

# We are Food Secure

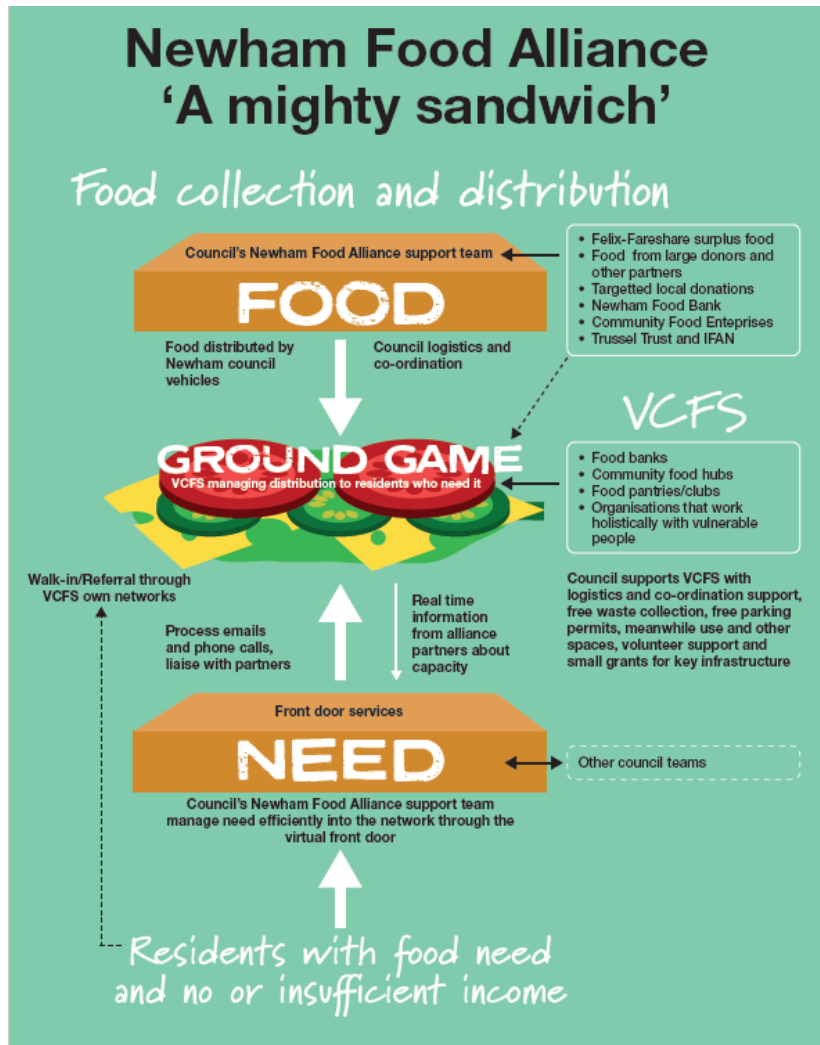
1 Mar 2022

**Appendix B – Update detailed slide pack key work streams**

# Newham Food Alliance

**A Gold, E Watts**

# We are The Newham Food Alliance



- Over 30 VCFS partners range from large and long established to smaller grassroots organisations that span our geography, food cultures, social need.
- The council a significant partner supporting with food and need management - the bread in the NFA's 'Mighty Sandwich'
- National & regional partners include Feeding Britain, The Felix Project, FareShare UK
- A nationally leading utilisation of, at current rates, of over £5million/year of surplus food from The Felix Project.
- Co-produced – since the start of the pandemic and through monthly partners meeting and designed to be sustainable as COVID (and related funding) moves on an endemic trajectory
- 360,000 parcels and counting since the partners first came together.

# Update

Need is focused by Front Door services and Social Welfare Alliance support to organisations.

Nov Snapshot showed 32 active partners delivering at least 48 sessions/week

- Over 3118 households supported
- Of those at least 1783 are households with children
- Data sample available suggests around:
  - 35% of households are NRPF
  - 42% of households impacted by benefits cap
- Over 6600 children estimated to be benefiting – impact of benefits cap on larger families clear in front door data and 1:1 reporting



# A “leading example”

NFA's approach focused on co-producing a supply chain that turns surplus food into food that can meet need has been highlighted by FareShare as a “leading example”

- We utilise more surplus than any other LA in FareShare UK's network. Twice as much as next LA in London.
- Council, since the start of the pandemic, has provided the vehicles and drivers to get food provided by The Felix Project into the borough and out to partners.
- Today every £1 spent on drivers and vehicles is yielding the borough over £20 in surplus food. Each household's unique visit to an NFA partner costs the council just £1.50 in drivers and vehicles. (Help Newham parcels feeding two adults = food cost of around £25-30 plus the cost of ground game).
- £39,000 invested in commercial fridge and freezer units for the VCFS. 'We are Food Safe' training and support to grow partners confidence and skills to safely use this supply line can provide.
- September 2021 The Felix Project opened a new East London depot in Poplar, deliberately close to Newham. Final investment in this site will run to several million with £1 million raised for the production kitchen alone.
- NFA partners say “Council drop of food gives us the confidence to open our bank and then we can also forage locally for additional food.” Snapshots show that this additional food swells the value of the NFA food to residents to around £7.5million/year

# Investing for 2022-23 and beyond



- Switching from a Deptford Depot pick-ups to the new Poplar Depot has enabled vehicles to increase their yield of surplus to 35 tonnes/food per week. (Each tonne has a retail value of £3000 and is approx 2831 meals)
- Newham's Public Health team manages the borough's food profile with The Felix Project and our supply line dialogue with the FareShare UK network through this we are able to:
  - Ensure the vehicles the council provides move the food we need for the health of our residents
  - Actively work to maximise the cultural appropriateness of food that is secured as surplus. The guarantee that we will move big shipments has helped us over the course of the pandemic with asks around Halal and other specific food.
  - Support regional and national partners to include our communities in their strategic thinking. The Felix Project are, as of 2022, dedicating a small budget to the purchase of culturally appropriate food that rarely comes through surplus supply chains.
- Household Support Fund (through to Mar 22) - £250K issued to NFA has enabled partners to bridge gaps in surplus with food buying – enabling culturally appropriate food to be maximised.
- The NFA is co-producing a long term plan with The Felix Project – the approach will see us sustain these volumes of surplus utilisation long after the pandemic has become endemic.
- Compost supporting the development of a NFA Community Interest Organisation. The Alliance are ambitious about fundraising, working to have a greater impact on health and the local food economy and becoming a Sustainable Food Place.
- Compost are also providing a partnership pathway for Mutual Aid and other groups seeking to join the partnership. The Alliance wants to continue to grow as a home for grass roots organisations

# The Front Door & links to the SWA

- The NFA can only be understood when juxtaposed with the Social Welfare Alliance's focusing on ensuring that direct food support is always in addition to statutory entitlement and other services. Over 400 attendances at training sessions by NFA partners
- Likewise, the work of Front Door service is also critical in ensuring that the volumes of food utilised are having maximum impact:
  - Helps the Alliance as a collective triage need effectively so that residents end up connected with organisations best able to support their specific needs. This team links actively with Adult Social Care and Mental Health services.
  - Supports organisations to have important but often challenging conversations with residents. This ensures that at the right time residents move on from direct food support recognising a change in their circumstances or transition from support designed for emergency relief (food banks) into longer term structures designed to support residents on low incomes (food clubs.)
- Number of households connected to partners since front door launched in Sept 2020 = 6794
  - We have seen steady rise in numbers of new ('first time') referrals over the last 3 months – Nov = 192, Dec = 285, Jan = 274. (Peak Dec 2020 when 574 new households referred.)
  - Around half households referred to the front door have children (both currently and historically)
- Household Support Fund – first round of grants issued to NFA partners, totalling £150k. This funding is to continue their work providing food and essential items to residents.

# “Coherent strategy, infrastructure ...”

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FOOD CLUBS.**

**WE ARE  
NEWHAM.**



Newham Food Clubs Toolkit 2021  
[www.newham.gov.uk](http://www.newham.gov.uk)

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In addition to our food banks we now have 7 Food Clubs set up, and more coming - operate according to co-produced food clubs toolkit. In partnership with Feeding Britain co-funders, with the council, of Newham’s Food Club development grants.

"Key to the effectiveness of the Newham Food Alliance are its coherent strategy, infrastructure, and organisational abilities. These qualities have resulted in decent food being made much more affordable and accessible to residents. The Council has been a driving force at every stage, through a combination of investment and logistical support, and this has been of vital assistance to community- and faith-led organisations within the Alliance.

"The Alliance’s Food Clubs are among 100 similar projects that we’ve developed across the national Feeding Britain network. It is the projects’ unique combination of affordable food and on-the-spot assistance with issues around debt, utilities, and benefits, which has helped hard-pressed households stretch their budgets further and avoid descending into crises which bring the need for food banks into play."

