



## Volunteers needed tomorrow and Friday!

Thursday 31st March - 1 volunteer needed to help prepare holiday lunches between 11am and 2pm. Location: CB4 2XF.

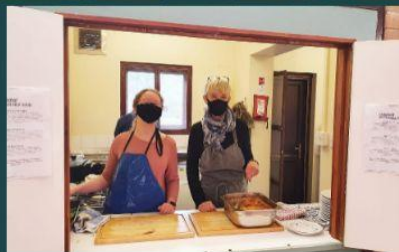
Friday 1st April - 3 volunteers needed to help prepare holiday lunches between 10am and 1pm. Location: CB4 2XF.

Email [volunteer@cambridgesustainablefood.org](mailto:volunteer@cambridgesustainablefood.org) if available and you'd like to help out.



### Could you Grow a Row in 2022?

We are asking the community to grow and donate extra fresh fruit, veg and herbs to donate to Cambridge's Community Food Hub Network. You don't have to be an experienced grower to help out. We welcome growers old and new! Email [info@cambridgesustainablefood.org](mailto:info@cambridgesustainablefood.org) for more information on how to get involved.



2021 - 2022

# CAMBRIDGE ANNUAL FOOD POVERTY REPORT

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## **Introduction / Chair's report**



The ongoing and exceptional circumstances of the past year continue to highlight the central role food plays in the systems that both sustain and impact our lives. The essential work that Cambridge Sustainable Food CIC, The Food Poverty Alliance and other partners have done over the past year have made it possible for Cambridge to collectively respond to the pandemic and more recently start to consider the changing landscape of poverty in the UK.

Food insecurity was already prevalent before the pandemic but was dramatically exacerbated by Covid-19, leaving many people vulnerable to hunger and poor diets. As we now emerge it is clear that the cost of living increase will mean even more people are affected.

Ensuring that people do not go hungry is a basic human right and should be enshrined in policy at every level. Relying on charitable organisations and volunteers to deliver a constant supply of emergency food without considering 'the upstream' causes and solutions is not the answer to this issue. We see around us the impact this has on the voluntary sector which can lead to burn out and organisational instability.

We believe that building resilient and sustainable food communities is a critical part of the solution alongside that of national policy changes and that food can be used as a powerful tool for social change.

As we enter into a new post pandemic landscape, we will continue taking action through supporting collaborative networks to build a more sustainable food future. We will work to make Cambridge an outstanding Gold Standard Sustainable Food Place and a Right to Food City by taking a transformational and participatory approach to food justice, resilience and recovery.

**Sam Dyer May 2022**

*Thank  
you*

*Whilst there are too many people to thank individually we'd like to give a big thank you to a few: the CSF CIC team, Gemma, Louise, Becca and Bea. To Rosie Sykes who has tirelessly cooked and cooked some more. To Cllr Alex Collis who continues to advocate for the right to food and to colleagues seconded from the City Council who finished with us in Sept 21.*

## The year in numbers



For more numbers see appendix 1

## About the Alliance

Cambridge Food Poverty Alliance (CFPA), formed in October 2017, works together to alleviate food poverty in the city through a network of member organisations. The ongoing work of the Alliance, including delivery of the Food Poverty Action Plan for the city is managed by Cambridge Sustainable Food CIC. During 2021/22 there were nine CFPA meetings and four workshops which undertook a collective impact assessment.

Much of the day to day operations and communication of the Alliance is managed by CSF CIC through a WhatsApp group with 45 members. The city's response to the Covid-19 pandemic and collective approach to tackling food poverty was recognised as a key strength in the city receiving a Silver Award from Sustainable Food Places during 2021.

### Cambridge Food Poverty Alliance (CPFA)

- |                                   |   |
|-----------------------------------|---|
| Cambridge City Council            | Cambridge Central Mosque                    |
| Red Hen Project                   | Wintercomfort                               |
| It Takes a City                   | Cambridge Salvation Army                    |
| Cambridge United Charitable Trust | Arbury Road Baptist Church                  |
| Cambridge City Foodbank           | Arbury Mutual Aid Group                     |
| FoodCycle                         | St James Church                             |
| Cambridge Housing Society Group   | North Cambridge Community Partnership       |
| Cambridge County Council          | Romsey Mill                                 |
| Karim Foundation                  | Cambridge Community Kitchen                 |
| Cambridge Ethnic Community Forum  | CoFarm                                      |
| Cambridge Women's Aid             | Bangladesh Welfare and Cultural Association |
| C3 Church                         | Hope Church                                 |
| Abbey People                      | Church of the Good Shepherd                 |
| Community Food Hubs               |   |



## Collective impact

We surveyed members of CFPA using the Food Power Collective Impact Tracker to collect information and data about progress, collate useful evidence, reflect on current activity and make plans for the future. The Collective Impact Tracker is a toolkit based on a framework of principles, goals and indicators developed by SUSTAIN and Food Power. A summary of the survey's findings can be [found here](#).

We also ran a series of three workshops in 2021 to explore alliance members' perspectives further. Workshops focused on the following:

- Resourcing (finance, skills, knowledge, staff, infrastructure)
- Community engagement (participation from individuals with lived experience, external community member participation)
- Campaigning for change on food justice issues
- Collecting and sharing useful data
- How to measure and report on progress

Outcomes from these workshops are forming the basis for our food justice work going forward including our [Going for Gold campaign](#), update of the CFPA's collective action plan and work in partnership with Cambridge City Council to deliver a Community Food Centre and kitchen in North Cambridge.

## Buchan Street Community Food Centre

The activities and services of the Centre in Arbury during 2021/22 include:

- Supporting the operations and long term development of 9 Community Food Hubs around the city (now 7)
- Surplus distribution to food hubs set up during the pandemic around the city
- Distribution of food boxes to those quarantining whilst having Covid
- Distribution of emergency food parcels to households in need for various reasons, for example, if referred by the Council Community Resilience team, GPs or social workers
- Supporting a number of vulnerable households on a regular basis
- Managing a WhatsApp group (45 members) and Fareshare Go app to facilitate the pick-up and circulation of food between groups in the city
- Managing a volunteer drivers' WhatsApp group (28 members) to pick up from Supermarkets and distribute surplus to Community Food Hubs and diverse community groups
- Working with local organisations such as Red Hen, It Takes a City, Romsey Mill and Women's Aid to ensure circulation of food on a regular basis and support activities such as cookery classes
- Liaising and working with CoFarm to distribute fresh produce around the city
- Coordinating and facilitating the Holiday Lunch programme
- Cooking and supplying meals to holiday lunch providers
- Working with City Council and Cambridge City Food Bank on the Christmas Hamper project sending out over 600 bags of fresh produce
- Working with the Karim Foundation, the Bangladesh Welfare and Culture Association, the Cambridge Ethnic Community Forum and the City Council Diversity team to ensure culturally appropriate food is available in the city and to specific households as referred
- Working with CAB to facilitate advice in Food Hubs
- Administering and facilitating the Food Poverty Alliance
- Undertaking an annual survey of Food Hubs and writing an annual report on food poverty in the city

## Future planning

This year we have started to plan for a temporary move across the city to Abbey Ward and then for a longer term base in North Cambridge.

The Community Food Centre and kitchen is a collaborative project between Cambridge Sustainable Food CIC and Cambridge City Council on behalf of key stakeholders and beneficiaries that work to alleviate food poverty, including the members of the Cambridge Food Poverty Alliance.

This project was first envisaged pre-pandemic, however, circumstances during the past two years (2020-22) meant that a reactive emergency response was established to meet demand during this time. Cambridge City Council has supported the programme in its current location at Buchan Street Community Centre since late summer 2020.

## Phone/ signposting

CSF CIC continues to regularly update and share its signposting toolkit to ensure that people are able to access advice and other services as well as emergency food. This is only available through the web portal and is designed for frontline agencies and organisations rather than public use.

