



EBFC's Brighton & Hove Citywide Community Delivered Meal Impact Report March 2020 – May 2022

We have cooked 200,000+ fresh nutritious meals delivered daily citywide across Brighton & Hove and delivered 1000's of food parcels, all by a team of dedicated citizens and volunteers. Over 370 tonnes of surplus food has been saved and redistributed across the city...and we are still cooking and delivering and still redistributing surplus food.



EBFC are the only food group providing a community daily delivered meal service across the city of Brighton & Hove and made sure our most vulnerable were given fresh nutritional meals, 7 days a week, delivered to their door throughout Covid 19. There was and still is no other food group providing a daily meal delivery service across the city of Brighton & Hove other than East Brighton Food Co-operative.

We found that the improvement in diet and health during 2020 and 2021 had been significantly improved by our daily fresh nutritious meal service and a staggering 78% felt their health would have become worse if it were not for the daily meals they were receiving from East Brighton Food Co-operative.



Tash and Maggie at Robert Lodge Community Rooms prepping for service

- 1. Recommendations**
- 2. Map of delivery locations and postcodes**
- 3. Survey**
- 4. Quotes**
- 5. Press**
- 6. Timeline**
- 7. Events**
- 8. Snapshot of Referrals**
- 9. Full Survey Results**

1. Recommendations For Continuation of City Wide Delivered Community Meal Service

1. The local authority, BHCC, commits to providing adequate funding for a community delivered meal service for our most vulnerable residents, especially those socially and economically disadvantaged.

2. Central government to provide additional funding to allow local authorities to implement recommendation 1. EBFC will be actively campaigning on a local and national level to influence policy makers to take action and responsibility for the most vulnerable people in our society. A daily nutritious meal should be the minimum a country as wealthy as the UK should provide.

3. Councillors from all political parties to pledge to include funding for a community delivered meal service in the next financial year, in their next budget. EBFC will be contacting individual Councillors to ask them their opinion on this.

4. A citywide focus group including the local NHS PCN's, representatives from the NHS Sussex ICB (Integrated Care Board) and the BHCC's various departments plus all other organisations across the city that want to help prevent our most vulnerable residents needlessly dying of malnutrition silently behind closed doors. This will enable everyone's experience in the field to share and pool their knowledge, ensuring that our common resources and skills are used more effectively.

5. EBFC and all other groups with a functioning bank account, should be able to have payments made directly to them from the LDSF (Local Discretionary Social Fund) as happens now with payments or voucher schemes to multi million pound companies like Argos and Tesco's.

East Brighton Food Co-op is here to address the appalling health and education inequalities in Brighton & Hove, through the healing power of a good meal, with our daily fresh nutritious city wide meal delivery service, lunch clubs, cookery classes, outdoor events with our apple press & smoothie bike and wellbeing allotment where people can experience the whole journey of food “ from seed to plate.”



Clair's fabulous lentil and vegetable stew with sweet potato and basmati rice

10/05/22 - an email from Brighton General Hospital perfectly highlights the lack of provision in the City.

Hello,

I am Assistant Practitioner with Responsive Services in Brighton General Hospital. I am trying to arrange food support for a vulnerable couple in the community.

Wife of our patient reported to us she is struggling with preparing proper meal for themselves, they would like meals to be delivered to them (meals on wheels type of service) but they cannot afford to pay for it.

I tried referring them to the Access Point. They were not able to help but advised to contact Request For Help which is other Council department. I called them, they advised to contact Ciara Murphy at Impact Initiative who provided me your email.

Are you able to arrange free of charge meals to be delivered to mentioned couple?

Please contact me asap if you have any questions.

My mobile 07581451869

Pawel Buchelt - Assistant Practitioner *Responsive Services D1 Brighton General Hospital Elm Grove BN2 3EW - 01273 242117 (op.1)*

Patrick & Bryan accepting a Gold Champion Covid 19 Community Award in May 2020, on behalf of East Brighton Food Co-op.



Their are and have been many willing volunteers to help make sure the most vulnerable, housebound and isolated in the city were and are given daily meals. They were not forgotten during the Covid 19 lockdown. Many of our volunteers were once recipients of our meal service and are a huge asset to our organisation.



