

London Borough of Hammersmith & Fulham

Report to: Health & Wellbeing Board

Date: 02/12/2020

Subject: Food Action Plan

Report of Joanna McCormick, Assistant director of health and social care commissioning and Sarah Bright, Assistant director of children's commissioning

Responsible Director: Lisa Redfern, Strategic director of social care

Summary

The Covid-19 pandemic and its associated economic impact have compounded and deepened household food insecurity and hunger, and the effects are expected to have an extended impact.

The wellbeing of our communities relies on there being enough healthy, sustainable food. Food connects everything we do as a society. How we eat affects our health and environment, drives our economy and is a central part of our cultural life.

We are proposing a Food Action Plan as a strategic means of stimulating and coordinating programmes that address the challenges facing the borough's residents in relation to food. We want to work with local communities, the NHS, third sector and local agencies to harness our collective efforts.

Recommendations

That Health & Wellbeing Board:

1. Approve the development of a Food Action Plan
2. Steer and monitor the Food Action Plan work

Wards Affected: All

H&F Values

Our Values	Summary of how this report aligns to the H&F Priorities
<ul style="list-style-type: none">• Building shared prosperity	Food insecurity is one of the biggest factors and symptoms of broader inequality.
<ul style="list-style-type: none">• Creating a compassionate council	Wide ranging support nationally to help people with food is one of the most visible examples of compassion which has been shown during the pandemic - ensuring residents young and old don't go hungry.
<ul style="list-style-type: none">• Doing things with residents,	We will work with communities and local

not to them	organisations to develop a plan that reflects the diversity of the borough and supports independence and resilience
<ul style="list-style-type: none"> • Being ruthlessly financially efficient 	The Food Action plan will focus and coordinate efforts, supporting efficiency as well as focusing on sustainable solutions.
<ul style="list-style-type: none"> • Taking pride in H&F 	Our response to the food insecurity crisis, both before and during the pandemic has been widely praised by organisations and residents.
<ul style="list-style-type: none"> • Rising to the challenge of the climate and ecological emergency 	Food is a major contributor to GHG emissions, a food plan is vital to supporting climate friendly food systems.

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1 DETAILED ANALYSIS

Context

- 1.2 There has been a significant increase in food insecurity in our borough since the start of the Covid-19 pandemic. H&F's largest foodbank is seeing a 300% increase in demand compared to pre-pandemic levels, while free school meal applications have increased by about 30%. Meals on wheels usage increased by 30% earlier in the year, although it is now returning to regular levels.
- 1.3 Looking more widely, our food system is complex and can present many societal and policy challenges. Communities are experiencing increases in obesity, food poverty and food insecurity. Global greenhouse gas emissions from food production are contributing to London's poor air quality and climate change.

Draft aims

- 1.4 Appendix 1 sets out examples of the broad range of programmes related to food currently delivered in the borough. They target both physical and mental health. We wish to build on these in a new Food Action Plan.
- 1.5 Pre-Covid-19, our focus was on ensuring that people can eat healthily and eat together if they want to. Collectively during the Covid-19 pandemic, our focus needs to be on ensuring that residents have enough to eat and can eat healthily.
- 1.6 Our principle draft aims are thus as follows:
- ***No-one goes hungry or is malnourished in Hammersmith & Fulham*** (e.g. due to poverty, dementia, diet)
 - ***Everyone in our borough can eat healthily*** (in the way they shop, cook or grow food)
 - ***No-one in our borough has to eat alone*** (given food's role in reducing isolation and loneliness)
- 1.7 We are also considering a fourth aim:
- ***People are able to eat without harming the environment***

Our approach

- 1.8 We will seek collective efforts to identify and tackle obvious gaps. Our projects will avoid stigmatisation, be culturally sensitive and be fun rather than didactic.
- 1.9 We will focus on delivering projects which:
- Ensure people know how to access food and financial support (this will include referring people to support)
 - Help people understand how food affects their health for good or bad
 - Look at ways to eat together (post Covid-19 or under the "new normal" arrangements)

- Support environmentally healthy food production and distribution

A Venn diagram in the style of that set out in Appendix 2 could offer a coordinated overview of programmes that meet our aims across all age groups.

Role of the Health & Wellbeing Board

- 1.10 It is proposed that the Health & Wellbeing Board coordinate a Food Action Plan across our community (council, NHS, third sector and resident groups).
- 1.11 The role of the board will be to:
- Inform the aims of the Food Action Plan
 - Promote these aims
 - Monitor progress
 - Publicise excellent food projects whoever in the borough undertakes them
 - Ensure collective responsibility for delivery of projects invested in or delivered directly by the council, the NHS, third sector or local agencies.