Enquiries for emergency food are received via [the online form](#) and through a dedicated phone line. These can be from individuals or through referrals from other agencies such as JobCentre, CAB, social prescribers or social workers. There were 205 requests for support received through the web form in 2021/22 and 70 referrals from other agencies, including the City Council's Community Resilience team. The spread of the new Omicron variant at the end of 2021 and during early 2022 produced a large number of requests for emergency food parcels for people who were isolating.

## Culturally diverse food



Working with the Karim Foundation, the Bangladeshi Welfare and Culture Association, Cambridge Ethnic Community Forum and the City Council Equality and Cohesion team we worked to ensure culturally appropriate food was available in the city and delivered to specific households as referred.

These households represent some of the most vulnerable families and individuals in the city. A total of 13 households have benefitted from these parcels (21 adults, 36 children) and feedback indicates that the scheme has managed to overcome initial reluctance to accept food.

During Ramadan a total of 55 families (including 172 children) received parcels in 2021. These contained culturally appropriate food such as dates, traditionally used to break the fast for the Iftar meal.

## Womens aid and refuge

The women's refuge collects a weekly bag of fresh produce from Buchan Street Community Food Centre for each of their residents, which includes seasonal and freshly grown fruit and vegetables from CoFarm. Families at the refuge say that they enjoy receiving vegetables that they haven't tried before e.g. pumpkins or fresh herbs and unusual salad leaves. There is often a recipe card included with these.

During school holidays, additional treats have been included such as donated ice cream from local business Jack's Gelato, or meals cooked at the Buchan Street Centre by our volunteer chefs. Families also received Christmas hampers, and for Muslim residents, Ramadan parcels.

During 2021/22, a total of 624 shopping bags have been shared, benefitting on average 12 women and 18 children each week.

A family worker commented:

**"CSF CIC are a wonderful team who support our families every week, all year around. We are so thankful for the fresh veg and fruit that we regularly receive and for the ready meals that are freshly prepared and cooked for each person in our refuge during school holidays. Lots of mums have come to me and told me how delicious the meals were, and a couple have asked for the recipes! "**

## Cookery Classes

We were able to supply donated ingredients for cookery classes for young parents, held at Romsey Mill, in Autumn 2021.

The organiser said:

**"Last week was really great. We had 8 young parents there, all of whom knocked up a great tomato sauce. Some of them hadn't ever even chopped an onion before and to see them cooking and even adding fresh basil to their sauce was awesome."**

## Christmas

### Key figures

- **721 festive hampers**
- **592 bags of seasonal vegetables**
- **323 family games**
- **Through the overall partnership project - 832 households supported including 2687 people and 1357 children**
- **250+ Christmas dinners for sheltered housing residents**

The Christmas hamper project is a partnership between CSF CIC, Cambridge City Foodbank and Cambridge City Council. Over 700 Christmas hampers containing non-perishable food, 600 fresh fruit and veg bags and over 300 games and toys went out across the city to families a few days before Christmas 2021.

Agencies collaborated to ensure that the hampers reached people included The Red Hen Project, Kings Hedges Family Support Project, The Meadows Children and Family Wing, Abbey People, Cambridge Housing Society, Women's Aid and the Community Food Hubs.

### Some feedback from these organisations include:

“Money is extremely limited as most of our residents claim UC, so the hampers meant that they could eat well for a few days.”

“Many families were very grateful and said how much it helped them and relieved them of stress financially. They also said it made them feel happy and cared for.”

We also delivered over 100 ready meals to the audience of the NCCP's annual panto!

## Sheltered Housing Christmas Meals

Throughout December we coordinated the delivery of 250 Christmas meals to residents of sheltered housing across the city on Christmas Eve. Meals were provided by Cambs Cuisine (Cambridge Dining Company) as well as Fitzwilliam College. Our excellent 'in-house' chef Rosie Sykes also prepared a number of these meals at our community food centre with volunteers, with a generous donation from Jon at the Art of Meat.









## Community Food Hubs

We continued to support the nine Community Food Hubs created during lockdown through food distribution, volunteer support, food hygiene training and information. We were delighted to work with Cambridge City Foodbank to see Hope Church Food Hub become a Fairbite social supermarket, ensuring the longevity of the project and moving the work into a new phase.

The Church of the Good Shepherd Food Hub closed during Summer 2021, but continues to offer support to local families through the Holiday Lunch programme and hosting Cambridge City Foodbank. CSF CIC continued to support the Shah Jalal Food Hub, run by the Bangladesh Welfare and Cultural Association, which started operating in late March 2021 and is pleased to see a permanent (and indoor!) venue found at the new Akeman Street Community Centre. The locations of the seven Community Food Hubs operational at the end of 21/21, as well as Buchan Street Community Food Centre can be seen on the map to the right.

We also ran a pilot scheme offering low cost, healthy ready meals for sale via the Community Food Hubs with a plan to roll this out in 2022/23.



-  The Edge Hub
-  Cherry Hinton Hub
-  Coleridge Hub
-  Queen Edith's Hub
-  Trumpington Hub
-  Buchan Street Centre
-  Abbey Hub
-  Shah Jalal Food Hub





## Community Food Hub Impact - survey of hub visitors

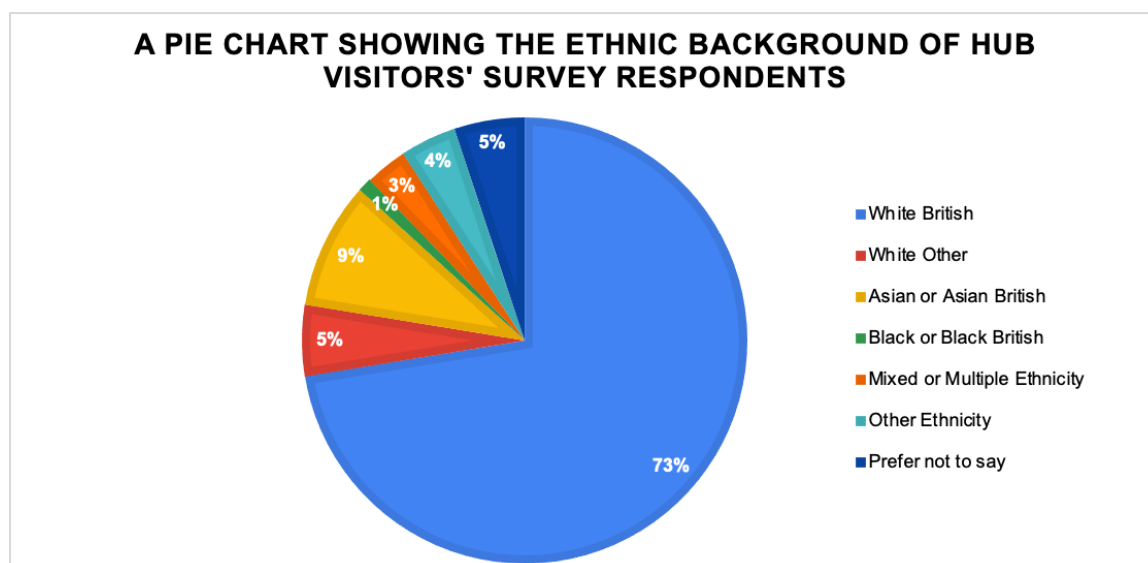
We undertook surveys with hub visitors in February 2022 to understand how the hubs were helping local households and to see what ideas they may have for the future.

We collected 98 responses from the eight hubs operating at the time, responses representing a total of 279 people living in respondents households. The number of responses from each hub can be seen in the table below.

Community Food Hub	Number of Survey Responses
Abbey	20
Coleridge	17
Hope	3
Queen Edith's	14
Shah Jalal	5
The Edge	28
Trumpington	8
Cherry Hinton	3
<b>Total</b>	<b>98</b>

### Ethnicity:

The pie chart below shows the ethnic background of hub visitors completing the survey. The majority of respondents identified as white (78%) with 73% identifying as White British and 5% as White other. 17% of respondents were from diverse ethnic communities with 9% identifying as Asian or Asian British, 1% identifying as Black or Black British, 3% identifying as Mixed or Multiple Ethnicity and 4% identifying as Other Ethnicity.



