

## APPENDIX 1

### APPENDIX 1: BUSINESS CASE – FOOD STRATEGY IMPLEMENTATION

Department	Classification	Delegated item	Date
Children's and Adults' Services	CONFIDENTIAL	Director of Public Health	11 <sup>th</sup> July 2023
From		Title of report	
Head of Programme (Healthy Place)		Business case – Food Strategy Implementation	

#### Purpose

1. This paper is to request approval for allocation of £227k of the Public Health Grant to the implementation of the Sustainable Food Strategy and the Right to Food plan.

#### Recommendation

1. It is recommended that £180k of the Public Health Grant is allocated towards:
  - a. Small grants to support implementation of Sustainable Food Strategy (£60k)
  - b. Food-related support for older adults (£60k)
  - c. Food-related support for asylum seekers and refugees (£15k)
  - d. Community food composting trial (£40k)
  - e. Communications (£5k)
2. A further £47k of Public Health Grant will be allocated to an extension of the Sustainable Food and Food Security Policy Officer post until March 2024. This business case has been approved separately.

#### Small Grants Programme

3. A small grants programme is proposed to enable grassroots organisations to develop projects that help to deliver Southwark's Sustainable Food Strategy.
4. The Sustainable Food Strategy is a joint strategy between Southwark Council and Southwark Food Action Alliance (SFAA). SFAA is a partnership of food organisations working together to improve the food environment and tackle food insecurity in Southwark. Many of SFAA's members are community-based organisations that are a trusted source of support for residents.
5. A small grants programme will enable some of these organisations to develop their projects further, where this work is in line with the Sustainable Food Strategy. There are key areas in the strategy where this approach might be beneficial, such as:
  - Community meals
  - Improving access to community kitchens
  - Embedding dignity principles in food organisations.

6. 'Strong and connected communities' is the one of five priorities in the Sustainable Food Strategy. This priority emphasises the role of food in strengthening community connections and sense of belonging. Community-based organisations are well-placed to lead this approach and a small grants programme will help them to establish some of this work.
7. A small grants approach will be taken to allow organisations to test models and build capacity, including bidding for additional funding from other sources. A small grants programme has previously been delivered through SFAA, where 14 grants of £5000 for were made available to voluntary and community sector organisations to support progress against key priorities in the borough's food security action plan. Learning from this programme highlighted the role of grants in allowing community organisations to test new ideas and be responsive to local need.

#### Older adults support

8. It is proposed that £60k is allocated to food-related support for older adults.
9. Older adults can be at higher risk of food insecurity. Food poverty is an important driver of malnutrition in older adults. Bereavement, ill health and social isolation can lead to older people losing interest in food, while increasing frailty can make it harder for older people to access and prepare food.
10. A researcher at the University of Hertfordshire was recently commissioned to conduct an older adults' food security needs assessment for Southwark. Southwark's Right to Food plan, approved by Cabinet in June 2023, commits to developing a plan to implement the recommendations from this needs assessment.
11. The needs assessment included a recommendation to introduce malnutrition screening and nutrition training in community-based organisations that have regular contact with older people. £20k will provide funding to introduce the screening tool and offer nutrition training to community organisations, with the intended outcome of improving identification of malnutrition in older people and increasing the number of people who receive support for malnutrition. Further work will take place to understand how the screening could link in to existing pathways in the borough.
12. Engagement with local residents and older adults support services has highlighted the importance of embedding social contact into food services for older adults. A gap in provision has been identified for people who may not be eligible for social care support under the Care Act but may struggle to physically access food without additional support. The final £40k will go towards meeting this need, albeit through a model that facilitates social interaction. This may be social meals or a community transport model, pending scoping with local providers who work with older people.

#### Food support for asylum seekers and refugees

13. It is proposed that £15k is allocated to support community meals for asylum seekers and refugees in Southwark.

14. Southwark's Joint Strategic Needs Assessment for Asylum Seekers and Refugees, completed in June 2023, identified a number challenges for asylum seekers, refugees and migrants with irregular status, These included:
  - a. Access to food and adequate cooking facilities can be compromised for people seeking asylum in the UK. The quality of food provision for this population, in particular for asylum seekers housed in Initial Accommodation Centres (IACs), is a concern. This is exacerbating health inequalities for this group. Local stakeholders have reported conditions such as stomach pain, weight loss and gastroenteritis which they have linked to food provision.
  - b. Social isolation is a common challenge for asylum seekers, refugees and those with irregular migration status.
  - c. Many asylum seekers, refugees and migrants with irregular status are presenting at voluntary and community sector groups with health and wellbeing issues, unaware of the support available from the NHS and other services. Improving awareness of health and social services was a recommendation identified in the Joint Strategic Needs Assessment.
15. The aim of community meal events is to welcome people to Southwark, support social networks and community cohesion, and introduce key support services including voluntary and community sector organisations. Support services present at the events will include health promotion (vital 5 checks, immunisation and cancer screening promotion), legal advice (Southwark Law Centre) and activity signposting (Southwark Day Centre for Asylum Seekers and Refugees). In addition to providing a healthy meal in a social environment, community meals will increase awareness of support services available and offer opportunistic health and wellbeing checks.
16. £15k would provide funding for 3-6 community meals to take place across 2023-24. Community meals cost between £2-5k, depending on attendees. The size of community meals and scope of activities accompanying the meals will be planned iteratively, within budget, to respond to the success of previous events.