Andrew Forsey, National Director. Feeding Britain

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# Case Study – Salvation Army Food Club



*“... I can collect food for my daughter and myself. The staff are amazing and very helpful. I cannot do without them. We are very happy and grateful.”*

*- A single mum of one SEND child.*

- This Food Club has been in operation since May 2021. They spent around £200 setting up the venue with the various pieces of furniture. The space is exclusively dedicated for the Food Club.
- They see around 30 people each week and specifically hold places for NRPF residents.
- Have had tremendous success building relationships with this stable group that they work closely with and have now co-located services to help further. This includes employment advice and digital support.
- It is £3 for 30 items and £5 for 50 items. They estimate that they collectively save members **£78,000** per year – members that would be relying on emergency support if not for the Food Club.
- They see a very diverse group of people in terms of age, ethnicity, reasons for use etc.

# Social Welfare Alliance & Anti-Poverty Alliance

**B Uddin, H Taylor**

# Social Welfare Alliance (SWA) – Overview

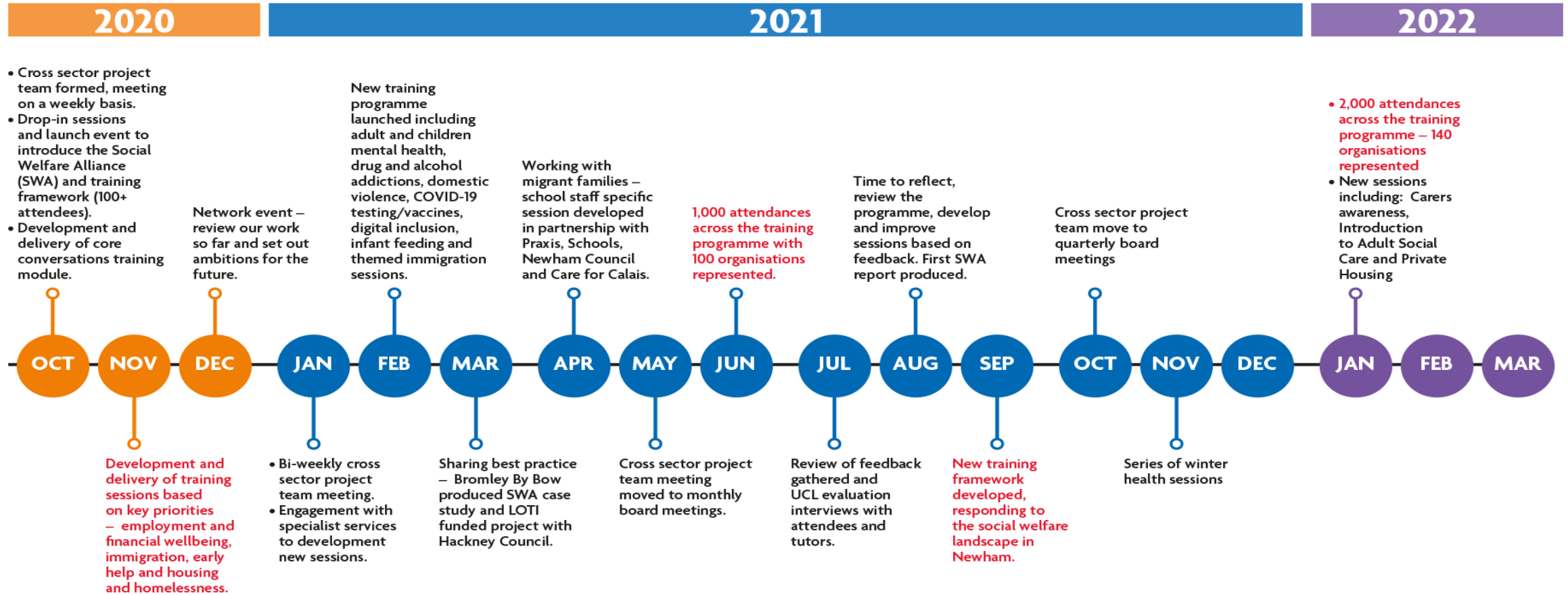


- We needed to support front line workers intercepting residents who are heading into or are in crises with a range of advice, support and referral pathways.
- A cross sector project team in Newham was formed in September 2020, incorporating representation from Public Health, Council Services, VCS (Voluntary and Community Sector) and Health Partners.
- The project team's aim was to create a holistic model that allowed us to take preventative action to address some of the social determinants and/or key issues facing our most vulnerable residents.
- The Social Welfare Alliance was launched in October 2020 offering a training programme and development pathway to enhance the skills of all frontline workers and create better connectivity between Newham Council and Voluntary sector organisations.
- The sessions are delivered by a range of expert tutors from Council Services, VCS and Health Partners.
- The Social Welfare Alliance supports Newham Food Alliance partners (over 400 unique attendances) but also reaches out across the broader VCFS helping to focus those who need direct food support.

*“Brilliant host. She made a complicated topic with lots of jargon that previously confused me into something clear, easy to understand and immediately applicable to my volunteering role. Fantastic training and a way to help us all understand our fellow Newham residents. Thank you!”*  
- Bitesize Immigration training attendee

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# SWA Timeline



Case study: The Bromley by Bow Centre explored the relationship and collaboration between social prescribing and social welfare advice, focusing on the potential of a joined-up approach to help tackle the social determinants of health for our most vulnerable residents.

<https://www.bbbsc.org.uk/wp-content/uploads/2021/03/Newham-Case-Study.pdf>

# Our delivery partners



VCFS	Council	Health
Citizen Advice	Our Newham Money	ELFT / NHS Talking Therapies
Compost London	Adults Commissioning	Queen Mary University of London
Community Links	Public Health	
Money A+E	Housing	
Skills Enterprise	Early Help and Children's Health	
Change Grow Live	Adult Safeguarding	
Praxis	Children Safeguarding	
Hestia	Adults Commissioning	
Carers First		
Works Right Centre		
Enabled Living and Living Wage Foundation		
Jobcentre Plus		

## Progress to date:

- 154 sessions delivered since Nov 2020
- 2,002 attendees at training sessions
- 140 organisations represented by attendees
- 35 different training sessions
- 79 frontline staff attended drop-in sessions to find out more about the SWA programme
- 97% attendees rated the overall training as excellent or good
- 95% attendees rated the amount and level of content as excellent or good

# Training sessions



Immigration		Gambling, Drug and Alcohol Addictions	
<ul style="list-style-type: none"> <li>Working with Migrants</li> <li>Immigration for non-Immigration advisers</li> <li>EU Settlement Scheme and EU rights post Brexit</li> <li>Working with Migrant Families</li> </ul>	<ul style="list-style-type: none"> <li>The EU Settlement Scheme: supporting EEA nationals after Brexit</li> <li>No Recourse to Public Funds</li> <li>Working with Migrants - Become OISC registered at level 1 and 2</li> </ul>	<ul style="list-style-type: none"> <li>Gambling Related Harm</li> </ul>	<ul style="list-style-type: none"> <li>Drug and Alcohol Addictions</li> </ul>
Finance, Employability and Housing		Family and Wraparound Services	
<ul style="list-style-type: none"> <li>Finance and Employability</li> <li>Employability</li> <li>Employment Rights and Support</li> <li>Financial Wellbeing</li> </ul>	<ul style="list-style-type: none"> <li>Digital Inclusion</li> <li>Housing and Homelessness</li> <li>Universal Credit - Job Centre Support</li> </ul>	<ul style="list-style-type: none"> <li>Early Help and Family Support</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Start, Why Feeding Babies Matters</li> </ul>
Mental Health Support		COVID related	
<ul style="list-style-type: none"> <li>Adult Mental Health and Wellbeing</li> </ul>	<ul style="list-style-type: none"> <li>Children and Young People Mental Health and Wellbeing</li> </ul>	<ul style="list-style-type: none"> <li>Everything you need to know about COVID-19 Testing</li> <li>The COVID-19 Vaccine</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin D, Flu Vaccine and COVID-19 Boosters</li> </ul>
Domestic Violence, Safeguarding		Other	
<ul style="list-style-type: none"> <li>Gambling Related Harm,</li> <li>Drug and Alcohol Addictions</li> <li>Domestic Violence level 1, 2 and 3</li> <li>Female Genital Mutilation</li> </ul>	<ul style="list-style-type: none"> <li>Adult Safeguarding Awareness</li> <li>Children Safeguarding Awareness</li> <li>Introduction to Safeguarding Adults for Digital Champions Volunteers</li> </ul>	<ul style="list-style-type: none"> <li>Very Brief Advice on Smoking Cessation</li> <li>Supporting Fuel Poor Residents</li> <li>Overview of Adults of Health Commissioning</li> <li>Why is it important to be LLW employer</li> </ul>	<ul style="list-style-type: none"> <li>Getting to know the not for profits</li> <li>Carers Awareness</li> <li>Core Conversations</li> <li>Follow up after Core Conversations - feedback shadowing/implementing</li> </ul>

- Training programme to be developed and updated based on demand and the current challenges Newham residents are facing.
- Some new sessions to be included are:
  - Suite of Early Years focused sessions including: Healthy Start vitamins & food and why baby feeding matters in Newham
  - Private Sector Housing Standards
- Review of Safeguarding and Mental Health development pathways – what’s next after introduction courses?
- Raise the awareness of the SWA within Council directorates, to increase the number of Council frontline workers attending training sessions.
- Raise the awareness of the SWA to Health professionals, to increase the number of frontline workers attending training sessions
- Continue to prioritise Newham Food Alliance partners to access the programme

- The APA is working alongside the food strategy as part of the overarching 50 steps strategy
- This work was started by the VCFS in 2019. It is voluntary sector led, with the ask to have a space to bring those working to tackle poverty together with the council acting as a partner and facilitation support.
- It identifies areas of need not being addressed by other areas of work.
- Food security was identified as an action, but it is already being addressed by the food security strategy.