## **Key findings**

- 76% of hub visitors said the rise in food and energy prices meant that they were finding it difficult to afford food and pay their bills at the same time
- 60% of hub visitors had experienced a drop in income in the last 6 months
- 54% of hub visitors were on benefits
- 31% of hub visitors were in either part or full time work

## **Thoughts for the future**

- 46% of hub visitors responding to the survey said they would like to be more involved in their hub in the future
- 38% of hub visitors said they would be interested in a community cafe running alongside the hub
- 36% of hub visitors said they would be interested in community meals at the hub
- 30% of hub visitors said they would be interested in learning how to grow their own vegetables
- 28% of hub visitors said they would be interested in volunteering at the food hub
- 27% of hub visitors said they would be interested in sharing recipes with other members of the community and creating a local recipe book
- 21% of hub visitors said they would be interested in learning how to cook

## **Key Impact Quotes**

### **What are your reasons for attending a food hub?**

“My bills, shopping & energy have all increased dramatically, especially food and I am terrified of going into debt which I will never be able to pay off.”

“To speak with other people so I don't feel socially isolated.”

“To buy veg and other food stuff I would not be able to afford.”

### **How has visiting a food hub helped your household?**

“It helps to meet and communicate with others who are also struggling with today's circumstances.”

“Immensely, we as a community really need this place. I can't pay all bills and rent with benefits so this is my main source of food.”

“Really changed things, used to not eat some days.”

“My kids don't sleep hungry.”

“ It means I don't have to steal food.”

### **Does visiting a food hub give you a greater sense of community?**

“I love being here. They offer another room where I can sit and have a cup of tea and a biscuit. Everyone is friendly.”

“Yes, I feel people care and that as a human is very important to keep a positive mental health. Thank you.”

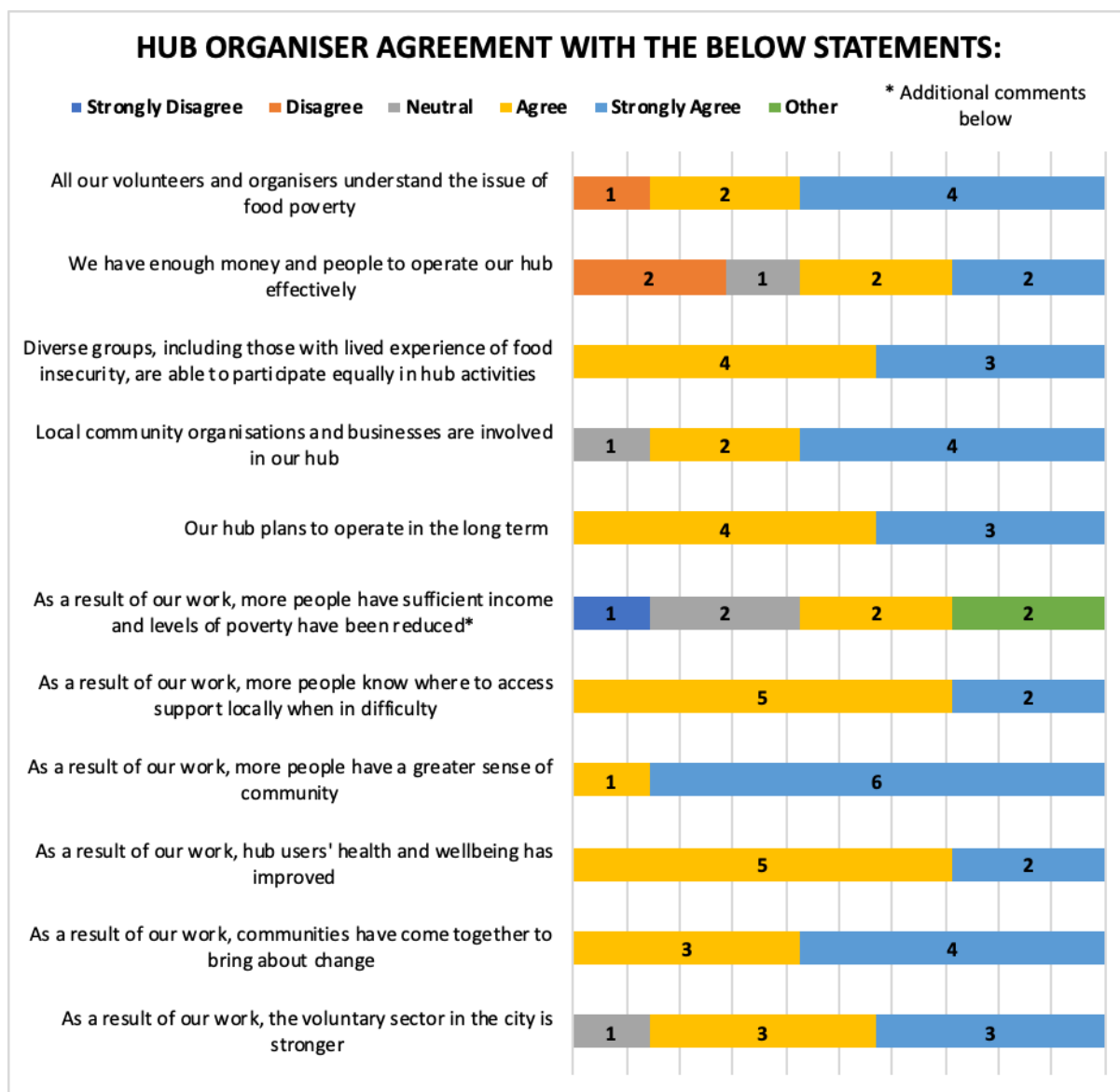
“It definitely does. I've lived in the area for 48 years and it is the first time since my children finished school that I have really felt part of it.”

## Community Food Hub Impact - survey of hub organisers

We undertook a survey in March 2022 to understand impacts on local communities from the perspective of the hub organisers. We collected seven responses, representing the seven Community Food Hubs operating at the time.

### Ways of Working and Impacts and Outcomes

As part of the survey, we asked hub organisers how strongly they agree or disagree with a number of statements in relation to their food hubs' ways of working and impact. The stacked bar chart along with the additional comments table on the next page shows food hub organisers' responses.



Statement	Additional Comments
As a result of our work, more people have sufficient income and levels of poverty have been reduced	Unable to answer; whilst the food hub certainly helps, it's unclear that it contributes enough to cause visitors to have sufficient income or reduce poverty.
	Agree that the food hub definitely helps people to have more income that they can spend on things other than food but with rising living costs etc I don't think people's poverty levels have necessarily been reduced.

### Barriers to having a greater impact

Barriers to having a greater impact included having limited time, availability and resources. One hub organiser stated that this year there has been a “noticeable decline in donations” and “reduction in volunteer availability” this has meant their hub has not been able to “keep up with demand for people” and has had “to rely heavily on the same volunteers, particularly with volunteer drivers”. “limited funds” was also suggested by hub organisers as a barrier to having a greater impact.

### Thoughts for the future

All hub organisers completing the survey suggested their hub plans to operate in the long term and “as long as they are needed”. Several hubs are considering how to operate going forward, one hub organiser said they are exploring “recipe sharing and cookery workshops” at their hub and are planning to “transition to a hybrid model which distributes surplus food as well as items visitors pay for”.

### Good Food Neighbourhood programme

Cambridge is a city made up of diverse and different wards and neighbourhoods, all with strong local identities and community spirit. Lots of our local communities already have good food projects up and running – things like community gardens, cooking classes, food hubs, allotments and community meals.

The food hubs are ideally placed to promote and work with local food projects to promote access to healthy and sustainable food in their neighbourhoods. All hubs in the survey indicated that they would like to explore the idea further.



