Mayor should seek funding from government and other agencies to help boroughs fund Universal School Meals.

The Mayor's work in the education sector, including his championing of new free schools, should include a coordinated approach to promoting healthy school meals across the capital. This should be linked into the Healthy Schools London Programme.

³⁷ http://www.sustainweb.org/resources/files/reports/A_Childrens_Future_Fund.pdf

Recommendation 3 – London boroughs

There should be a food poverty action plan led by borough Health and Wellbeing Boards. A food poverty link worker should be designated in all London boroughs.

The health conditions that food poverty contributes to, such as diabetes, malnutrition and obesity, will be priority issues for many of the new Health and Wellbeing Boards (HWBs) in London. Therefore HWBs should provide the strategic leadership within borough areas, championing the need to take action to address food poverty.

A link worker would provide a practical day-to-day link for food aid organisations, coordinating the response to food poverty and brokering access to services and support, ensuring statutory support for all those who are entitled. The link worker should report back regularly to the HWB.

Boroughs' food poverty action plans should cover:

- how the particular characteristics of a borough should shape the drivers of, and response to, food poverty, for example if the risk is more widespread or focused on more specific pockets;
- the current response to food poverty and gaps in support;
- a systematic approach to provision of information, advice and signposting across all emergency food aid sites, including a clear 'triage' process for priority groups, including repeat users;
- brokering support for food aid projects in areas including project management, storage costs and training for volunteers in dealing with different client groups;
- assessing how community meals, dining clubs and other community-based projects can assist in addressing food poverty among older people in London;
- promoting, expanding and integrating community-based food buying schemes into the wider response to food poverty; and
- maximising registration and take-up among all children who are entitled to free school meals, as a minimum, and exploring ways to deliver universal school meals.

Good practice: Lambeth

Alongside developing a commissioning strategy to help build financial resilience and a wider food strategy, Lambeth Council has decided to develop a number of partnership activities with emergency food aid projects including commissioning a 6-month pilot of specialist advice services situated at food banks, offering space for regular link meetings with council staff invited as required, offering access to Lambeth training programmes to food bank volunteers and trying to identify storage space for food banks.

Recommendation 4 – Schools

Every school governing body should have a plan to identify and address hunger in schools throughout the school day and to support families in food poverty. This plan should include:

- engagement with the local borough's food poverty link worker;
- addressing hunger among children by ensuring availability of a free breakfast, using Pupil Premium monies if necessary, and maximising registration and take-up among all children who are entitled to free school meals.
- using Pupil Premium monies to provide after-school cooking activities;

- advocating for action to address the needs of hungry children during the school holidays.

Recommendation 5 – Emergency food aid organisations

Emergency food aid organisations should regularly analyse their client breakdown and proactively seek out groups that face barriers to accessing emergency food aid, including older people.

Food aid organisations should identify ways to systematically triage service users and liaise with statutory authorities to ensure people can access the support to which they are entitled.

For example, data from food bank clients indicates that older people are not accessing food banks in the numbers that would be expected given the risk of food poverty among this group. There are certainly specific reasons why food banks are by their nature less accessible to older people; therefore models for reaching this group should be explored and successes shared.

Good practice: The Matthew Tree Project

The Matthew Tree Project (MTP) is a Bristol-based organisation that is taking a different approach to addressing emergency food needs that we see as a possible model for London. MTP provides a ‘food store’ and a service supporting people to move out of food poverty. Departing from the dominant food bank model, food provision is not limited to three trips; an agreement is reached with individuals about the programme of support that will be offered. This presents a different approach to avoiding dependency while also alleviating the pressure faced by their clients. By reducing concerns about food spending, individuals have more scope to address the underlying causes.

On first arrival, a service user will have a 10-15 minute conversation with a member of the team to gain an overview of their situation covering their employment status, benefits, debt, diet, health and housing. Service users always have this level of contact every time they visit the Foodstore. Individuals can also be referred to outreach care and support volunteers for additional face-to-face support.

Clients are provided with one week's worth of ambient food. In another departure from the mainstream food bank model, clients are accompanied around the food store and invited to pick out items (in accordance with a list of allowed quantities of different foodstuffs). This appears to maintain some level of dignity and choice.