# Newham Anti-Poverty Alliance- Overview

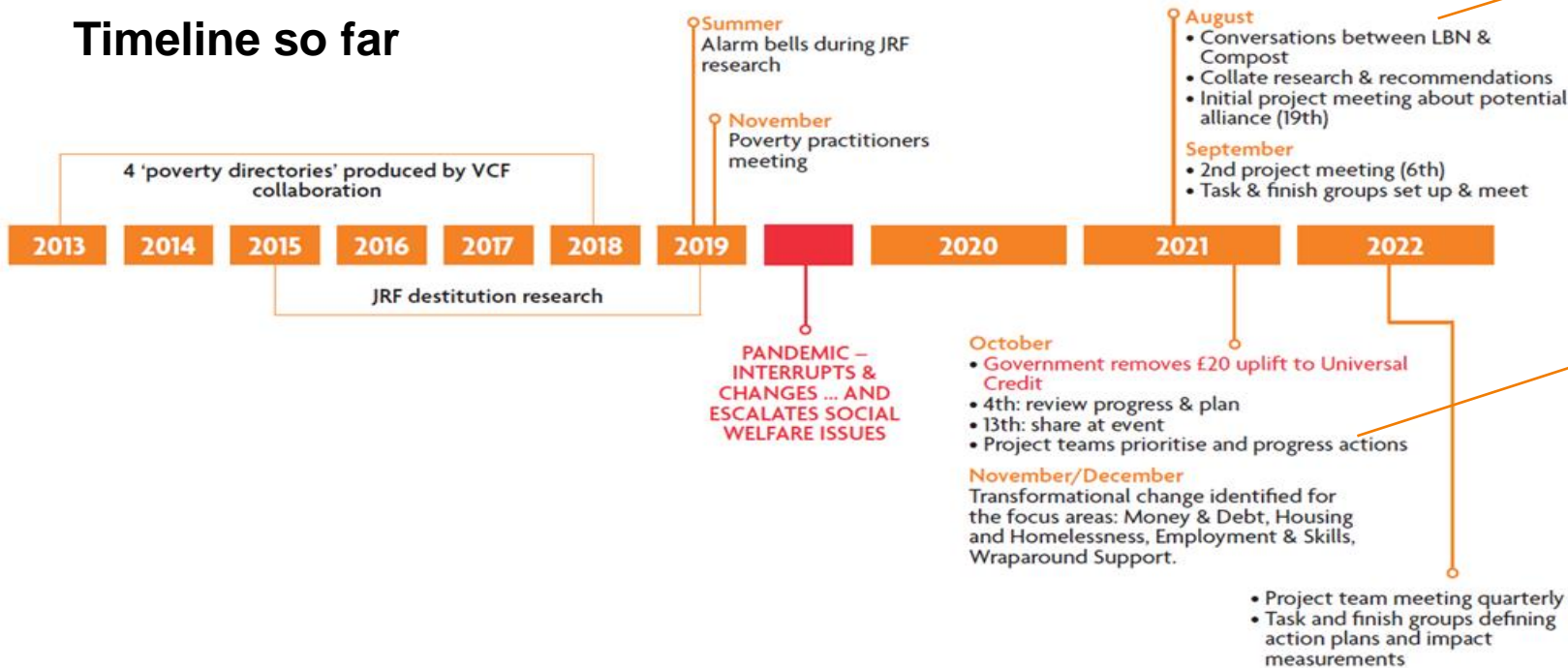
**Pillar 3: The Council will take action to ensure all residents are supported and enabled to access work and other opportunities in the new economy**

*Intermediate outcome 3.0: Poverty is eradicated in Newham and all of our residents having an acceptable standard of living*

The Anti-Poverty Alliance brings together organisations and individuals from across Newham to tackle the causes and effects of poverty in the borough.

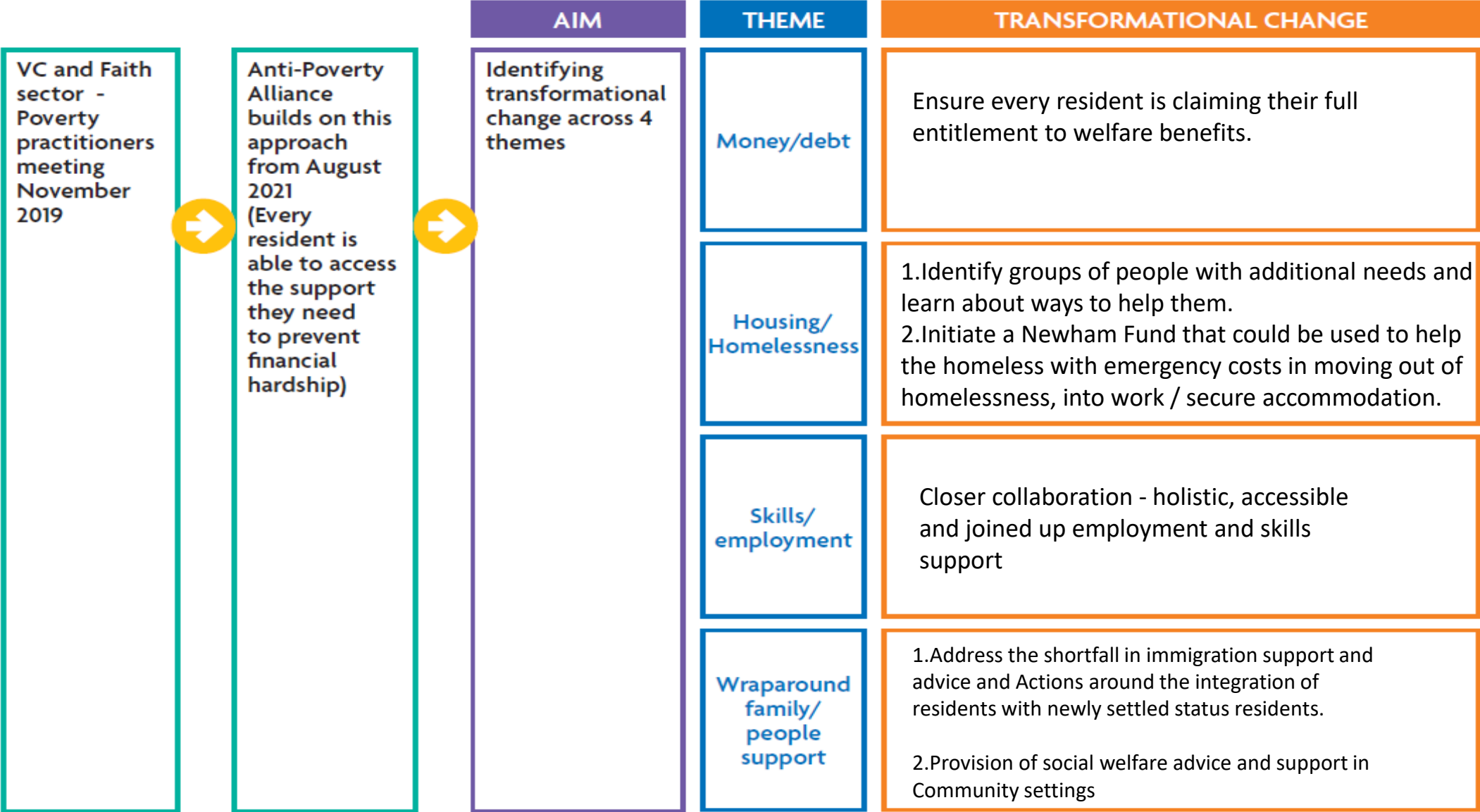
The call to action is that every resident is able to access the support they need to prevent financial hardship.