# Spotlight on the Hubs

## The Edge Cafe

The hub operates six times weekly

Average number of visits per month in 21/22: 400

### The Edge Food Hub Visitors' Survey February 2022 highlights:

- 82% of The Edge's respondents said the rise in food and energy prices has meant that they're finding it difficult to afford food and pay their bills at the same time
- 64% of The Edge's respondents said they had experienced a drop in income in the last 6 months
- 54% of The Edge's respondents said covid-19 had reduced the amount of money they have to live on
- 54% of The Edge's respondents said they received government benefits
- 68% of The Edge's respondents said visiting the hub gives them a greater sense of community

During the pandemic as numbers accessing food increased The Edge Cafe expanded its community fridge to form the Food Hub. This now makes up the third arm of its social enterprise. The Edge staff and volunteers say they love to get to know everyone and help them out with birthdays or other celebrations which may need extra assistance.

A hub worker said:

**"It is lovely to see families with children who look at the produce and discuss what they can do with it to make their various meals."**

Every Saturday The Edge Cafe makes up "Pantry Parcels". Volunteers put together bags of ingredients along with instructions attached that people are able to take away and make a delicious meal. Nothing goes to waste either - a young man uses the chicken livers no one likes!! to make biscuits for his dog. While it's busy juggling the food hub alongside a cafe, The Edge say they are learning and evolving all the time to make it as pleasant an experience as possible for whatever reason people walk through the door.

## Coleridge Food Hub

The hub operates weekly on Thursdays

Average number of visits per month in 21/22: 96

### Coleridge Food Hub Visitors' Survey February 2022 highlights:

- 71% of Coleridge's respondents said the rise in food and energy prices has meant that they're finding it difficult to afford food and pay their bills at the same time
- 53% of Coleridge's respondents said they had experienced a drop in income in the last 6 months
- 53% of Coleridge's respondents said covid-19 had reduced the amount of money they have to live on
- 65% of Coleridge's respondents said they received government benefits
- 71% of Coleridge's respondents said visiting the hub gives them a greater sense of community

Formed initially by Coleridge Community Action, responsibility for the food hub passed to St Martin's Church in Summer 2021. Coleridge Food Hub is committed to reviewing the hub regularly to see if it is still needed. Many visitors are older people living on their own and the hub organisers say that the hub provides important emotional support to a lot of people who come in wanting to talk to someone about their circumstances and there is a real sense of community. Some people come early to queue and have a chat and everyone cares for somebody who isn't very well. Two people who were accessing food have gone on to volunteer for the hub.

An example of how a community working together is able to support local residents is highlighted by a recent request received by CSF CIC from a social worker for food support for an elderly lady in very poor health, with limited cooking facilities. CSF CIC requested support from the Coleridge hub, as the resident was living very close to the church. The hub organiser heated up food at the church to take to her and was able to do some shopping for her.

The following feedback was sent from the social worker who made the original referral:

**"I would like to thank you for your dedicated support which has been above and beyond. I have been singing your praises as a service so you might get an influx of requests. Again thank you. If our world was filled with such kindness, I believe a perfect world could exist."**

### **Cherry Hinton Food Hub**

The hub operates weekly on Wednesdays

Average number of visits per month in 21/22: 152

### **Cherry Hinton Food Hub Visitors' Survey February 2022 highlights\*:**

- 100% of Cherry Hinton's respondents said the rise in food and energy prices has meant that they're finding it difficult to afford food and pay their bills at the same time
- 67% of Cherry Hinton's respondents said they had experienced a drop in income in the last 6 months

*\*Please note due to the low response rate, the visitor survey results may not be considered representative of Cherry Hinton Food Hub visitors.*

One of the key reflections from Cherry Hinton Food Hub is that the constancy of having weekly presence in the community means that relationships and trust develop. People are able to have somewhere they can come to talk about their worries and find someone who will listen. The Hub has become a point of contact so that services and organisations can reach people they are wanting to help.



Thoughts from a long term volunteer:

**"I can reflect on some very happy times. It's a joy to meet the families that come, often after school and to be able to give the little ones a few treats and to remember what they like and what they don't like!! It can be very funny. Also to see elderly ladies who come, essentially for the company, as they are home alone. They get to know us and we get to know them. They are all very**

knowledgeable and pass on good cooking tips, how to get stains out, what to do if you get stung by a bee and tales of growing up during the war.”

### Church of the Good Shepherd

The hub operated weekly from the start of the pandemic until July '21

Average number of visits per month in 21/22: 177

From the organisers:

**“We are getting increasingly concerned about long term provision as the cost of living crisis continues. CSF CIC helps provide continuous and repeated support for families that we know are in real need. It has been helpful, to be able to direct to [the hub at] Akeman Street and directly to CSF CIC, and they have really helped. For us at Good Shepherd the provision of a cook and food for our holiday lunch programme has been invaluable. Through this we have provided good quality hot lunches and picnic food for hundreds of families in our area. CSF CIC has proved to be an incredible resource and support, we are extremely grateful.”**

### Trumpington Food Hub

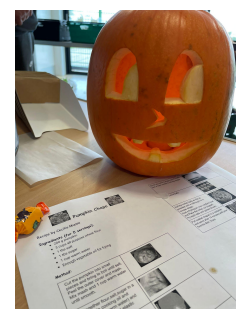
The hub operates weekly on Fridays

Average number of visits per month in 21/22: 133

#### Trumpington Food Hub Visitors' Survey February 2022 highlights:

- 63% of Trumpington's respondents said the rise in food and energy prices has meant that they're finding it difficult to afford food and pay their bills at the same time
- 63% of Trumpington's respondents said they had experienced a drop in income in the last 6 months
- 50% of Trumpington's respondents said covid-19 had reduced the amount of money they have to live on
- 63% of Trumpington's respondents said they received government benefits
- 88% of Trumpington's respondents said visiting the hub gives them a greater sense of community

Trumpington Food Hub has made its mission to focus on diversity and reaching out to all communities in the area. The hub has been celebrating ethnicity through food, and providing recipe kits with seasonal veg and simple recipes. Families bring in photos of the food that they've made with the kits, usually things they haven't cooked before. At Halloween, recipes were shared to use the pumpkins on offer.



Local allotment growers are contributing to the hub, and sometimes the hub team is able to give out small plants and talk to people about growing food. They have also experienced some new visitors who never thought they'd be in the situation of having to choose between cooking or having heat; these are the people who are most stressed - they don't know the system and don't know where to turn. There have been visits from some previously homeless people, the team checks what facilities or equipment they have for cooking, and what is appropriate for them to take away.

At Christmas, to go with the hampers, the hub used some of their funds to buy some weighing scales, hand blenders and can openers, as a nice Christmas treat and to help people make recipes they wouldn't have been able to otherwise.



Trumpington food hub is now set up to enable email referral to Citizen's Advice for telephone appointments.

### Shah Jahal

The hub operates weekly on Thursdays

Average number of visits per month in 21/22: 95

### Shah Jalal Food Hub Visitors' Survey February 2022 highlights:

- 100% of Shah Jalal's respondents said the rise in food and energy prices has meant that they're finding it difficult to afford food and pay their bills at the same time
- 80% of Shah Jalal's respondents said they had experienced a drop in income in the last 6 months
- 60% of Shah Jalal's respondents said covid-19 had reduced the amount of money they have to live on
- 80% of Shah Jalal's respondents said they received government benefits
- 100% of Shah Jalal's respondents said visiting the hub gives them a greater sense of community



This food hub started up in the car park of the small mosque in Darwin Drive in late March 2021 and is run by the Bangladesh Welfare and Cultural Association, with the support of CSF CIC. The hub was able to move into the newly built Akeman Community Centre in September, before the onset of winter. The hub has overcome some initial doubts over whether the south asian community would be open to the idea of collecting "charity" food.

Visitor numbers increased towards the end of 2021, with an average of 70 - 75% of visitors identifying as Asian or British Asian.