Pre Covid it was already known by Aging Well that over 4,000 pensioners in the city suffer with malnutrition. Many are still isolated and vulnerable in our city and there are many more now.

A firm favourite, jacket potato with freshly made coleslaw, white cabbage, red cabbage, carrots, red onion, butter flowers and mayonnaise.



2. Map of EBFC citywide delivery area January 2022



- BN2 5 - Whitehawk - 43 deliveries
- BN2 5 - Bristol Estate - 10 deliveries
- BN2 1 - East Kemp town - 10 deliveries
- BN2 0 & 9 - Rest of Kemp Town/Hanover/Queens Park - 23 deliveries
- BN2 1 - Central Brighton - 5 deliveries
- BN2 3 & 4 - Moulsecoomb /Hollingbury - 5 deliveries
- BN1 8 9 - Preston Park / Patcham - 7 deliveries
- BN2 6 & 7 - Woodingdean - 4 deliveries
- BN3 1 & 2 - Hove - 15 deliveries
- BN3 3 & 5 - West Hove - 10 deliveries
- BN41 - Portslade - 1 delivery

133 INDIVIDUAL DELIVERIES CITYWIDE IN BRIGHTON & HOVE – each of these deliveries are to separate addresses

207 Adults

5 Children under 5

51 Children between 5-18

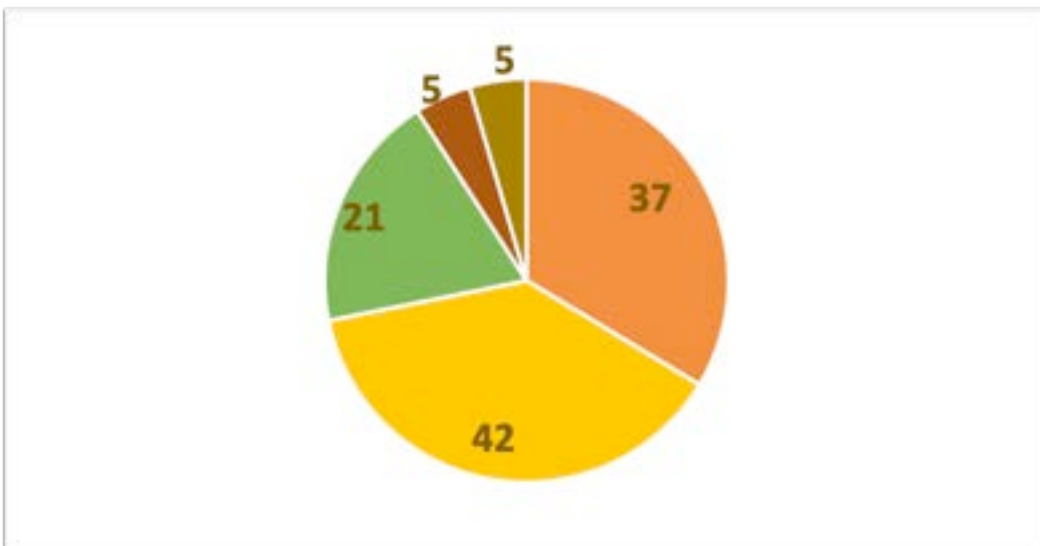
263 people in total receiving freshly made nutritious food, 22 are Families

3. Brighton & Hove Community Delivered Meal Survey Results

East Brighton Food Co-op undertook our own survey to find out more about what our local community wanted and how they felt about our service

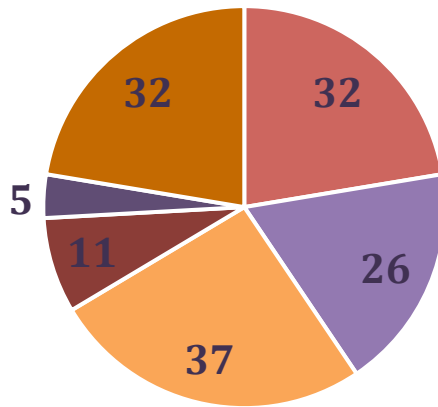
a. Lunch Clubs

Interested in joining lunch clubs in Whitehawk	37%
Interested in joining lunch clubs in Central Brighton	42%
Not interested in joining lunch clubs:	21%
Unsure:	5%
No Response:	5%