## Timeline so far



- Four focus areas agreed:
- Money/ debt
  - Housing/ homelessness
  - Skills/ employment
  - Wraparound family/ people support

# Newham Anti-Poverty Alliance



- Continue to raise awareness about the Key issues of poverty in Newham
- Build the partners within the Alliance, focus on Voluntary, Community and Faith sector.
- Action plans to be completed by the task and finish groups within each focus area, including: Priorities, stakeholders, milestones, outcome and impact measurements linked to the Newham Outcomes Framework.
- Work closely with the councils external funding lead to identify potential funding streams to support the APA's transformations change. Additional resource identified through existing programmes and partnership support e.g. universities.
- Wider project team to meet on a quarterly basis: Horizon scanning: policy level and what is happening on the ground, prevention and prioritisation and updates from focus areas.

# Our Newham Money

**B Uddin**

# Our Newham

- Our Newham services offer residents emergency support as well as employment and money advice.
- Our Newham Money offers support to Newham residents who may be struggling with debt or the everyday cost of living.
- Alongside providing advice on smart spending, saving and affordable loans, Our Newham Money also provides emergency support for residents in crisis. This includes vouchers for food and energy and more recently, the Mayor's Hardship Fund.
- Our Newham Work supports residents into work, with advice on CV writing, job searching and apprenticeships.
- 699 residents have received white goods valuing £117,156
- So far this financial year, we have supported 1521 residents with £208,592 super market vouchers. Supported 356 residents with energy £40,000.
- The Employment Rights Hub offers free advice and support to residents about their rights, including advice on pay and working conditions.
- April 21– Jan 22 we have maximised income by £580,000. In the same period, 854 residents have been helped into work.
- Our Newham money deliver financial wellbeing and employment training sessions at the SWA. The Front Door and NFA refer into the Our Newham Money.



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# The Mayoral COVID-19 Hardship Fund



- The Hardship Fund helps residents hardest hit by the pandemic and to help them survive the daily challenges brought about because of the pandemic.
- Our Newham Money has worked collaboratively with Newham Food Alliance partners to distribute these funds. Our Newham Money receives referrals from NFA partners who are on the frontlines with our most vulnerable residents.
- So far, 658 referrals have been made. This equates to **£157,952** used to support residents. By partnering with the NFA, this money has been distributed effectively.
- A diverse group of 14 NFA partners with specialist reach have referred into the fund – the residents being referred would not otherwise been captured without the NFA.

# Household Support Fund

- The Household Support Fund launched by DWP earlier this winter placed responsibility for allocation with councils. Newham allocation £3.339million
- Funding is to support residents with essential items and is due to end March 31st.
- Again Newham's method has utilised trusted VCFS partnerships and learnings from our pandemic response to manage fast and effective administration. **£1,118,000** worth of holiday vouchers via schools have been distributed during winter 21/22– this equates to **18,834** children per holiday period.
  - £300,000 has been allocated to children's centres to distribute vouchers which cover lunch provision, wider support needs such as food and fuel.
  - £400,000 has been allocated to Our Newham Money. Currently, applications through our website have closed. So far **£350,809** has been allocated and **1363** applications have been processed.
  - **£317,000** of the Household Support Fund is being distributed in partnership with **30 VCFS organisations** and they now have the voucher cards and are giving to residents facing hardship.
  - NFA allocated **£250,000** to distribute to partners so that they are able to support their service users.

# Migrant Community Action Plan

E Owen, M Khan



# Migrant Community Action Plan



WHAT'S  
YOUR STEP?  
Now is the time to act.



Migrant Community  
Action Plan

Updates Feb 2022



The Migrant Community Action Plan identified 11 action areas to support residents with insecure immigration status.

Many residents in these groups are at risk of poverty, especially those who cannot access benefits or legally work, as they cannot access the welfare state. Many of the projects outlined in surrounding slides offer support to these families.

Of the households the NFA supports, around 35% have No Recourse to Public Funds. Alliance members with high NRPF figures tailor wraparound support for these groups with immigration advice, job support and more.

The council's Eat For Free approach includes all pupils – children with NRPF would otherwise be excluded from FSM

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## **Supporting residents and families with No Recourse to Public Funds**

- In January 2022, residents with NRPF are receiving a proportion of the government funded Household Support Fund for additional subsistence during winter. This being delivered via children's NRPF team (LBN) and VCFS organisations.
- NRPF Op group organising system mapping workshop (Wed 2nd March 2022) on the factors which drive poverty, destitution and exploitation in relation to immigration status in Newham, facilitated by London School Hygiene & Tropical Medicine. This will help identify gaps in support and guide future planning

## **Ensuring undocumented children can access support**

- Working to sign a data sharing agreement with Ready Homes and deliver a process to identify CME and support school admissions of children receiving Section 98 and 95 support, as well as using the data to proactively support families to access other core services.
- Updating the Migrant Directory of Services for professionals working with migrant families to ensure families can access the support they need

## **Training sessions for staff and frontline workers**

- In total we have delivered 35 sessions and had 379 attendances across 10 different Immigration trainings, since December 2020 from 75 Organisations.
- Working with migrant families – school staff specific session developed in partnership with Praxis, Schools, Newham Council and Care4Calais. The training sessions will continue until the summer 2022.
- Since Dec 2020, 236 people from 88 organisations have attended training in Domestic Violence and FGM

## **Support for asylum seekers and refugees**

- Emergency accommodation Working Group of LBN officers and VCFS organisations are working together to enable more families in Section 98 accommodation in Newham to access Early Years universal offers, and where necessary provide specialist support.
- Working with VCFS partner and Ready Homes to strengthen referral pathways into core services, particularly MASH, for people in Section 98 and Section 95 accommodation.

## **Supporting residents to apply for EU Settled Status**

- From March - June 2021, Newham Council funded a consortium of 10 organisations to deliver an awareness-raising project on the EU Settlement Scheme (EUSS) to vulnerable residents. The consortium:
  - Engaged with over 1000 residents and over 200 local community, faith and voluntary organisations,
  - Delivered 64 in person and online events, and
  - Guided over 300 residents through their EUSS applications in the 10 weeks before the Scheme's deadline.

# Holiday Activities & Food

Q Uzomba

# Holiday Activities and Food (HAF) Programme



## Why?

- Research has shown that the school holidays can be pressure points for some children and their families.
- For some children, this can lead to 'unhealthy holidays' in terms of nutrition and physical health.

Children from these families are also:

- more likely to experience holiday hunger;
- less likely to access organised out-of-school activities;
- more likely to experience social isolation.

## Overview

- The programme is funded by a Department for Education grant. The government has confirmed funding for the next 3 financial years - the grant for each local authority will be confirmed annually.
- 2021 – national roll out of programme and Newham's first year of delivery.
- The grant creates **free holiday club places and new holiday clubs** for eligible children during the **Easter, summer and Christmas** school holidays.
- **Eligible** = school aged children from reception to year 11 (inclusive) who receive **benefits-related free school meals**. A small number of children are deemed eligible if they are not eligible for benefits-related free school but are deemed to be vulnerable or at risk.
- **Food is an integral part of the programme - alongside range of other activities and help to support the long-term wellbeing of children who access the provision.**
- HAF holiday clubs must provide **at least one healthy and nutritious meal a day.**

# HAF holiday club aims

## Children to:

- ✓ **eat healthily** over the school holidays;
- ✓ **keep active** during the school holidays;
- ✓ take part in **engaging and enriching activities** which support the development of resilience, character and wellbeing along with their wider educational attainment;
- ✓ stay **safe and not socially isolated**;
- ✓ develop a **greater knowledge of health and nutrition**;
- ✓ **engage with school and other local services.**

## Their families to:

- ✓ develop their **understanding of nutrition and food budgeting.**

## Children and their families to:

- ✓ access other **services and support** that would benefit them through signposting and referrals.

## Who were the main delivery partners? How many children received HAF support?

44 organisations received grants to run HAF holiday clubs

Of which 14 were schools

Of which there were 7 working together as a partnership / consortium.

Of which 11 were Newham Food Alliance members

3 Council services also ran HAF holiday clubs:

- The Youth Empowerment Service
- The Youth Offending Service.
- Children's Health 0-19 & HeadStart Service.