One of the hub organisers said:

**"We feel blessed to be able to use the community centre, and grateful that the team is able to help people in a small way, at a time when many are struggling with cost of living increases, energy bills going up so much. We are pleased to be able to help bring the local community together, as all are welcome, from all backgrounds. The team is grateful to be learning each week, and gaining so much experience. We were delighted to support our regular visitors at Christmas with the hamper project, and during Ramadan with the extra food."**





The management team at the community centre report a great relationship with the food hub team, and are pleased with the impact on community cohesion, taking advantage of the hub session to run a “coffee and chat” session so that visitors can take advantage of their visit to sit and talk to someone.

The Hub has now been set up with the The Citizens Advice Bureau Bureau to be able to refer visitors with financial difficulties for a telephone appointment, with the hub organiser offering translation via a three way call if appropriate.

### **Abbey Food Hub**

The hub operates three times weekly (formerly four times)

Average number of visits per month in 21/22: 442

### **Abbey Food Hub Visitors’ Survey February 2022 highlights:**

- 65% of Abbey’s respondents said the rise in food and energy prices has meant that they’re finding it difficult to afford food and pay their bills at the same time
- 60% of Abbey’s respondents said they had experienced a drop in income in the last 6 months
- 45% of Abbey’s respondents said covid-19 had reduced the amount of money they have to live on
- 55% of Abbey’s respondents said they received government benefits
- 95% of Abbey’s respondents said visiting the hub gives them a greater sense of community



The food hub, originally operating from Barnwell Baptist Church moved in May 2021 to East Barnwell Community Centre. The Saturday hub session often sees visitors from further afield, who are unable to visit at other times and the Wednesday session is held later in the day, so that people who are in work but still struggling to make ends meet can attend.

The hub introduced a traffic light system with the move and feedback indicates that this has been well received. Green items are plentiful, and everyone is welcome to take them, Amber not so plentiful, and people are requested not to take Red items unless they really need them (this discourages those whose motives for attending the hub are to avoid food waste from taking them). A suggested donation of £2 was introduced: some people give more than this, but most people don’t donate, as the majority are struggling financially.

Abbey received some resilience funding via CSF CIC which was used to facilitate recruiting and supporting beneficiaries to volunteer. There are now between eight and ten people regularly volunteering. A trip to CoFarm was organised to introduce beneficiaries to Co Farm and volunteering.



One of the hub organisers reports:

**“The hub has had a positive social impact. Many people come just to get out of the house, to see a friendly face. A sense of community has definitely been built, it's nice hearing about people running into one another elsewhere and people asking after one another and friendships building between volunteers.”**

One elderly visitor was delighted to be assigned a comfortable chair at the hub in a prominent position, so she could sit for a while and chat to all the people who came in.



#### **CAB at the Hubs - Pilot in Abbey**

The Citizens Advice Bureau has had someone present at the Monday hub session since September 2021 and are able to refer to CAB through a dedicated phone line. This means that people can either be seen in person at the hub or if more detailed specialist advice is needed they are referred on to the appropriate expert at CAB via a phone referral.

Abbey Food Hub said:

**“It has been a lifeline and it’s easy to refer to.”**

Data from The Citizens Advice Bureau on the 48 referrals from Abbey in the period September to March shows some striking results:

- 22 clients consulted on benefits
- Top benefit issue is Personal Independence Payment
- 11 consulted on debt
- Top debt issue is fuel
- 70% of referrals had a long term health condition or disability
- Income gain outcome for those referred was £38,517.

Whilst the phone line and advice is seen as a lifeline for some it can also prove tricky when dealing with some of the more affected and vulnerable people in the area.

A comment from a hub organiser:

**“It can be difficult sometimes for some people to consult by phone as some people’s mental health is not up to dealing with calls. Sometimes there's just no help available for people and it can be challenging to hear about some people’s issues especially when they've explored all avenues for extra support and there's nowhere else we can refer them. It is challenging as more and more people come to us in crisis.”**

### **Queen Ediths Food Hub**

The hub operates weekly on Saturdays

Average number of visits per month in 21/22: 160

#### **Queen Ediths' Food Hub Visitors' Survey February 2022 highlights:**

- 79% of Queen Ediths' respondents said the rise in food and energy prices has meant that they're finding it difficult to afford food and pay their bills at the same time
- 50% of Queen Ediths' respondents said they had experienced a drop in income in the last 6 months
- 38% of Queen Ediths' respondents said they received government benefits
- 57% of Queen Ediths' respondents said they received a pension
- 100% of Queen Ediths' respondents said visiting the hub gives them a greater sense of community

As the pandemic restrictions have lifted Queen Ediths have reinstated Coffee and Chat for visitors. They receive both food and financial donations from the local community and local businesses as well as from CSF CIC. They buy fresh produce for the hub from a local business.

Queen Ediths Food Hub focuses on creating a vibrant community environment for visitors and volunteers whilst helping to feed those in need. One of the regular visitors has installed shelving for the centre and another has started a "clothes hub" across the road. There continues to be a tremendous amount of need reported by the hub and they have seen many new faces recently. They plan to continue the hub and service as long as it is needed.

### **Hope Church**

The hub operated weekly on Tuesdays

Average number of visits per month in 21/22: 250

#### **Hope Food Hub Visitors' Survey February 2022 highlights\*:**

- 67% of Hope's respondents said the rise in food and energy prices has meant that they're finding it difficult to afford food and pay their bills at the same time
- 67% of Hope's respondents said they had experienced a drop in income in the last 6 months
- 33% of Hope's respondents said covid-19 had reduced the amount of money they have to live on
- 67% of Hope's respondents said they received government benefits
- 100% of Hope's respondents said visiting the hub gives them a greater sense of community

*\*Please note due to the low response rate, the visitor survey results may not be considered representative of all Hope Hub visitors.*



We said "Thank you, and good luck!" to the team at the Hope Food Hub in early March 2022. when they moved on to their next phase as a Fairbite shop. The food hub had been operating since the 2nd of April 2020, opening shortly after the first lockdown started.

Reminiscing recently on the early days, the hub organiser remembered how the community was galvanised into forming the Chesterton Mutual Aid Group, and how those volunteers helped the church to set up the food hub.

One of the hub organisers said:

**“In the midst of the emergency social bonds and community were formed. We are thankful to Cambridge Sustainable Food for the support, and for the partnership and co-operation with the network of Community Food Hubs in the city.”**



Fairbite is a service offered by Cambridge City Foodbank, designed to provide longer-term support for people experiencing food poverty, while they work through often complex challenges to regain their independence.

Fairbite is different to a regular Foodbank and operates a membership model, whereby people pay a small membership fee – £2 per visit – to come into the shop and select up to 10 essential items, like pasta, rice and other dry goods, plus fresh fruit and vegetables, and extras like sanitary products.

## Holiday Lunches

### Key figures

- **55 in-person holiday lunch events from summer 2021 to March 2022 delivered by 12 providers**
- **5268 meals served at holiday lunch events across the city, 3530 provided by CSF CIC**
- **2753 visits to holiday lunch events, 1806 by children**

PROVIDER: Cambridge City Council	Number of events	PROVIDER	Number of events
Clay Farm Community Centre	1	Cambridge United Community Trust	14
Akeman Community Centre	3	Church of the Good Shepherd	6
Brown's Field Community Centre	6	Abbey People	10 ( 2 x week long summer activities and 1x autumn activity and lunch)
Storey's Field	3	Signalbox	4
Ross Street Community Centre	2	St James Church	4
		North Cambridge Community Partnership	1
		Garden Room	1

We were delighted to, once again, work with the City Council and partners across the city to deliver the holiday lunch programme. The project ensures that disadvantaged families can enjoy activities and a meal throughout the school holidays.



During the Easter and May holidays meals were delivered to doorsteps while covid restrictions were in place. By the summer holidays we were very pleased to see the return of some outdoor events and we prepared hundreds of packed lunches which were eaten at events across the city. During the October and February half-terms we saw the return of hot lunches at various venues, these were enjoyed by communities in-person at tables together.



Over the year we held organiser and stakeholder meetings to consider how we can meet the support needed by communities, as well as how CSF CIC can help and assist any existing and new providers.