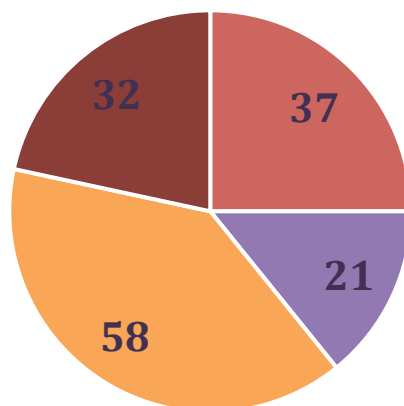
b. Reason for needing meal delivery service

Can't afford to buy food	32%
Recently coming out of hospital	26%
Physical disability/condition	37%
Do not know how to cook	11%
Lack of cooking facilities	5%
Sheltering due to Covid	32%



c. If didn't have the meal delivery service

Would go hungry	37%
Would be unable to live independently	21%
Health would become worse	58%
Would forget to eat	32%



d. How long would you like to use this service

Permanently

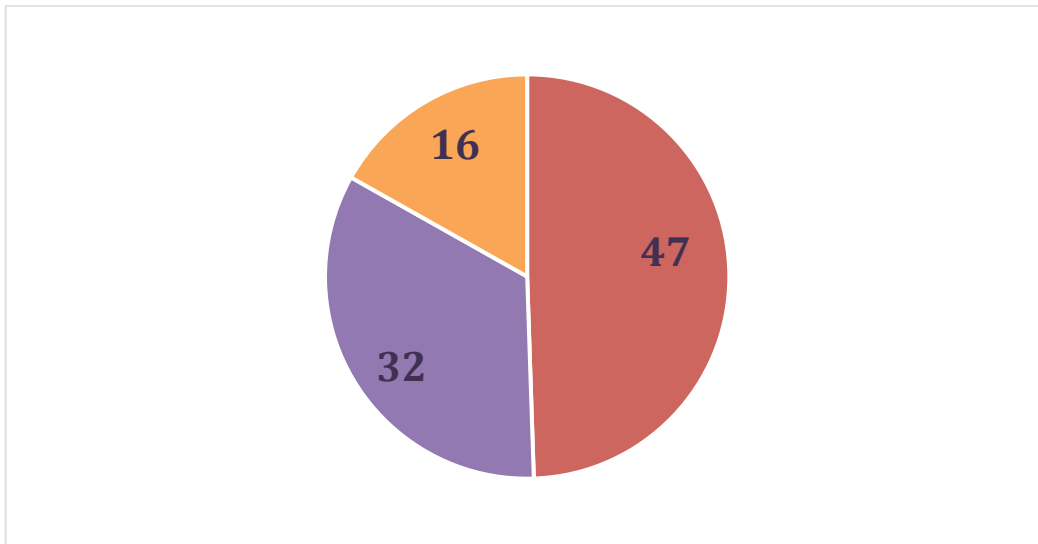
47%

Temporarily

32%

Intermittently

16%





East Brighton Food Co-ops meals are all freshly made using local produce where possible and working with local businesses and suppliers, which lessens our carbon footprint and sustains the circular economy. Over 200 volunteers have helped make sure the meals get to the people who need them most, prepping, cooking, dispatching and delivering daily.





We are stronger together



Our meal service was free from March 2020. In March 2022 we began charging. Due to the cost of living crisis many people in our city cannot afford to pay.

4. Quotes

A. Impact Initiatives

Hi Janet,

“The East Brighton Food Co-op’s meal delivery service is crucial in looking after the most vulnerable people within our community. We often have people come through to our service that are unable to afford food and unable to cook for themselves due to a mobility issue or disability, and there is no other service that caters to these individuals. The meals delivered by EBFC are freshly prepared, nutritious and made with love, which is felt by the recipients. I had a client feed back that these meals literally saved her life when she was in a time of crisis with her mental and physical health, as she felt like somebody cared about her each time the meals arrived, not to mention the nutritional benefits that positively impacted her health. It is critical that the EBFC can continue to provide this service to these individuals, which will be in even higher demand as we are seeing the effects of the cost of living crisis arise.” **Ciara Murphy, Food Access Support Worker at Impact Initiatives**

Best wishes,

Ciara Murphy
Food Access Support Worker
My pronouns are she/her
Impact Initiatives
Tel: 01273322950

B. One example from a Social Worker’s email sent in 2021 to local Councillor Gill Williams of the need for a daily community meal service. We received over 50 referrals from the council, or council agencies requesting meals for vulnerable people.