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### Easter school holidays

delivered as a pilot

**673** children

Primary 530  
Secondary 143

### Christmas school holidays

**\*3370** children

Primary 2244  
Secondary 640

*850 children also received additional or only 'remote support'*

*\*attendance numbers significantly affected by surge in COVID-19 infections.*

### Summer school holidays

**3798** children

Primary 2580  
Secondary 1158

As part of an additional 'remote support' offer, over **1200**

**food hampers / parcels**

were given to children and their families during the

**Christmas holidays.**

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# Quotes related to the food and nutrition element of the programme

## **Helping children eat healthily over the school holidays:**

*“After the club ends, I will start to eat more vegetables and fruits at home” - child*

*“ My child never eats his vegetables at home, however he has started to like eating peas and carrots since attending the club, am really happy about this”- parent*

## **Helping children and their families develop a greater knowledge of health and nutrition:**

*“ The face to face workshops were very educational and informative. I am thankful for the sessions and the recipe cards were also interpreted and translated in the Somali language as I cant speak, read or understand the English language” – parent*

*“I made pasta with my friend. We had to chop up loads of different vegetables and fry them in the pan with tomatoes and sauce and chop up pumpkin to put in the oven. Then we cooked the pasta and mixed it all up and put it in a tin with cheese on top. I took it home and my Mum put it in the oven. We ate it for dinner.” – child*

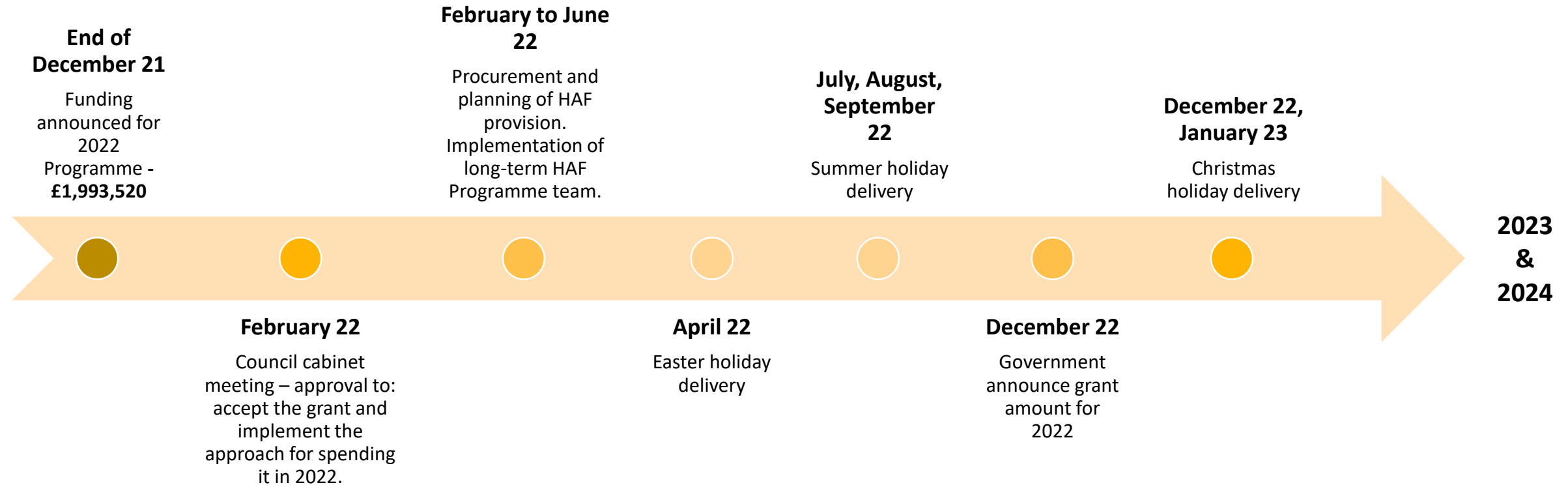


# HAF 2022

## Key dates



The government has confirmed funding for the next 3 financial years - the grant for each local authority will be confirmed annually.



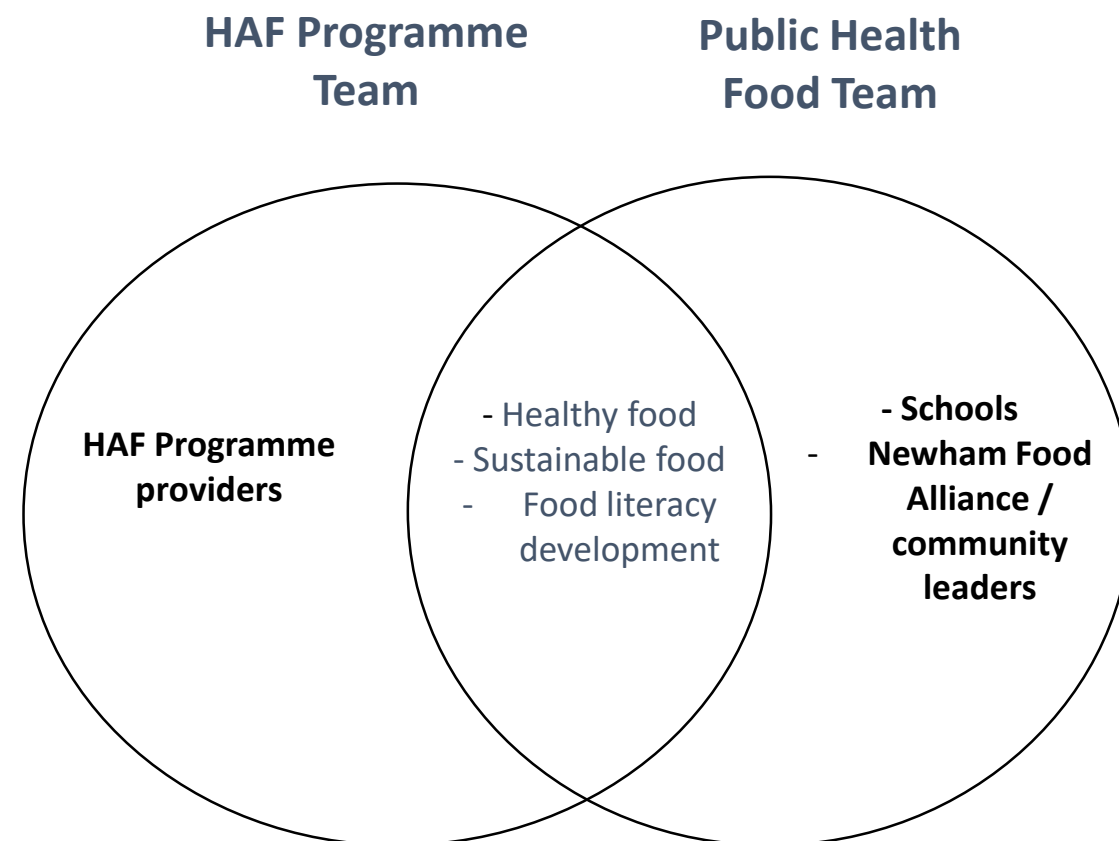
# HAF – joined up working with Public Health

## HAF Programme Team and Public Health Food Team

Since the start of 2022, the HAF programme team and the Public Health Food Team have been working more closely.

Aligning the 2 teams will:

- Help improve the quality of the food element of the HAF programme.
- Help the HAF programme go beyond just meeting the Government's HAF programme guidance and food standards – e.g. addressing food sustainability issues.
- Lead to more joined up thinking. Rather than looking at elements of food / nutrition challenges - together the teams can address problems across the whole a system - from home to school to HAF.
- Lead to a more co-ordinated and consistent approach to improving healthy eating for Newham's children – children will experience the same quality of food provision across the system.
- Enable the pooling and sharing of resources / knowledge and experience.
- Reduce duplication of effort. Note, some school and NFA organisations may also be HAF providers!



In 2021 35% of providers rarely procured meat, fish, fruit and vegetables that was grown, reared, landed in the UK or didn't know the source of these items.

Some providers served lamb on most days during their 2021 programme

30% of providers offered a meat dish as the main meal option every day throughout the summer

It is our aim to work towards the below - this has been set out in the Service Specification for the procurement of provision for HAF 2022:

- **Less beef and lamb** - no provider should serve beef / lamb on 'most days'.
- **More vegetarian and vegan meals** - providers encouraged to have at least one meat free day each week
- **More local and seasonal produce** – providers encouraged to avoid fruit and vegetables that have significant air miles or are out of season in the country of origin / grown using energy intensive methods e.g greenhouses.
- **Reduce food waste** – providers encouraged to implement a range of measures to divert food waste from landfill
- **Reduce single use plastics** - providers encouraged to use various alternatives to single use plastic
- **Make use of food surplus organisations** – providers encouraged to use these organisations to help children, young people and families access healthy and low-cost food.