#### Community food composting trial

17. It is proposed that £40k is allocated towards a community food composting trial.
18. Southwark's Sustainable Food Strategy sets out the aim of trialling community food composting as part of the 'Healthy People, Healthy Planet' priority. Community food composting diverts food waste from landfill, builds community connections and can increase awareness around food insecurity. Community composting can be particularly beneficial for those with limited access to gardening facilities.
19. £20k would provide funding for a community food composting trial on estates. A further £20k would allow community food composting to be trialled in other settings, for example in schools.

#### Communications

20. It is proposed that £5k is allocated to education and communications linked to the Sustainable Food Strategy.
21. There is an educational element to the Strategy which involves increasing people's awareness of planet-friendly diets, shopping locally and reducing food waste. £5k would support campaigns for planet-friendly diets and shopping

locally, tailored to Southwark’s communities. Southwark has already signed up to a pan-London campaign on reducing food waste which will help support the aims of the Strategy.

## Financial implications

22. The above proposals cover spend for 2023-24, summarised as follows:

Programme	Spend	Budget
Small Grants Programme	£60k	Public Health Grant
Older Adults Support (Malnutrition screening / nutrition training; social meals and community transport)	£60k (20k malnutrition / training; £40k social meals / community transport)	Public Health Grant
Community meals for asylum seekers and refugees	£15k	Public Health Grant
Community food composting trial	£40k	Public Health Grant
Communications	£5k	Public Health Grant
<b>Total</b>	<b>£180k</b>	
Total including funding for Policy Officer post	<b>£227k</b>	

## Next steps

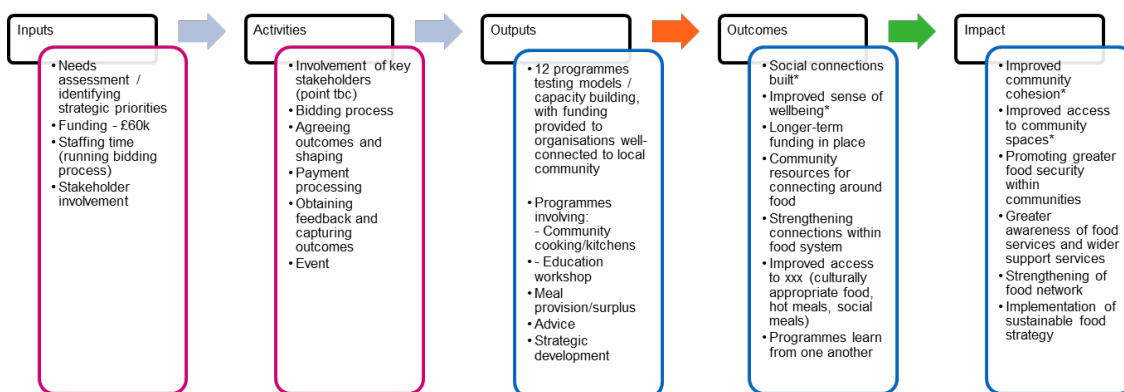
23. Following approval of the business case, next steps will cover:

- Launch of small grants programme (November 2023)
- Commissioning of older adults support (January 2023 – Malnutrition / nutrition training; November 2023 – social food model)
- Delivery of community meals programme (December 2023)
- Community food composting trial (January 2023)
- Communications programme (September – December 2023)

## APPENDIX 2: LOGIC MODEL - SMALL GRANTS PROGRAMME SLIDE

### Funding to support Sustainable Food Strategy is supported by the following theories of change

#### SMALL GRANTS – LOGIC MODEL / THEORY OF CHANGE



#### Assumption / rationale:

- 1) Small grants will reach grassroots that are connected to those communities
- 2) Grassroots organisations have a good understanding of how to deliver the relevant outcome to their work
- 3) Small grants provide additional capacity to organisations which includes time for bid-writing



#### Assumption / rationale:

- 4) Programmes will be sustained over the longer-term
- 5) Organisations that we're funding will already have an interest in supporting implementation of strategy

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## APPENDIX 3: SMALL GRANTS PROGRAMME SUMMARY SLIDE

### All small grant recipients used funds to deliver projects that supported progress to food security actions

#### SMALL GRANT PROGRAMME SUMMARY

- Grant recipients used the funds to plan and successfully deliver a variety of projects, ensuring that residents with different needs were considered and supported – no one project was the same
- The impact of ‘front line’ projects including advisory services, community fridges, cooking workshops and food co-ops was immediate, allowing hubs to continually support residents together with wraparound support, while applying dignity principles within their interventions
- Projects that involved significant research and strategic planning, including the development of long-term food offers and development and visioning workshops were also effective, helping the respective hubs obtain deep insights into the food needs of the borough
- The grants enabled hubs thinking and reflective space, enabling them to further develop and sustain their project beyond the 12-month grant period, and overcome challenges by adapting their projects as needed
- Due to the challenges experienced, hubs were able to learn throughout the grant period. Common insights include:
  - An apparent lack of skills or confidence to cook healthy meals
  - A need for education within interventions to empower residents
  - A higher demand for food but lack of supply, in particular culturally appropriate food