Hi Gilliane,

Thanks for speaking on the phone with me yesterday.

Since then I’ve got in touch with Janet from the East Brighton Co-Op and we’ve been able to start food deliveries for the gentleman starting today.

I am very impressed with the speed of their reply and how flexible they have been in supporting him. They have agreed to bring the meals up to his room due to his limited mobility.

As we discussed, there is a scarcity of support in this area. More emphasis was placed on food provision in the early stages of Covid, but as you said yesterday this has all gradually began to wind down.

The council’s Community Hub still provide food parcels, but are limited on resources and can only provide these for people who are specifically shielding due to Covid.

However, there are numerous other adults in the Brighton & Hove area who are vulnerable year-round due to their care and support needs and/or financial issues, and are unable to access food banks or local shops, so I think this Food Co-Op is an excellent service which is addressing a very concerning gap in service provision within the community.

I hope this is helpful.

Many thanks,

David Irwin | Social Worker | Assessment & Community Engagement Team

Health & Adults Social Care.
Brighton & Hove City Council.
2nd Floor, Bartholomew House. Bartholomew Square. Brighton, BN1 1JP.

David.Irwin@brighton-hove.gov.uk

C. TogetherCo – Social Subscribing

Hi Janet,

First of all, I wanted to thank you for the amazing work you and your volunteers have been doing. It has such a positive impact on so many lives. Our clients are so grateful they are able to have delicious homemade food delivered to them at an affordable price (and very often for free). Some of our clients who struggle with mental health and unable to leave their houses are now able to have a balanced diet and feel supported and cared for. You truly are a lifesaver.

Unfortunately, with rising inflation and the cost of living going through the roof we are now supporting people who cannot live off their wages/benefits. Reliance on your service is vital.

Best wishes,

Vanina

Together Co Social Prescribing
01273 229382
www.togetherco.org.uk/social-prescribing

D. Impact Initiatives - Aging Well, an email from one of our meal recipients in Hove.

Hi teams - Nicola Kate Nick

As Nicola suggested I'm writing direct to apologise for not being in on 3rd (I was till 19.10) and 5th - my partner currently waits downstairs to take me to BOAT theatre to review at 7pm. I wish she could leave it till later but she's just finished teaching.

It's now 16.17 and I should have written earlier. Was hoping to catch you Nick or Kate.

I'm gobsmacked by the quality of your food and I can see much of it lovingly made by Kate. I can only apologise and hope this reaches you. It's more than a lifesaver and balanced diet. It helps all of us live well.

All my best and thank you!

Simon

5. Press - Brighton & Hove Independent



Above quote from the Green Council Leader “ We’re exploring the need for a council led meals on wheels service, working to tackle the impact of food insecurity in already marginalised communities”

“ Food is just one of the ways that we can show that local action is at the heart of the response to the climate emergency”

Cllr Phelim Mac Cafferty – Brighton & Hove Independent

Thank you to our selfless heroes



85,000+ fresh nutritional meals is impressive and this figure doubled to 200,000+ and is still rising.

6. EBFC Covid Response

March 2020 - East Brighton Food Co-op open Bristol Estate Community Centre, establishing the emergency food hub and kitchen, ensuring by self-referral that our neighbours could access food parcels and freshly made hot meals delivered to their homes.

April 2020 - East Brighton Food Co-op open Robert Lodge Community Centre, cooking and delivering 1000's of fresh nutritious meals and 100's food parcels citywide, we move in March 2022 to our own kitchen in Baker Street and in September 2022 partnered with The Bevy, another local award winning community meals on wheels organization



EBFC were winners of the NatWest Top 100 social Enterprises 2022



7. Local Events



Our free weekly community barbecue at Kingfisher Court in Whitehawk is a big success, bouncy castles, art and good food every Friday since the spring of 2022.