# Primary – Eat For Free

**P Gibb, A Gold**

**“Eat For Free is so much more than just a meal for all children in Newham. It’s a joined-up approach that is targeting children's health and attainment, and it creates a school meal system that has the biggest possible positive impact on the local food economy.”**

**Stephanie Slater,  
Founder/Chief Executive,  
School Food Matters**

- In primary 5 to 11-year-olds benefit from the nationally leading Eat For Free universal meals scheme that impacts across the 5As of food security and health.
- Funded by the council the grants conditions and principles are co-produced by the borough’s 66 primary schools.
- Key KPIs are meal take up and the applications of grant conditions by all schools.
- Confirmed that 2021-22 all schools are meeting the grant conditions Real London Living Wage, LGPS, meal certification and are having an impact on tenders and ultimately residents.
- Meal take up in Newham has rebounded upon the return of children to schools.
- Will shortly be back to pre-pandemic levels around 90%
- Infographic that follows outlines Eat For Free in it’s pre-Covid (and expected endemic-Covid full impact)

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# Eat for Free (EFF)

In Newham, pre-Covid data showed 91% of KS2 pupils having a school meal, compared to 60% in comparable boroughs without a scheme and 45% before the scheme began. Today around 50% children are estimated to be in poverty but only around 30% qualify for a free school meal (FSM).

## What are the benefits of EFF to our community?

1. HEALTH AND WELLBEING	2. EDUCATION	3. LOCAL JOBS AND ECONOMY (COMMUNITY WEALTH BUILDING)
<p><b>On the curriculum</b> Universal participation in meals normalises healthy eating as a core part of the school day – key as we face challenges such as obesity, oral health and food poverty</p> <p><b>Less packed lunches</b> Only 1.6% (nationally) of packed lunches meet the government's school meals nutritional standard. More cooked lunches eaten equals more children getting a healthier diet</p> <p><b>Higher quality meals</b> EFF schools all serve meals at the higher Food For Life Bronze standard – an independently certified standard</p> <p><b>Every school 50 Steps</b> EFF grant principles require all schools to participate in certified whole school accredited programmes on food and health. These are important tools driving engagement and investment in a healthier Newham</p>	<p><b>Disadvantaged pupils</b> EFF has a marked difference amongst disadvantaged pupils</p> <p><b>Concentration</b> Pupils who eat a nutritious and filling daily meal have better levels of concentration</p> <p><b>Performance &amp; Attainment</b> Most recent data indicates that the average primary attainment score (70.75) for all pupils in boroughs with a universal free school meal scheme is higher compared to neighbouring boroughs without the scheme (69). This trend is also prevalent in disadvantaged pupils in boroughs with a universal scheme (65.5) in comparison to boroughs without (61).</p> <p><b>More time</b> Time spent by parents preparing packed lunches can be better spent with children (e.g. with homework)</p>	<p><b>Local jobs</b> 86% of those who work in school meals are Newham residents</p> <p><b>Benefits to Newham workers</b> EFF schools are required to pay London Living Wage and local government pension. Grant conditions have successfully shaped schools' tenders this year</p> <p><b>Benefits to the Newham economy</b> Without EFF, providers can push for lower wages to generate corporate profits – less money for Newham residents, money leaving the borough</p> <p><b>Rewarding careers</b> A certified higher standard for meals makes it difficult for companies to squeeze down on working conditions and jobs which results in more working hours for Newham residents</p>
<p><b>Expanded grant conditions</b> Work so far provides a platform for more innovation with schools co-producing work on community wealth building, food and health that benefits the whole borough</p> <p><b>Re-investment potential</b> Juniper Ventures is the school catering company that is 100% owned by the council. EFF requires schools to go out to tender on employment terms and conditions that creates a level playing field for all companies. Focus is on quality of offer when choosing a caterer. Any surplus made by Juniper is reinvested in school food or returned to the council</p>		
<p><b>OTHER BENEFITS: ENVIRONMENT</b></p> <p><b>Climate Now</b> The grant requires schools to enrol in the Mayor of London Healthy Schools Programme Bronze and the Soil Association Whole School Food for Life accredited programme. In addition to health work, these programmes promote action on climate and environment</p>		

**AT RISK**

**Over £2m in wages**  
if schools are not required to pay London Living Wage and local government pension

**384 hours of employment lost every day**  
if school meal take up drops back to pre-EFF levels (over £1m of lost employment a year)

## Anchored spend

We invest £5.889m\*, but this keeps anchored all £14m\*\* that our primary schools spend on meals.

\* £3m Public Health Grant and £2.889m General Fund

\*\* Our investment plus £8.5m Central government money (FSM at KS2 and UIFSM at KS1)

## What's next?

There are 66 participating schools in the EFF programme. Continuing to evolve the grant conditions enables us to increase outputs that advance our agenda on children's health, education, climate and environment and community wealth building.



# New grant principles

Work has begun on co-producing with schools new principles of the grant focused on:

- Supporting schools to get more Food literacy work on the curriculum – with support for schools on materials and activities.
- Increasing food Growing in schools. Working with a grant and support from UCL and four pilot schools.
- Increasing menu co-production between caterers, parents and children

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# National change to secure local gains!



- Eat For Free is one of only four such schemes in England and is currently uniquely positioned as a result of the grant conditions and principles added since 2019
- We continue to work closely with other universal boroughs, seeking to add grant conditions of their own, and LAs working to develop universal schemes – learning a great deal in the process.
- Scotland have gone universal at primary this academic year and Wales has committed to follow by 2026.
- Newham is an active partner in a newly established national campaign working to see the benefits of universal meals extended to all children in the UK , the leadership of which has now secured initial seed funding.
  - Partners include academics, caterers, local government and civil society representatives including from the Mayor of London and GLA Food Team, School Food Matters, Sustain, Food Foundation, Northumbria University, Child Poverty Action Group, as well as colleagues in Scotland and Wales.
  - Goal is a concerted and co-ordinated ask to government for a universal approach to school meals emphasising the benefits for food security, educational attainment, health, and local economy – as seen in Newham. Success would see Eat For Free statutorily funded.

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# Secondary - We are Food Secure 11-19

**A Gold, E Watts, N Savona, A Hagel, P Gibb, L Austin Croft**

# We are Food Secure 11-19

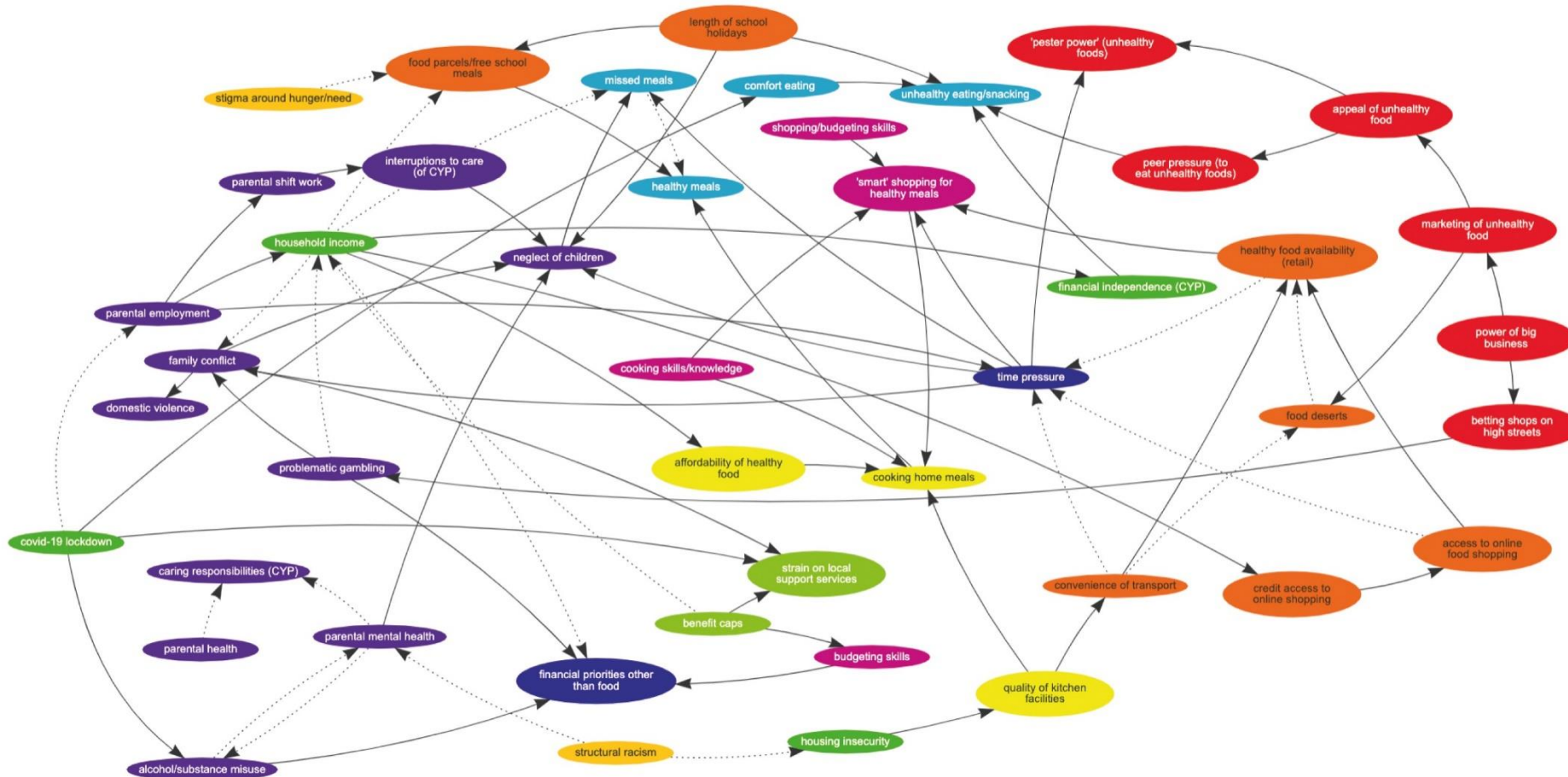
- New data shows that 31.5% of secondary school age young people in Newham are now accessing FSM, an increase, but with around 50% of children estimated to be growing up in poverty the discrepancy is stark.
- Nowhere in the life course is that reality that mal- and under- nutrition just two sides of the same food systems failure than in the lives of this age group.
- The NFA, SWA/APA, Our Newham Money, MAP and HAF are all focused on supporting children and families and 11–19-year-old children continue to benefit from that work.
- However recognition whole systems change and bigger thinking is required