MTP have also piloted healthy cooking courses and are developing employment training provision. The MTP view is that their work complements that of statutory services, rather than replacing or duplicating it; giving clients additional support and in some cases access to someone with whom clients can form a different relationship than with statutory services.

Appendix 1 – Survey of teachers – key findings

About the survey

The survey ran for one month from 7 November to 7 December 2012. There were 164 respondents, consisting of head teachers, deputy heads, teachers and a small number of teaching assistants, business managers and other school staff. Respondents were categorised by setting as follows: 9% infant schools, 46% primary schools, 47% secondary schools and 8% other. Respondents were working in schools from 21 different boroughs, with a good balance between inner and outer London boroughs. The boroughs of Lewisham, Lambeth, and Tower Hamlets had the highest response rates.

The key findings

How many pupils do you think regularly start the formal school day without breakfast? (149 responses)	
None	3.4%
1- 5 pupils per class	36.9%
6 - 10 pupils per class	35.6%
11 - 15 pupils per class	18.8%
16 – 20 pupils per class	4%
21 – 25 pupils per class	0.7%
26 – 30 pupils per class	1.3%

Why do you think these pupils usually start the formal school day without breakfast? (144 responses)	
Families do not take responsibility to provide this	63.9%
There's no time	60.4%
They eat a snack on the way to school	54.9%
Families cannot afford it	50.7%
Don't know	9.7%

Have you ever taken action to address pupils coming to school hungry? (144 responses)	
Yes	77.1%
No	18.8%
Don't remember	4.2%

What action have you taken if pupils start the school day hungry? (100 responses)	
Given food to pupils at my own expense	61%
Spoken to a parent or carer about their behaviour	55%
Alerted senior staff	53%
Spoken to a parent or carer about entitlement to free school meals	49%
Spoken to a parent or carer about entitlement to a breakfast club	44%
Contacted social services	20%

If you have given food to pupils, roughly how frequently does this occur? (101 responses)	
Occasionally (up to once a month)	43.8%
Regularly (1-4 times a month)	19.0%
Never	16.2%
Every day	8.6%
Very frequently (more than 8 times a month)	6.7%
Frequently (5-8 times a month)	4.8%

If children start the school day hungry what impacts can this have? (141 responses)	
Worse concentration	97.2%
Worse behaviour	83%
Worse attainment	75.2%
Less ability to take part in sport	50.2%
Fainting or other illness	41.1%

What more do you think could be done to ensure pupils have access to enough healthy food before they start the formal school day? (144 responses)	
Engage more with parents and carers on issues around healthy eating	70.8%
Provide a free breakfast for pupils registered for free school meals	47.9%
Encourage parents to take up a breakfast club	45.1%
Provide a free breakfast for all pupils	44.4%
Provide a means-tested breakfast for all pupils	16%

Appendix 2 – Survey of older people’s organisations

In November 2012, a survey was circulated to the 32 local Age UK branches and 33 borough-based older people's forums in London. 25 organisations responded to the survey; organisations said they had some level of contact with at least 41,000 people.

Data from the survey does seem to indicate that a proportion of older people are finding it harder to afford healthy food. Some groups of older people (such as BME people who have not paid enough National Insurance contributions) seem to struggle because of lack of income, but barriers also include lack of access and information.

- 64% of respondents who answered the question said that older people had found it harder to afford enough healthy food.
- 58% of respondents who answered the question stated that older people regularly struggled to buy affordable healthy food in local shops.
- 21% of respondents who answered the questions said that more people are accessing food banks than a year ago.
- 83% of respondents who answered the question said that older people are accessing food banks because their pension or income is not sufficient; 58% said this was because they have to pay other bills; 41% said this was because their benefit payments were insufficient.
- 79% of respondents who answered the question identified older people not knowing about food banks as a barrier to accessing them; 64% said older people did not feel comfortable going to food banks; 43% thought that older people did not know how to be referred to a food bank; 29% said the food bank was hard to get to.