Generous donations of food support came from all over the city including from: The Meadows Community Centre, Fitzwilliam College, Fitzbillies, Jack's Gelato, Tesco, Zara Indian Cuisine, Pipasha Restaurant and The Brewers Inn, Milton.

Church of the Good Shepherd, Arbury:

**"We had 56 yesterday, some old friends and some families who were completely new to us. Also a number who used to come to our lunches pre COVID and were so glad to be back for the first time. So good to see a little less fear and a little more willingness to join in. Again the food was excellent and much enjoyed."**

Clay Farm Community Centre, Trumpington:

**"The event went really well, the food was amazing and families were able to take some home at the end. The volunteer you provided was a big help and really got stuck in with whatever needed doing."**



## Businesses and organisations

Support from businesses and organisations across Cambridge has continued to be phenomenal throughout 2021/22. Businesses and organisations of all sizes have supported the programme in many ways this year by donating food, preparing meals for the holiday lunch programme, giving employees time to volunteer and even running half marathons to fundraise.

Whilst there has been too many businesses and organisations offering their support to name all individually, some highlights of generosity from across the year include:

- Cambridge Central Mosque donated an astonishing 8.8 tonnes of staple ingredients to our Community Food Centre as part of their winter food drive.
- Local schools, including Thriplow CofE Primary, The Galfrid School, Morley Primary, Teversham Primary and The Leys School organised collections of food donations as well as reverse advent calendars at Christmas time.
- Cambs Cuisine, Fitzwilliam College and Rosie Sykes prepared Christmas dinners for sheltered housing residents with chicken donated by John from Art of Meat whilst The Spearhead Group, Nationwide Produce, Cambridge Organic, The Brewers Inn, Zara Indian Cuisine and Taj Tandoori all donated fresh seasonal fruit and vegetables to go to households in need at Christmas alongside festive hampers and games. Employees from both Arm and Cambridge University Press and Assessment gave their time in December to help assemble bags!
- Maison Clement have donated surplus bread to go to the hubs each week from their branches in Newnham and Queen Edith's whilst Stir Bakery set up an option on their website for customers to donate a sourdough loaf.
- Italian restaurant on Mill Road, Maurizio Dining & Co, donated fresh pizza to The Edge Cafe, organised an in-house 'Hallowine' quiz night fundraiser and Maurizio even ran the half marathon in October 2021, raising £1000 in total.
- Hong Kong Fusion donated ingredients for Rosie Sykes to prepare holiday lunches. Tesco Milton has donated fruit every school holiday and Pipasha Indian restaurant has continued to collect donations from customers to buy food for the hubs.
- Cambridge Quranic Classes set up a donation box to collect food for the hubs from families attending the school.
- Cambridge Design Partnership donated £5000 as part of their 25 year celebrations.

**In total over 70 businesses and organisations have supported the programme in 2021/22.**





# Growing and Sharing

## Key figures

- 8 tonnes CoFarm produce donated
- 1.4 tonnes fresh produce donated by other donors

## Grow a Row



The Grow a Row campaign encourages local growers and residents to grow an extra row of fruit or veg to donate. A surge of interest in gardening during the first lockdown meant many people took up vegetable growing for the first time and many are keen to donate some of their produce - a fantastic 1.4 tonnes was donated this year. Individual gardeners and growers from several allotment sites in the city donated directly to their local Community Food Hub, or dropped it off to the Community Food Centre at Buchan St.

A local primary school set up a veg garden in the grounds, and dropped off produce regularly, reporting that one particular pupil was so enthusiastic about growing that he could well end up choosing horticulture as a career!

Autumn brought a beautiful bounty of squashes and pumpkins; some were cooked to make meals for holiday lunches, whilst some of the huge ones were chopped up with hammer and chisel at Buchan St to send to the Community Food Hubs.



## CoFarm

This year saw CoFarm increase production, with seed sowing taking place earlier in the year, more land under cultivation, and the continued hard work of the two lead growers and amazing team of volunteer co-farmers. Planting of fruit trees this year means that the local community will benefit in years to come. A heartfelt thanks goes to all the team who donated 8 tonnes of local, seasonal produce to those in need.

## Co Veg

CoVeg in Thriplow is a community growing space where a local farmer has set aside some land for community growing. They donated over 440 kg of vegetables to our centre in Buchan Street.



## Fen End Farm

Fen End Farm is a family-owned mixed farm in Cottenham, producing apple juice and other products organically. Alongside the family business, the farm has an allotment area where, in association with the charity Headway, people with brain injuries take part in gardening as therapy. Vegetables are grown along permaculture principles using “hugelkultur” beds, a system which uses buried wood and other organic material under the soil, so that the decaying matter provides moisture and nutrients for the crops. More than 250 kg of produce was donated by the farm during the Summer season, to be distributed to the Community Food Hubs.



## Volunteers

### Key figures:

- **Buchan Street Centre / CSF CIC- 133 volunteers, giving 1590 hours of their time**
- **Community Food Hubs - 342 volunteers, giving 8407 hours of their time**
- **Overall - 475 volunteers, giving 9997 hours of their time**

A small army of 475 incredibly dedicated, wonderful volunteers have continued to support and keep running the vital community food services operating across the city over the past twelve months.

Volunteers have played a fundamental role, giving in total 9997 hours of their time to keep local residents fed as the challenges of the pandemic have continued throughout 2021/22 and rises in cost of living has posed further uncertainty for many. This volunteer time is equivalent to an astonishing £98,970.30 of paid work at the UK living wage (£9.90 per hour). The work of the last year quite simply could not have been done without the dedication of so many members of the Cambridge community.

Hugely talented local food writer and chef Rosie Sykes has been integral to the work. Rosie has given so much of her spare time to support Cambridge’s holiday lunch programme over the past year, preparing thousands of delicious meals for families in the school holidays with whatever ingredients we have in stock. Liz Young from The Modern Table also helped to prepare meals in summer 2021.

Volunteers have been involved with a wide variety of projects, from helping to sort food deliveries, assembling food parcels and preparing meals at Buchan Street to delivering Christmas hampers, collecting surplus and donated food from local supermarkets, assisting with Climate Diet stalls and welcoming visitors to Cambridge’s Community Food Hubs. With the easing of Covid-19 restrictions we have also been able to welcome more regular volunteers to support operations at our Community Food Centre, currently based at Buchan Street Neighbourhood Centre.

A greater number of visitors to the Community Food Hubs have also got involved with volunteering at their local hub. One hub organiser commented in the February 2022 Hub Organiser Survey that getting more beneficiaries involved in volunteering on a regular basis, which has given a sense of purpose for many, had been one of their hub's greatest achievements this year.

Once again, whilst volunteer time has been essential to provide support for some of the most disadvantaged in our city, volunteering has also had a positive impact on the lives of volunteers involved in Cambridge’s food justice work.

## Volunteer stories

### Andrea



“Hi my name is Andrea and I have been volunteering with Cambridge Sustainable Food (CSF CIC) since September 2020.

I initially responded to a social media post asking for volunteers to pick apples at Wandlebury Park. As I like a walk and the outside life, this seemed like the perfect way to spend a morning whilst helping others. Little did I know then that it would lead to so many other enjoyable activities with like minded people.

I have to admit that I knew very little about CSF CIC and their part in the emergency response to the COVID crisis at that point. Although after spending the past year helping in various ways, I truly appreciate the massive difference they make to the city and those who have found the past year the most challenging.

In my main role I work for a community organisation and like most office based staff I have been working from home. The weekly food bank collections have given me both social interaction and a sense of purpose during the periods of lockdown. Although I am eternally grateful for Google maps, as my navigation of Cambridge in the early days was not the best.

I have also helped in the hub with chopping vegetables for the very talented chefs, who seem to be able to produce extremely tasteful meals from whatever ingredients happen to be in the hub at that point.

Until a year ago, I probably would not have thought about volunteering. However, now that I have done it for a while, I would recommend it to anyone. Everyone I have met has been welcoming, supportive and genuinely committed to helping others, especially the staff at the hub. I feel very humbled to play a small part in this vital community resource.”