# We are Food Secure 11-19

- Shaping Places for Healthier Lives Award grant of £300K has been dedicated to driving whole systems change for 11–19-year-olds. With the grant comes, over the next three years, the support of leading experts from London School of Hygiene and Tropical Medicine, Associates for Young People’s Health, LGA, The Design Council and others.
- Our initial work on understanding food insecurity as part of a whole systems has been shared nationally (see next slide).
- We are now building on that work with a zoomed in whole systems map dedicated to the challenges of 11-19 years olds.
- Ongoing Q1 2022 have been multiple interviews with young people and will be reflective of the demographics of the borough.
- As this is a systems project, we will be connecting as far and wide across the system as we can to ensure Public Health, Schools, VCFS, Regen, Housing, Education, Social Workers, High Streets ... Everything needs to be in play, everyone needs to play their part.

# Whole systems thinking is key to change

## DRIVERS OF FOOD INSECURITY FOR CHILDREN AND YOUNG PEOPLE IN NEWHAM; AS PERCEIVED BY STAKEHOLDERS AND WIDER COMMUNITY (MAY 2021)



### KEY:

- Support/care at home
- Competing priorities
- Eating
- Knowledge/skills
- Food access
- External 'nudge' influences
- Living circumstances
- Local support provision
- Structural prejudice
- Home food environment

# Pre-school settings

A Teakle, K Reed

Data commissioned by Public Health from UCL has revealed the heavy toll the pandemic has taken on families with young children. From sample of 2000 households:

- Over a quarter of the parents/carers that responded were using food banks.
- Over 1/3 of parents reported that they had not

Families in Newham remain exposed to the cost of living crisis. many low income families the pandemic has resulted in added financial pressure due to changing employment situations.

NFA, SWA and other emergency response offer remain acutely focused on families with young children

Specific work done to address challenges with infant feeding.

The pandemic has highlighted the significant and important role of 0-5s settings in shaping how our children reach school. 0-5s food and nutrition working group is now in place to strengthen the impact of these settings.

# Emergency infant feeding support pathway



Building on work during COVID, we have established an emergency infant feeding support pathway that ensures no infant in need of formula goes without but, that every interaction is focused on getting families connected to holistic wrap around maternity and early years support.

This pathway is a collaboration between over 50 partner sites in the borough and includes: Public Health, 0-19 Service, Early Years/Best Start in Life, UNICEF, the NFA partners and the Social Welfare Alliance.

*“Of all the referrals I do on a daily basis: front door & NFA is by far the fastest and most efficient & smooth in term of response - so I wanted to thank you both & your teams for this & thanks you very much for the excellent support of our Mums & Minis!” – Newham VCS provider using the pathway*

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# Best Start in Life commissioning



## • Early Start nutrition training for professionals

- A range of training **webinars and e-guides** are provided to early years **professionals** on various topics related to food, nutrition and health promotion (e.g. oral health)
- Early Start also helps children centres, early years settings and childminders with their **menu planning**
- A range of sessions are also being run for **parents**. They include topics such as: food and nutrition for infants and toddlers, weaning your baby, bin the bottle, fussy eating, oral health, vitamin D and Healthy Start, cooking and learning about food, toddler meals and snacks
- These sessions are delivered through the Parent Hub as part of our COVID response

## Children Centres

- We are currently reviewing a range of innovative ideas that will be trialled via the Housing Support Fund grant and will monitor and evaluate which ideas work best.
- Nutrition Kitchen has been commissioned to run cooking classed with families in children centres.
- CCs continue to work with the SWA and NFA to ensure that families can access emergency food when required and provide wrap around support when required.

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### Oral Health Promotion January 2022

“Very useful to use in conjunction with the revised EYFS requirements. Links and statistical info also helpful for putting things into a meaningful context”

- Over the last year, almost 500 online modules have been completed by children centres, childminders and nursery settings.
- This includes topics like fussy eating, menu planning and food policy
- Within the last 9 months, 88 new users (professionals and residents) have accessed Early Start training

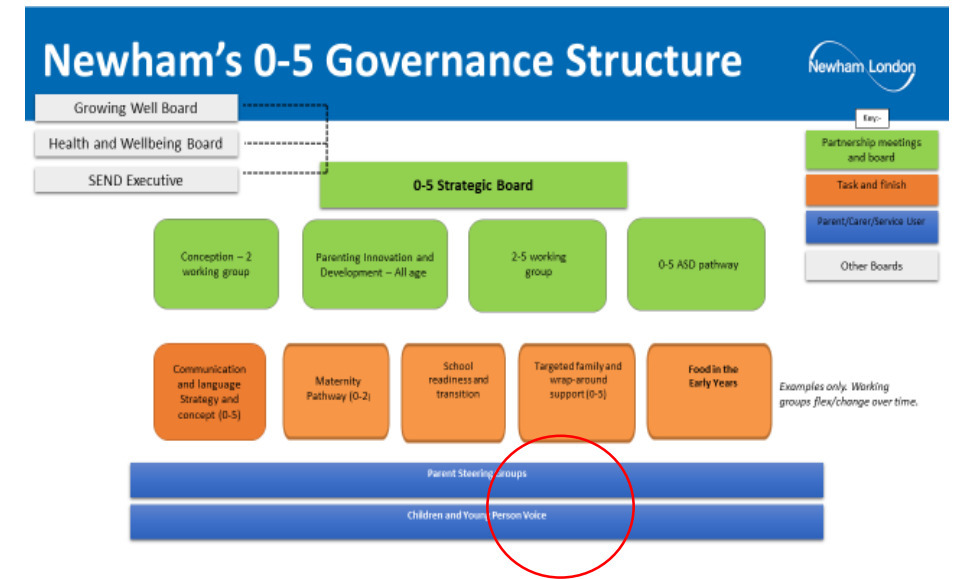


# Early years food and nutrition working group



Bringing together figures with national and regional profile and also a strong connection to Newham. The purpose of this working group is to create a shared vision for food in the early years, for Newham's children. Together, the group will:

- Review the current food and nutrition offer in settings
- Identify what is working well with the offer, including case studies of best practise
- Identify gaps and areas for improvement in the current offer
- Identify opportunities for integration
- Decide on key priority areas to inform forward planning



Through this group will be a platform for the borough's adaptation to changes in the Early Years Foundation Stage – with it's increased focus on food.

# Responding to changes in Early years foundation stage – nutrition & wellbeing



- The Early Years Foundation Stage (EYFS) is the curriculum which is used nationally for early years settings. Settings must meet the requirements set out in the standards, for the learning and development of care for children up to the age of 5.
- These standards were revised in September 2021 and there is now a heightened focus on
  - (1) access to healthier food;
  - (2) good oral health;
  - (3) skills to make healthier choices
- This framework will inform future Ofsted inspections of all early years settings. Schools **and** early years settings (including child minders) must meet the standards in this framework

# Healthy Start & Vit D



- Healthy Start is a national scheme to help low-income pregnant women and families with children under the age of 4 access fruit, veg and milk. The vouchers are worth £4.25 or £8.50 if the child is between 0 and 1. The scheme has also recently expanded to include British children of NRPF residents. The scheme brings in an extra approximately £2million to the hands of families in borough currently.
- Work in 2021 showed a significant increase could be achieved by working with residents – over summer/autumn pilot 179 households value of approximately £120,000
- However with Healthy Start now going digital on 31 March 2022 the borough faces a new challenge to get residents signed up:
  - Borough wide Healthy Start working group with teams from across the borough council, VCFS including NFA partners and early years practitioners
  - SWA Healthy Start Training continues
  - Comms campaign launched – posters, flyers, social media and outreach teams
- Healthy start co-ordinator has been commissioned by public health to site within the team at Newham University hospital to promote Healthy Start food and hand out vitamins.