List of Appendices:

Appendix 1 – Food Programmes in Hammersmith and Fulham

Appendix 2 – A tool to map collective efforts

Appendix 1 – Food Programmes in Hammersmith and Fulham

In the borough there is already a broad range of programmes related to food – this list is not exhaustive.

Initiative/project	Target Group	What does the project do?	Sources of funding	Contract value / Funding from LBHF	Lead
Emergency H&F Covid-19 food response	Any residents in need / Shielding residents	This project provides food parcels for people who call the CAN and Shield number and ask for food help	LBHF Community donations	Up to £195,000	Council and community
H&F food bank	Residents in emergency food crisis	Provides emergency food packages for people in crisis – additional funding has been made available and use of resources to meet the increase in demand due to Covid-19.	LBHF – 3SIF	£50,000 p.a.	Voluntary and community sector
School meals	School-age children	Commissioning of school meal providers on behalf of schools.	Schools and Pupil Premium (DfE)	£3,000,000	Council (Children's)
UFSM Pilot	Students at two pilot schools	Launched Jan 2020. Provision of a Health Meal	LBHF	£195,000	Council (Children's)

		Allowance for all students at two secondary schools, Fulham Cross Academy & Woodlane High School allowing all students to receive a free lunch as part of a four- year pilot.			
Primary School Breakfasts	Primary school and nursery children	Offer of free breakfast provision to H&F Primary schools and nurseries, including expert advice and support, food deliveries, monitoring and a grant to cover other direct costs.	LBHF (s106)	up to £250,000 p.a.	Council (Children's)
Meals on Wheels	Residents with health problems preventing them from shopping or cooking	This provides a two-course hot cooked lunch for older isolated people who have this need identified by a Care Act Assessment. Approximately 140 meals are delivered each day.	LBHF (ASC)	£349,800 p.a.	Council (Social Care)

Nourish Hub	Residents near the White City and Edward Wood's Estate	The Nourish project includes the Nourish Hub (launching end of 2020) The hub will be run by food charity, UK Harvest, and will provide opportunities for local people to come together to cook, eat and learn about how to eat more healthily. Healthy food will be cooked and served daily on a 'pay as you feel' basis. The hub will also offer learning and training opportunities to local people.	GLA Good Growth & LBHF	£1.154m	Council (Economy)
St Mungo's	Homeless people in hostels	Food for homeless persons is centralised and run by St Mungo's so that everyone can cook in the self-contained accommodation	St Mungo's run the contract and work with all voluntary and community providers		Council (Economy)

		e.g. hostels			
Healthy Schools & Healthy Early Years	School aged Children	Training and support for schools to achieve accreditation for supporting healthy eating, physical and mental health	LBHF	In house from November 2020	Public Health
GP Health Check and healthy hearts programme		Targeted programme of GP health checks for over 40s to identify risk factors associated with lifestyle, including diet.	LBHF	£130k health check programme	Public Health
Rose vouchers	Pregnant mothers, families with children under four and families in receipt of benefits.	Helps families on low incomes buy fruit and veg from local market traders. Vouchers are worth £3 per week (or £6 for children under 1 year) and are distributed by our children's centres.	Alexander Rose LBHF Public Health & LBHF Economy	£46,750 - £35,000 - £11,750	Council (Children's)
Young Chef of the Year	Secondary school students	Annual inter-school competition cooking competition judged by local chefs	Organised by LBHF and West London College	Minimal	Council (Children's)

Healthy Pupil Capital Fund	Schools	One-year programme of capital funding to support health related activities, food growing etc.	LBHF (DfE)	£88,000	Council (Children's)
North End Road Market Regeneration	Residents near North End Road	Supporting redevelopment of North end road market. Including idea of Zero Coomer Place, including community kitchen facilities, supported workspace for food businesses, food recycling, greenhouse and beehive.			Council (Economy)
Household food waste recycling	Trial households	Trial of food waste recycling started on 9 November 2020			Council (Environment)
Imperial College NHS Trust Compassionate Communities		Co-designing programme with communities to include a food poverty focus.	Imperial College NHS Trust Charity	TBC	NHS (Imperial)

Appendix 2 – A tool to map collective efforts

This is an example of how projects and associated objectives can be mapped to inform the Food Action Plan. A similar approach would be used against the agreed priorities to capture projects by the council, NHS, community, third sector and local agencies.