Brighton & Hove buses have recognised the contribution that EBFC have made to our communities by awarding 2 of our hardest working volunteers, Sue & Bryan, Community Champion Awards in 2021, celebrating those who go Above & Beyond and giving them a bus each. Look out for them on the 1 & 1A bus route.

8. Snapshot – Some of the organisations that have referred to EBFC

PERSON	JOB	ORGANISATION
Alex Goldfinch	Welfare Officer	Brighton & Hove City Council
Philip Goddard	Seniors Housing Services	BHCC
Bruce Gelister	Accommodation Welfare Officer	BHCC
Various	LSDF	BHCC
Sue Sayers	Over 50s	TDC
Jo Smith	Tenancy Sustainment Officer	BHT
Suzie Bright	Tenancy Support Worker	Youth Advice Centre - YMCA
Amy Stephens	Project Manager	YMCA
Joane Gurr		Single Parents Network
Lauren Cooper	Support Officer	Southdown Homeless Prevention & Mental support
Neil Molkenthin	Mental Health Nurse	Aldrington Centre Sussex partnership trust - NHS
Amy Barlow	RMN	Sussex Partnership Trust - NHS
Simon Daneski	Tenancy Support worker	YMCA
Sally Macdonald	Manager	Ronald Macdonald House - Brighton
Various		3 to 5 Percival Terrace - BN2 1FP
Adam Belton	Social prescriber	Wellsbourne Health Clinic
Nora Mzaoul	Community Link Worker	Wellsbourne Health Clinic
Nick	Care Co-ordinator	Broadway Health Surgery
JIA	Young People's Project Manager	The Black & Minority Ethnic Community Partnership
Various		Voices in Exile
Hailey Seilens	Home/School Partnership Manager	St Marks CE Primary School
Jaqui Jooste	Health & Well Being	NHS East & Central Brighton
Maxine	Nutrition Support Worker	Impact Initiatives
Ciara	Support worker	Impact Initiatives
Rosa Jones	Migrant ESOL Caseworker	Voices in Exile
Anna Muten	Patient Engagement Worker	Arch Healthcare
Harry	Student Support Worker	Together Co
Ellie	Support Worker	YMCA - William Collier House
Jan Daniels	Support worker	YMCA - St Patricks
Holly Collicot	Engagement Worker	Just Life
Rachel Collins	Support Worker	Together Co
Joe	Support Worker	Whitehawk Food Bank
Emma		Brighton's Women's Centre
Sapphire		Brighton Cooking Club
Angela Barnatt	Manager	Friends, Families & Travellers
Darren Snow	Manager	Crew Club Community Centre
Tanya	Manager	Manor Sports & Gym

Sandie Spackman
Bertha Lacey
Nicola
Liz Corbett

Tenant liaison
Support worker
Community Link Worker

Marlet Court
Wellsbourne Health Clinic
Impact Initiatives
NHS - East Brighton

Food is Medicine, Food is Love



Delivery Angel John & his nephew from Canada

Early intervention of the kind EBFC provide with our meals and care improves the health and wellbeing outcomes of the most vulnerable and isolated saving money, resources and most importantly, health.

Providing this essential community citywide delivered meal service for the council without adequate council funding is not sustainable

We are not a pilot project, EBFC has been operating as a local grassroots organisation that started the city wide meal service on it's own initiative back in March 2020 due to the demand and lack of any other service for the MOST VULNERABLE and those enduring HARSHIP.

East Brighton Food Co-op is now one to watch on the Social Enterprise Index 2022.