Appendix 3 – How we conducted the investigation

Written submissions

The investigation received 40 written submissions from these organisations and experts:

- 4in10
- A.P.P.L.E.
- Affinity Sutton
- Best Before
- Carpenter’s Cafe
- Centre 70
- Child Poverty Action Group
- Children’s Food Trust
- Church Army
- Citizens Advice
- Citizens Advice Bureau Hackney
- Community Food Enterprise and Greenwich Community Food Co-operative (joint response)
- Company Shop
- East London Food Access
- FareShare
- GLA Food Team
- GLA Health Team
- Greggs Foundation
- Hannah Lambie-Mumford, Department of Geography, University of Sheffield
- Islington Foodbank
- Kelvin Cheung, CEO FoodCycle (in personal capacity)
- Kids Company
- LB Enfield
- LB Islington
- LB Lambeth and NHS Lambeth (joint response)
- Lauriston School
- LQ Group
- Magic Breakfast
- Plan Zheroes
- Professor Elizabeth Dowler, Department of Sociology, University of Warwick
- Professor Martin Caraher, Centre for Food Policy, City University
- Sainsbury’s
- Save the Children
- School Food Matters
- Sustain

- Sutton Foodbank
- Tower Hamlets Co-operative Development Agency
- Trees for Cities
- Trussell Trust
- Urbanag

Public comments

The Committee received 11 submissions from members of the public.

Site visits

On 19 October 2012 Fiona Twycross AM visited Woodberry Down Primary School breakfast club in Hackney accompanied by Mark Coussins, Project Manager at Magic Breakfast.

On 20 November 2012 Committee Members visited Pecan Food Bank in Peckham.

On 7 December 2012 Fiona Twycross AM visited the Matthew Tree Project's FoodStore in Bristol.

On 20 December 2012 Fiona Twycross AM visited the 'The Arches' Kids Company Centre.

Informal meetings

Fiona Twycross and/or the Scrutiny Manager held informal meetings with:

- 4 in 10/Save the Children UK
- Barnardo's
- Baroness Parminter of Godalming
- Child Poverty Action Group
- Citizens Advice
- Dalgarno Trust/ Healthworks Project
- Defra
- Greggs Foundation
- FareShare
- FoodCycle
- Huw Irranca-Davies MP
- Kate Green MP
- Kids Company
- LB Islington
- LB Lambeth
- LB Newham
- LB Southwark
- LB Waltham Forest
- Magic Breakfast
- Rosie Boycott, Chair, London Food Board
- Sharon Hodgson MP
- Trussell Trust

Appendix 4 – Orders and translations

How to order

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Chinese

如您需要这份文件的简介的翻译本，
请电话联系或按上面所提供的邮寄地址或
Email 与我们联系。

Vietnamese

Nếu ông (bà) muốn nội dung văn bản này được dịch sang tiếng Việt, xin vui lòng liên hệ với chúng tôi bằng điện thoại, thư hoặc thư điện tử theo địa chỉ ở trên.

Greek

Εάν επιθυμείτε περίληψη αυτού του κειμένου στην γλώσσα σας, παρακαλώ καλέστε τον αριθμό ή επικοινωνήστε μαζί μας στην ανωτέρω ταχυδρομική ή την ηλεκτρονική διεύθυνση.

Turkish

Bu belgenin kendi dilinize çevrilmiş bir özetini okumak isterseniz, lütfen yukarıdaki telefon numarasını arayın, veya posta ya da e-posta adresi aracılığıyla bizimle temasa geçin.

Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਦਸਤਾਵੇਜ਼ ਦਾ ਸੰਖੇਪ ਅਪਣੀ ਭਾਸ਼ਾ ਵਿਚ ਲੈਣਾ ਚਾਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ 'ਤੇ ਫ਼ੋਨ ਕਰੋ ਜਾਂ ਉਪਰ ਦਿੱਤੇ ਡਾਕ ਜਾਂ ਈਮੇਲ ਪਤੇ 'ਤੇ ਸਾਨੂੰ ਸੰਪਰਕ ਕਰੋ।

Hindi

यदि आपको इस दस्तावेज़ का सारांश अपनी भाषा में चाहिए तो उपर दिये हुए नंबर पर फोन करें या उपर दिये गये डाक पते या ई मेल पते पर हम से संपर्क करें।

Bengali

আপনি যদি এই দলিলের একটি সারাংশ নিজের ভাষায় পেতে চান, তাহলে দয়া করে ফো করবেন অথবা উল্লেখিত ডাক ঠিকানায় বা ই-মেইল ঠিকনায় আমাদের সাথে যোগাযোগ করবেন।

Urdu

اگر آپ کو اس دستاویز کا خلاصہ اپنی زبان میں درکار ہو تو، براہ کرم نمبر پر فون کریں یا مذکورہ بالا ڈاک کے پتے یا ای میل پتے پر ہم سے رابطہ کریں۔

Arabic

الحصول على ملخص لهذا المستند بلغة،
فرجاء الاتصال برقم الهاتف أو الاتصال على
العنوان البريدي العادي أو عنوان البريد
الإلكتروني أعلاه.

Gujarati

જો તમારે આ દસ્તાવેજનો સાર તમારી ભાષામાં
જોઈતો હોય તો ઉપર આપેલ નંબર પર ફોન કરો
અથવા ઉપર આપેલ ટપાલ અથવા ઈ-મેઇલ સરનામા
પર અમારો સંપર્ક કરો.

Appendix 5 – Principles of Scrutiny

An Assembly scrutiny is not an end in itself. It aims for action to achieve improvement.

Independence

An Assembly scrutiny is conducted with objectivity; nothing should be done that could impair the independence of the process.

Holding the Mayor to account

The Assembly rigorously examines all aspects of the Mayor's strategies.

Inclusiveness

An Assembly scrutiny consults widely, having regard to issues of timeliness and cost.

Constructiveness

The Assembly conducts its scrutinies and investigations in a positive manner, recognising the need to work with stakeholders and the Mayor to achieve improvement.

Value for money

When conducting a scrutiny the Assembly is conscious of the need to spend public money effectively.

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Item No.	Classification: Open	Date: 23 April 2013	Meeting name: Education, Children's Services and Leisure Scrutiny Sub-Committee
Report title:		Free Healthy School Meals Programme – Progress Report	
Ward(s) or groups affected:		All	
From:		Director Strategy and Commissioning, Children's & Adults' Services	

RECOMMENDATION

1. That the committee note the report and the continued progress to date.

BACKGROUND INFORMATION

2. The Council took a decision to introduce free healthy school meals to all pupils attending primary schools in Southwark as part of its commitment to tackle the high levels of obesity in children, and to tackle poverty and inequality.
3. Following the decision to phase the roll out of the programme in September 2011 reception and year one pupils started to receive the free meals. In September 2012, this was extended to years two – four. The final phase is on target and will see pupils in years five and six join the programme in September 2013.
4. Members have received a number of previous reports concerning this programme.

KEY ISSUES FOR CONSIDERATION

5. As previously reported, during the first year of the programme the take up reached 91% across reception and year one pupils. The take up by pupils from reception to year four averaged across the autumn and spring term has now reached 93%.
6. To provide a snapshot measure of the impact on levels of obesity and overweight an additional set of children's measurements will be completed for year one pupils this year, using the same methods as the National Child Measurement Programme (NCMP), currently used for reception and year six pupils. Following discussions with the school nursing service, this will take place during the school summer term. The results of this snapshot are expected in the autumn term.
7. As a result of funding from public health, all primary school settings were offered the opportunity to take up a curriculum based programme on health from an organisation called PhunkyFoods. To date over half of the schools have taken up this free offer. This programme provides materials and on-line support for schools to equip teaching staff with the tools and training to deliver healthy lifestyle lessons to children from early years to key stage 2.