Newham has launched a universal offer of free Vitamins to pregnant women, new Mums and children under the age of 4. 23 vitamin distribution sites are now active across the borough.

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# What's next?



- A range of work is currently under way to ensure that Newham's food and nutrition offer is aligned across the Council. This includes planning for the end of Early Start's contract (end of 2022) and our requirements to re-procure for 2022.
- Commissioning of an expanded offer of infant feeding support
- Launch of the GLA's new Healthy Early Years London award and adapt Newham's award
- Increase the number of training sessions on nutrition and oral being run via the Social Welfare Alliance learning and development scheme
- Development of an oral health action plan via the borough-wide oral health partnership group
- Continue to increase uptake of the Healthy Start (food) scheme via the borough-wide partnership group
- Working towards Stage 3 baby friendly initiatives (BFI) and subsequent accreditation

# Healthy Food Neighbourhoods

**J Brown, J Tizzard, N Pomfret, E Watts, L Wilcox, P Knight, K Dede**

# Healthy Food Neighbourhoods

15 minutes neighbourhoods that are healthy food neighbourhoods are about a range of interventions – immediate work grassroots and on the ground and strategically as we shape our local plan

The 5As of food security – **Availability, Accessibility, Affordability**, Awareness & Acceptance are key as we shape Newham as a place.

Key definitions include:

- **Food Desert** - is an area that has **limited access to affordable and nutritious food**, in contrast with an area with higher access to supermarkets or vegetable shops with fresh foods.
- Food Swamp - is an area where an abundance of fast food takeaways and other outlets for 'junk' food, convenience stores that sell only or predominantly HFSS products and off licences outnumbers healthy food options.
- HFSS Food – Food High In Fats Salts & Sugar

Property Services have been applying healthier eating assessment criteria to assess new tenants since 2021 – building on successful pilot:

- Similar to SVR it gives a robust way to assess potential tenants effectively for health
- Tenant's commitments to good food retail and service then incorporated into leases

Emerging Commercial Leasing's Policy due to publish May 2022 will build this work firmly into the corporate architecture of the council and outline:

- Plan for strategic investment and place making – a proactive policy across the entire portfolio that values tenants food offer for health and cultural appropriateness
- Scope for acquisitions programmes and portfolio building
- Results of a audit of the healthiness of the food offer across the portfolio with the next step a plan of action as to how current tenants can be nurtured and improved
- Create an opportunity to enforce healthy food leasing policy on new rentals but also potentially where there is a lease transfer if LBN policy is clear and robust

- Strategic Investments Team already manage a Co-op tenanted property investment
- By mapping need, sighting opportunity and simultaneously facilitating dialogue with major retailers, to understand their requirements for new space, they are working to make entry by commercial partners into Newham food deserts attractive.
- Options include:
  - Using an existing LBN building (working closely through property management) to offer rent free periods or other favourable lease terms.
  - Acquire buildings if needs be and adapt them/make them suitable for occupation.
- Food stores are good investments for the borough as supermarkets are viewed as great tenants (i.e. little risk of default).
- By attracting food store tenants on long leases, the Council can achieve it's the aims in food deserts but also achieve a financial return.
- So far two key potential sites have been identified south of the A13 and exploratory negotiations underway with stakeholders, agents and future retail partners.



# Supporting Newham small businesses



Shop Healthy Programme has been commissioned with

- the high profile team who led and built the original Shop Healthy Transformation concept elsewhere in London now on the ground and at work in the borough.
- Will work with existing small independent food businesses that have the scope to deliver a broader and healthier food retail offer. Key changes secured in the original pilot with hero retailers were:
  - Increasing the range of healthy products stocked
  - Swopping out high sugar and high fat for alternative healthier products that sell
- The programme, being delivered by retail marketing experts with a leading track record in this area, supports retailers with 'local hero retailer potential' to transform and develop their offer
- Focusing on food deserts south of the A13 for initial phase with scope to scale. Work begins with resident led analysis of the food hero potential of existing businesses
- For the partner businesses - enlightened self-interest as they see more money in the till!

Relevant to both food swamps and food deserts – Council is now funding a dedicated officer working with businesses on the Healthier Catering Commitment. Key KPI will be partners engaged

# TFL No Junk Food Advertising

- Perhaps nothing symbolises a food system gone wrong than the relentless advertising of high calorie low nutrient food. Reducing the eyeballs on unhealthy food adverts supports families to focus budgets on the food for health.
- We have already de facto ended all junk food advertising in our publicly owned outdoor spaces. Work now is to embed and formalise best practice process into council areas
- Embedding into official Council policy so that it stays that way – a robust processes based around the pioneering TFL Advertising Policy. Council teams collaborating across Public Health, EST, Policy, Procurement, Legal and Property. Externally, we are engaged with advertising agencies and business partners, GLA Food Team, TFL, Sustain and Bite Back.
- Independent London School of Hygiene and Tropical Medicine study found that the TFL policy was associated with an estimated 1,001 kcal (6.7%) decrease in average weekly household purchases of energy from HFSS products compared with what would have happened without the policy. Most strikingly, the average weekly purchases of chocolate and confectionary fell 385 calories per person.
- A win-win as this proven robust and ‘objective’ framework that will ensure advertisers are able to get a quick answer and ensure that our estate is attractive to advertise on and junk food free. Evidence that manufacturers change the products they sell (reformulating away from HFSS)
- Only a handful of councils have so far gotten this over the line

Newham's existing markets remain a vital source of affordable healthy food shopping with changing work in recent years on ways of working with traders having produced significant improvements in the quality of fruit and veg on sale.

There is a built in ability to support small site pilots absorbs into the broader markets portfolio as the team has statutory commitment to reinvest surplus.

Emerging market strategy due to launch Sept 2022 is an opportunity to outline a plan to grow and support activity in food deserts looking at specific suitable sites such as:

- Existing North Woolwich licenced market site
- Custom House sites around station and Freemason's Rd between 39 and 51
- Markets team are launching new online and social media tools to support promotional work.
- Partnering and innovating – seeking to increase traders with card machines as this automatically makes them a Healthy Start retailer.
- Outreach – markets have been and continue to be priority site for public health outreach during the pandemic with particular success on Healthy Start. The plan is to continue outreach in these venues.

# Local Plan Opportunities

- Local planning team value this taskforce, the mapping and evidence base we are producing – planning innovation and legacy.
- Local Plan review is taking place over a three-year period, with three rounds of consultation and engagement.
- The first round of engagement on the Issues and Options document took place between the 18 October and the 17 December 2021.
- Emerging Local Plan evidence:
  - **Characterisation Study:** 15-minute neighbourhood network
  - **Community Facilities Needs Assessment:** spaces with food prep/storage understood and mapped
  - **Green Infrastructure Strategy:** identification and classification of existing allotments, understanding areas with deficiency in access to food growing

# We are Food Growing

- Food Growing in our deserts and across the borough generally is about more than just the access to some home-grown food it provides for residents.
- Biggest impact is in growing **Awareness** and **Acceptance** of seasonal healthy food – so that we become better equipped to take advantage what is most affordable.
- The opportunity identified in Newham is to rethink how we view our growing spaces across the board - from passive things we look at to active things that we eat!
- Put everything is in play e.g. window boxes, recycled plastic raised planters onto housing estates.
- **New spaces this year include:**
  - Funded by Community Assemblies, New City Open Space, Priory Park and Walton Road Community Gardens
  - Supported by housing, the resident-led Eric Close Upcycled Community Garden.
- Allotments now insourced from April 2022. Subsequent improvement plan will create opportunities for targeting this resource at those most in need. We will address locally some historic anomalies how nationally we allocate allotments.
- A number of available sites have in or accessible from key deserts south of the A13 including North Woolwich, East Ham, Custom House and Canning Town. Work continues on the North Woolwich proposed club and garden site with TFL.
- Targeted for growth in 2022/23: hiring food activation officer to activate food growing, community gardening and conservation initiatives. Includes setting up a gardening tool library.

# We Are Food Growing

- Newham awarded a £30,000 grant from the climate change focused Net Zero Innovation Portfolio by the LGA to create a food growing toolkit over the next 6 months and see 4 pilot sites for food growing spaces on primary school grounds.
- ‘We are Food Growing’ toolkit will co-produced with schools and support from experts at University College London and will also see four pilot gardens developed in Newham schools.
- Project is designed to be scalable within schools and for the toolkit to then be adaptable across other settings.