### Tina

“I started volunteering in summer 2021 providing one off assistance in the preparation of lunches for children attending council summer activities - and I was hooked! Since then I volunteer most weeks:

- sorting surplus supermarket food to share between the food hubs;
- making up food parcels for the women’s refuge; and
- generally helping in the warehouse or wherever I’m needed.

CSF CIC does so much to help those in food poverty and includes a great bunch of staff and volunteers to work with so every day is meaningful and enjoyable. Even when I turned up with a broken arm they welcomed me and adjusted what I did!

As a fairly recently retired person it is great to give something back to society after years of work in the tax profession. It also helps to give my life some structure and find out about the deep inequalities in Cambridge - that I think we should all be trying to do something about.”





## John



“Finding myself "between jobs", I was keen to use my abundance of free time constructively. I had previously seen the great work that CSF CIC does and so volunteering for them was an obvious choice. For six months therefore, I've spent a couple of hours, once a week, on the morning run around various supermarkets in Cambridge, picking up surplus food and taking it back to the hub in Buchan Street.

To not have to worry about being able to feed your family should be a given in a first world country, but sadly it is not. We are entering the most profound cost of living crisis that I have known in my adult life, and more and more people are struggling to provide even the most basic necessities. My experience with CSF CIC has brought this into tragically sharp focus.

That the staff and volunteers at CSF CIC do amazing things to tackle this is inspirational. Their goodwill and positivity is tangible, and it has been a privilege to have had the opportunity to support them in making a difference, big or small, to those who need help. The increased awareness I have of the very real problems that more and more people are faced with has changed my own outlook on life; I don't think anything else has made me appreciate quite so much how lucky I am and how much those of us 'in luck' have an obligation to support others.”



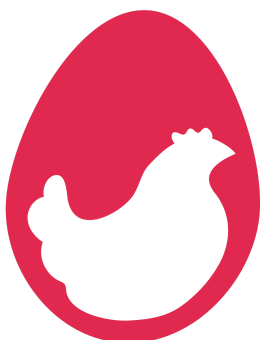
## Across the City - reports from Alliance members

### Cambridge City Foodbank

Foodbank CEO: Over the year from 1st April 2021 to 31st March 2022 we supported 10,249 people, 39% of them, children. This is a 3% increase on the same period in 2020/22 and an 8% increase on 2019/20. During the first 3 months of 2022, we've helped 2,923 people, over 500 more than the first 3 months of 2021. Our centres report that what used to be a busy session has now become normal. We don't expect numbers to decrease anytime soon.



Fairbite continues to be very popular. In March, we opened a new shop in partnership with Hope Church in East Chesterton. Between the two shops, around 300 people benefit every week. In the run-up to Christmas, we gave out 640 hampers to people across Cambridge, Cambourne and Northstowe. Cambridge residents also received a vegetable parcel from Cambridge Sustainable Food and a toy or game from the City Council.



### The Red Hen Project

The Red Hen Project helps families to raise happy, healthy, and independent children through intensive family work to support and outreach. We promote and enable positive, confident parenting and cooperative relationships between schools and families. As an aside to our core work, we have continued to provide food over the years 2021-22 to families experiencing challenges by:

- Delivering more than 400 boxes of fresh fruit and vegetable to doorsteps, topped up with donated food items from supermarkets and our supporters, supporting around 175 individuals
- Running Club Cook, our budget cookery project where families learn how to make healthier and cheaper home-cooked meals with their children. Nearly 155 individuals have benefited with a total of 228 ingredient bags delivered, thanks to Cambridge City Foodbank, along with equipment when needed (e.g. pie dishes/blenders) to help them with their cooking.
- Providing supermarket donated ambient items at our four weekly term-time drop-in groups, and having several 'shared lunches' at our Thursday drop-in at Arbury Community Centre.
- Working with local business Cambridge Fruit Company, to generate donations of 269 Christmas dinner ingredient boxes that were delivered across the city in December 2021, providing 1,614 Christmas dinners for families in need.
- Strengthening our fantastic relationship with our Food Poverty Alliance partners, especially collaborating with our friends at Cambridge Sustainable Food at Buchan Street to coordinate responses to both needs and offers of help.

## Cambridge Community Kitchen

Cambridge Community Kitchen has been cooking plant-based meals for anyone who signs up to receive them, either to be collected from their base at the Lockon in Fair Street, or delivered across the city, mainly by volunteers on bikes.



Over the period April 2021 to March 2022 we served 26,500 meals. A main difficulty for us has been sustaining volunteer numbers - with many folks getting Covid or dealing with so much in their personal lives (with illness, rising living costs etc), it has meant lots of volunteers dropping out last-minute, which makes it very difficult to run a shift and get food out. A highlight is always the way CCK continues to bring folks together - from kitchen volunteers getting to know each other whilst cooking, to delivery volunteers taking the same route each week and building real bonds with the folks they visit, to social activities like Spring Into Action and other supportive networks that have bubbled up in and around CCK. It brings so much joy to know we can play a part in breaking down social isolation and building real care in our community.

Being linked into the wider network enabled us to move to St Andrew's Church at short notice when there were Covid cases at the Lockon. We also often receive food donations through the Alliance too. Quite a few of our volunteers also take part in volunteering with the wider Alliance.



### It Takes a City

As well as cooking and distributing food parcels to people housed in both Master's House and subsequently Crossways, as part of the Winter Shelter projects, ITAC provided food parcels to some individuals and couples dispersed in the community.

ITAC organiser: Since last year, CSF CIC has supported the St Andrew's/ITAC partnership to provide meals or food packages to about 25 households. We usually help between 3 and 5 a week, some for just one or 2 deliveries, others for several months. Most of these are

individuals, though there has been a mum and baby, a mother and her son, and some couples. Almost all had recently experienced homelessness, and one is actively rough sleeping. Food help is requested by support workers, often the Street Outreach Team, and is because they are in accommodation with no access to cooking facilities (such as a hotel) or inadequate facilities (perhaps fridge and microwave), or they cannot cook (ill health), or they have temporary issues especially with health or finance. The majority of those we have helped are now living and coping independently in regards to food, though they may be aware of and using the food hubs, and most know they can make contact if they go through a difficult patch. Food security and the opportunity to have nutritious, plentiful food is known to help people achieve better physical and mental health and support them to make better life decisions, in combination with appropriate accommodation, professional and voluntary support, and the chance to be treated with respect and listened to. For this particularly vulnerable cohort, the positive impact is possibly immeasurable, but more than 2 thirds of those who were housed in Crossways the winter shelter for 2021-22 have gone on to longer term accommodation and are doing well.

## Cambridge United Charitable Trust

Cambridge United Community Trust once again organised free Activate sports sessions during the year. Activate is designed to promote physical exercise and healthy eating in young people and is free to attend for all primary and secondary age school children, thanks to funding from AstraZeneca and Cambridge City Council.



The sessions took place at three separate locations, with a free meal handed out to participants:

- Coldham's Common in Abbey
- Nun's Way Rec in Arbury
- King George V Recin Trumpington

It was fantastic to have the support of the Cambridge United caterers and Cambridge Sustainable Food, who provided healthy, well balanced meals. Over the 14 Activate sessions that took place during the year, an amazing 251 unique participants attended and over 320 free meals were handed out.

One parent whose two children attended the Trumpington Activate session got in contact with the Trust:

**“Thank you so much for the community outreach work you do. It is wonderful that you provide these opportunities and try to engage with local communities and young people. The coaches are always friendly, helpful, fun and engaging - even when the weather is not playing ball. The children receive a healthy lunch, which is great.”**

HAF Camps: The Community Trust, in partnership with Abbey people, also held two Holiday Activities and Food (HAF) camps during the year: 10 days during the Summer holidays and 3 days during Christmas.