8. Discussions have taken place with two schools and a local community group that supports gardening and growing projects. These discussions have been focused on enabling children to understand more about vegetables, this will include preparing the ground, planting, nurturing, picking and eating the product. The community group has applied to the cleaner, greener, safer programme for funding to start projects at the two schools. The schools have agreed to provide school staff to support the programme as their contribution. It is anticipated, subject to funding, that the project to enable children at the schools to grow their own vegetables will start during the summer term. The project will involve training school staff and kick starting the process. Further developments are being considered to include more schools as part of a programme to teach children about growing food.
9. A further survey of children and parents to test their views and attitudes, will take place over the summer term to follow on from last year's survey, the outcomes of which were reported to this sub committee previously.

AUDIT TRAIL

Lead Officer	Kerry Crichlow, Director Strategy and Commissioning, Children's and Adults' Services	
Report Author	Colin Gale, FHSM project manager	
Version	Final	
Dated	9 April 2013	
Key Decision?	No	
CONSULTATION WITH OTHER OFFICERS / DIRECTORATES / EXECUTIVE MEMBER		
Officer Title	Comments Sought	Comments included
Strategic Director for Legal and Democratic Services	No	No
Finance Director	No	No
Cabinet Member	No	No
Date final report sent to Scrutiny Team		16 April 2013

Item No.	Classification: Open	Date: 23 April 2013	Meeting Name: Education, Children's Services and Leisure Scrutiny Sub-Committee
Report title:		Southwark Schools for the Future: New School Proposals	
Ward(s) or groups affected:		All	
From:		Project Director, Southwark Schools for the Future	

RECOMMENDATION

1. That Education, Children's Services and Leisure Scrutiny Sub-Committee note the briefing provided below.

UPDATE

Compass

2. Previous advice that the Education Funding Agency (EFA) had acquired the former Bermondsey campus of Southwark College on behalf of Compass School was inaccurate. It is understood that the College have now accepted an alternative offer from a developer. The developer has advised that they will continue to work with the EFA to facilitate the delivery of the Compass Free School.
3. Compass Free School intends to open in September 2013.

University Technical College (UTC)

4. As a result of the acceptance of the alternative offer outlined above the future of the proposed University Technical College is uncertain. No explicit advice has been received in regard to the ongoing support for this proposal from the purchaser and no further advice has been received from the EFA.

Southwark Free School

5. In 2011 Southwark Free School (SFS) secured Department for Education pre-opening approval to open in September 2012. At the time of this approval the school was proposed to be established at a site in Great Dover Street.
6. In March 2012 SFS initiated a public consultation process seeking feedback from local stakeholders in regard to proposals to establish a 420 place primary school at 399 Rotherhithe New Road.
7. The school was granted a 2 year lease in 2012 from the Council for the Ledbury Estate Tenants' Hall to enable their establishment.
8. The school's permanent proposals for 399 Rotherhithe New Road are currently the subject of a planning application for which consultation is open.

Other Free School Proposals

9. A German/English bilingual primary school – Judith Kerr Primary School - has been provisionally approved by the Department for Education and is exploring options for establishment in the Dulwich and Rotherhithe areas. Officers have met with representatives of the proposer and the Education Funding Agency (the body tasked with delivering the new school) to discuss their proposals and provide advice and assistance where possible. The school has currently not secured a site.
10. Announcements in regard to two other proposals, a two form of entry primary school for Latin-American children, and a two form entry primary school sponsored by the Harris Federation are due to be made by the Department for Education in May 2013. The Latin-American proposer has not identified a site but has advised that they wish to establish in the Peckham and Camberwell Area. The Harris Federation is seeking for their proposal to be established at the site of the former East Dulwich Hospital.

AUDIT TRAIL

Report Author	Sam Fowler	
Version	Final	
Dated	11 April 2013	
Key Decision?	No	
CONSULTATION WITH OTHER OFFICERS / DIRECTORATES / CABINET MEMBER		
Officer Title	Comments Sought	Comments included
Strategic Director of Communities, Law & Governance	No	No
Finance Director	No	No
Cabinet Member	No	No
Date final report sent to Scrutiny Team	16 April 2013	

**EDUCATION, CHILDREN'S SERVICES & LEISURE SCRUTINY SUB-COMMITTEE
MUNICIPAL YEAR 2012-13**

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Councillor Dora Dixon-Fyle	1		
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		Dated: January 2013	