9. Full Survey Results – 2021

2021 December - Survey Questionnaire

1. Interested in joining lunch clubs in Whitehawk: - **37% of people receiving meals**

Interested in joining lunch clubs in Central Brighton: - **42%**

Not interested in joining lunch clubs: - **21%**

Unsure: - **5%**

No Response: - **5%**

2. Interested in joining cookery classes in Whitehawk: - **37%**

Interested in joining cookery classes in Central Brighton: - **37%**

Not interested: - **16%**

Unsure: - **5%**

No response: - **16%**

3. Need help with transport: - **32%**

Do not need help with transport: - **47%**

No response: - **21%**

4. Interested in volunteering with the EBFC: - **16%**

Not interested in volunteering: - **53%**

Unsure: - **11%**

No response: - **21%**

5. The person the form was sent to is completing this form: - **84%**

Someone else is completing the form: - **16%**

6. One adult in the household is receiving the meals from the EBFC: - **84%**

Two adults in the household are receiving the meals from the EBFC: - **16%**

7. No children in the household are receiving the meals from the EBFC: - **100%**

8. Aged between 25-34: - **5%**

Aged between 45-54: - **47%**

Aged between 55-64: - **37%**

Aged 65+: - **11%**

9. Using the EBFC has enabled eating more veg: - **68%**

Using the EBFC has enabled trying new foods: - **58%**

Using the EBFC has enabled eating better within a budget: - **68%**

Using the EBFC has enabled less food wastage: - **32%**

Using the EBFC has enabled the consumption of less unhealthy food/drinks: - **58%**

Using the EBFC has enabled saving money: - **53%**

Using the EBFC has impacted eating habits in other ways than the above: - **16%**

10. Housing status - Privately rented: - **16%**

Housing status - Social housing (BHCC): - **42%**

Housing status - Social housing (housing association/other registered provider): - **21%**

Owner occupier: - **11%**

Other: - **5%**

No response: - **5%**

11. Using this service because can't afford to buy food: - **32%**

Using this service because have recently come out of hospital: - **11%**

Using this service due to a physical condition/disability: - **53%**

Using this service due to a mental condition/disability: - **37%**

Using this service as do not know how to cook: - 11%

Using this service due to lacking cooking equipment: - 5%

Using this service due to currently/previously shielding because of Covid: - 32%

Other: - 21%

12. (if selected recently have come out of hospital) This food support...

This food support helped/will help the recovery process: - 26%

This food support will/may keep me from being re-admitted in this instance: - 11%

Other: - 11%

13. If the service was not used, I would be hungry: - 37%

If the service was not used, I would not be able to live independently: - 21%

If the service was not used, I would lose weight: - 16%

If the service was not used, I would gain weight: 0

If the service was not used, my health would get worse: - 58%

If the service was not used, I would forget to eat: - 32%

If the service was not used, I don't know what would happen: - 16%

Other: - 21%

14. I would like to use this service for as long as possible (permanently): - 47%

I would like to use this service for a while (temporarily): - 32%

I would like to use this service sometimes (intermittently): - 16%

Other: - 16%

No response: - 11%

15. Unemployed and not looking for work due to being long-term sick or disabled: - 42%

Unemployed and looking for work: - 21%

Employed Full time: - 5%

Self employed: - 5%

Retired: - **11%**

Volunteering: - **16%**

Furloughed from work: - **5%**

Other: - **11%**

16. The food I receive is the correct portion size: - **47%**

The food I receive is to my personal taste: - **47%**

The food I receive meets my cultural, religious and dietary needs: - **26%**

The food I receive is too small a portion size: - **11%**

Other: - **16%**

17. Can afford to pay £0 for a delivered meal: - **37%**

Can afford to pay £1-2 for a delivered meal: - **41%**

Can afford to pay £1-2 for a delivered meal: - **21%**

Can afford to pay £2-3 for a delivered meal: - **11%**

Can afford to pay £3-4 for a delivered meal: - **11%**

18. Benefits experienced from receiving the food... I feel less lonely: - **32%**

Benefits experienced from receiving the food... I feel happier: - **26%**

Benefits experienced from receiving the food... I feel healthier/stronger: - **47%**

Benefits experienced from receiving the food... I have more money to spend on things I need:
- **42%**

Benefits experienced from receiving the food... I feel more connected to other people: - **21%**

Benefits experienced from receiving the food... I have learned more about other
services/activities: - **26%**

Benefits experienced from receiving the food... I have more energy to do other things: : **32%**

Other: - **5%**

19. Extra comments about the meal service: perfect as it is - nothing needs to change! - **26%**

Extra comments about the meal service: Sometimes receive foods I don't like (vension bolognese/fish/red meat) - **16%**