These free multi-activity holiday camps for primary school aged Pupil Premium children were a great opportunity for children to play sport, do arts and crafts, play games and receive a free hot, healthy meal every day that they attended. Around 50 children signed up for each camp.

Seniors' Lunches: During the year we were able to hold 5 in person Seniors' lunches. These monthly lunches provide a main meal and dessert, teas and coffees and a game of bingo for all those that attend. Simon Wall, Community Engagement Manager, explained: “For many seniors in our community these lunches have been the highlight of their month. A chance to meet up with their friends, relax and just have some fun. When we had to cancel the lunches due to Covid it was absolutely devastating but we at the Trust made sure we kept in touch with as many of the seniors as possible, through garden gate visits, phone calls and virtual events. To see so many attend the lunches is fantastic and we can't wait for the next one”. On average, 51 seniors attended each lunch.



### **Cambridge Ethnic Community Forum**

In April and July of 2021, we organised for 79 dry food packs to go out to 46 households, over 137 beneficiaries. Consisting of some of our city's most destitute Black and minority ethnic community families and individuals, in partnership with the Cambridge Central Mosque.

We supported the City Council and CSF CIC by organising for delivery of Christmas Hampers to 16 of our most needy beneficiaries.

In partnership with the Karim Foundation, we facilitated at least 52 culturally appropriate food packs. Deliveries were made where people had tested positive for Covid-19 both to ensure that people that were self-isolating were not going hungry and indeed to encourage that process of self-isolation to help to reduce community infection rates.

We issued or posted 119 @ £30 shop gift cards for beneficiaries to get essential items. In addition, we also issued over 30 Foodbank food and fuel vouchers electronically. In addition to the support already mentioned above, we issued 43 @ £50 small fuel grants for those who didn't have pre-paid metre arrangements.

During this time, we also continued to help families with referrals to Fairbite through helping with the application process and signposting others to our Cities Food Hubs. Previously having translated information into different community languages to help with access.

Over 250 beneficiaries were assisted in this way during this reporting period.

The cost value of this emergency or urgent assistance for food and fuel was over £11,000, a considerable decrease from the previous year which saw over £17,000 spent. However, there was an increase this year in requests for help covering the costs for electricity and gas, for cooking and heating.

**'Thank you very much you really helped me out in situations.'**

**'Thank you for all the work you have done for those we referred to you for urgent assistance.'**

## CHS Group: CLAS Project Manager (Cambridgeshire Local Assistance Scheme)



CLAS provides information, advice and practical support and assistance in times of exceptional pressure. The awards can be in the form of supermarket vouchers, energy vouchers, new cookers, or recycled white goods and furniture

During 2021/22:

- Demand throughout FY 21/22 remained high - double what it was pre-March 2020. Households who were already struggling are even worse off, and many who were just about managing are being pushed over the edge.
- In FY 20/21 & 21/22 CLAS received extra funding to help support the households affected by the pandemic. However, we have a significantly lower budget for FY 22/23, set at pre pandemic rate, so we are concerned about meeting demand in the year ahead.
- The 3 main groups accessing CLAS, in order:
  - Lone parent female
  - Single men under 60
  - Single women under 60
- CLAS is a good indicator of how lower income households in Cambridgeshire are affected by these external drivers, for example in October we saw a rise in demand which coincided with the withdrawal of the UC uplift of £20 a week.
- We're increasingly seeing people who are feeling extremely anxious and are dreading the likelihood of things getting even worse.
- It is a worrying time for workers as well as service users, not only because the cost-of-living crisis will affect everyone, but also because during the last 2 years it has become increasingly difficult to 'solve' the household issues that clients are presenting with.

CLAS awards in Cambridgeshire FY 21/22.

Award type	Value	Number of awards
Food	£77,686.00	709
New appliances, beds & mattresses	£116,268.44	497
Reconditioned white goods and recycled furniture	£38,850.30	194
Energy vouchers	£7,970.00	164
<b>Total</b>	<b>£240,774.74</b>	<b>1,564</b>

CLAS awards in Cambridge City FY 21/22.

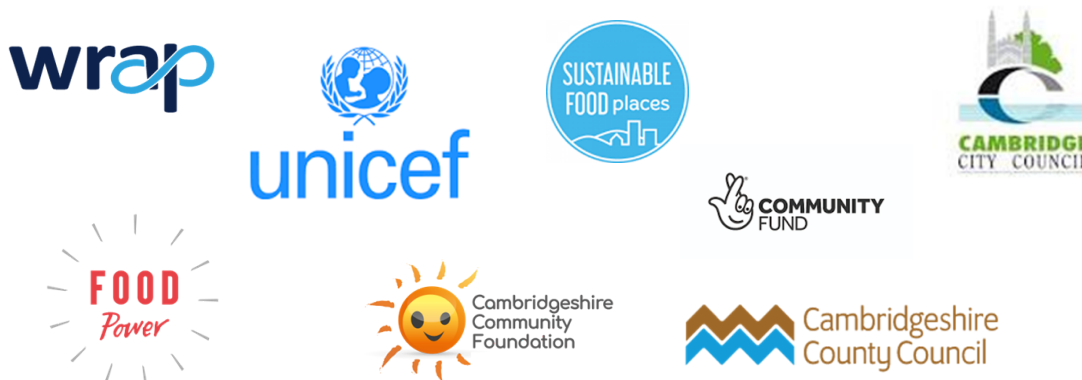
Awards in Cambridge City make up 24% of the total in the County

Award type	Value	Number of awards
Food	£20,445	202
New appliances, beds & mattresses	£25,202.66	112
Reconditioned white goods and recycled furniture	£9,946	56
Energy vouchers	£1,211	27
<b>Total</b>	<b>£56,804.66</b>	<b>397</b>



## Funders and Fundraising

This year's work would have not have been possible without the donations and grants we have received throughout the year. Funds have enabled us to continue to provide food support for some of the most disadvantaged in our city throughout another challenging year as CSF CIC and the CFPA continue to work to drive change in the food system and achieve food justice for all in Cambridge. A big thank you to all our funders and donors including:



We fundraised for ongoing work to deliver on the Food Poverty Action Plan plus emergency food aid funds. We secured funds and were able to make grants to the following organisations for the period May to November 2021.

The food hubs and CoFarm used this time to explore community resilience, focusing on:

- **St Andrew's Church, Cherry Hinton:** Development of pay as you feel cafe, growing project and food pantry
- **Abbey People:** Volunteering and food pantry
- **Trumpington Residents' Association:** Making links between the local school and new community garden, running multicultural events/ workshops and promoting healthy diets
- **CoFarm:** Provision of locally grown produce and volunteering opportunities

### Running for Food Justice - Cambridge Half Marathons

Nine members of the community took to the city's streets in October and March this year, running the Cambridge Half Marathon to raise funds for our food poverty programme for the very first time! Not only did runners fundraise, they also raised awareness of the ongoing work to ensure everyone in the city has access to healthy and affordable food. Runners for CSF CIC included Maurizio from Maurizio Dining & Co as well as local councillors, Cllr Katie Thornburrow, Cllr Hilary Cox Condron and Cllr Neil Shailer. Other members of the community also took part in support of several CFPA member organisations including The Red Hen Project, The Karim Foundation and The C3 Church.





## **Appendix 1**

### **21/22 Year in numbers continued**

- **9 Community Food Hubs → 7 Community Food Hubs operating full year**
- **21,210 visits to the Community Food Hubs**
- **204 tonnes of food distributed**
- **86 tonnes of surplus food redistributed**
- **1332 food parcels delivered (including to women's refuge)**
- **5268 holiday lunch meals served across the city (3530 provided by CSF CIC)**
- **56 in person holiday lunch events across the city**
- **2753 visits to holiday lunch events**
- **3674 meals cooked at Buchan Street Community Food Centre**
- **475 volunteers, giving 9997 hours of their time**
- **9.4 tonnes of fresh produce distributed through Grow a Row and community farming in Cambridge**
- **9 Cambridge Food Poverty Alliance meetings**
- **Over 70 businesses and organisations involved**