Extra comments about the meal service: favourite meal listed (chicken/curries/custard/steak and kidney pie) - **21%**

Extra comments about the meal service: meals sometimes left outside (prefer not) - **5%**

No response - **32%**

20. Happy to answer questions about demographics - **95%**

Not happy to answer questions about demographics - **5%**

21. Female respondent: - **42%**

Male respondent: - **58%**

No response: - **5%**

22. Identifies as the sex assigned at birth: - **95%**

No response: - **5%**

23. I would describe my ethnic origin as white: - **84%**

I would describe my ethnic origin as mixed: - **11%**

No response: - **5%**

23a. I identify as White: White English/Welsh/Scottish/Northern Irish/British: - **74%**

I identify as White: Irish: - **5%**

I identify as Mixed: Mediterranean and White: - **5%**

No response: - **16%**

24. Heterosexual/straight best describes my sexual orientation: - **68%**

Gay man best describes my sexual orientation: - **11%**

Other (Asexual) best describes my sexual orientation: - **5%**

No response: - **16%**

25. I have no particular religion or belief: - **47%**

My religion or belief is a Christian: - **26%**

My religion or belief is a Buddhist: - **5%**

My religion or belief is a Pagan: - **5%**

My religion or belief is a Muslim: - **5%**

No response: - **11%**

26. My day to day activities are a little bit limited due to a health problem or disability which has lasted or is expected to last at least 12 months: - **32%**

My day to day activities are really limited due to a health problem or disability which has lasted or is expected to last at least 12 months: - **47%**

My day to day activities are not limited due to a health problem or disability which has lasted or is expected to last at least 12 months: - **16%**

No response: - **5%**

27. I am not a carer: - **84%**

No response: - **16%**

28. One of the statements regarding serving in the UK Armed forces/ being a current or former serviceman or woman applies to me: - **5%**

None of the statements regarding serving in the UK Armed forces/ being a current or former serviceman or woman applies to me: - **79%**

No response: - **16%**

29. I do not receive meals from any other organisation: - **58%**

I receive meals from another organisation (a food bank): - **11%**

No response: - 32%

30. I heard about the EBFC through a friend/family member: - 21%

I heard about the EBFC through another food charity: - 5%

I heard about the EBFC through a doctor/GP: - 21%

I heard about the EBFC through TogetherCo: - 5%

I heard about the EBFC through a form: - 5%

I heard about the EBFC through a volunteer: - 5%

I heard about the EBFC through Impact Initiatives: - 5%

I heard about the EBFC through doing food charity research: - 5%

I heard about the EBFC through church: - 5%

I heard about the EBFC through being approached: - 5%

No response: - 16%

31. The thing that would make the most positive difference to my current situation is family/friends/ company related: - 26%

The thing that would make the most positive difference to my current situation is improved financial situation/benefits related: - 21%

The thing that would make the most positive difference to my current situation is continuing the meal service related: - 11%

The thing that would make the most positive difference to my current situation is employment related: - 11%

The thing that would make the most positive difference to my current situation is bills related: - 11%

The thing that would make the most positive difference to my current situation is help/support related: - 11%

The thing that would make the most positive difference to my current situation is improved health related: - 11%

The thing that would make the most positive difference to my current situation is anxiety/confidence related: - 16%

The thing that would make the most positive difference to my current situation is grievance related: - 5%

The thing that would make the most positive difference to my current situation is increased veg in the meal service related: - 5%



Thank you

Website - eastbrightonfoodcoop.uk

With links to Facebook - East Brighton Food Co-operative
&
Twitter - @EBFoodCoop

The data and information in this report was compiled by
Amy Knowles, Brighton University on behalf of the East
Brighton Food Co-operative

Our Family of Supporters







Hove Park Colts Gold U12/13's



Coburn & Baker



WITH OUR COMMUNITY SINCE 1999





University of Brighton

Active Student
Volunteering Service



Top Banana Nic our Megastar Delivery Angel with food donations from our local co-op

...and a MASSIVE THANK YOU to all our tireless volunteers, individual supporters and donators, you are many and you are amazing.