

IMPACT REPORT

2022

Feeding
Liverpool

#goodfoodforall

Feeding Liverpool

We are the city of Liverpool's food alliance, connecting and equipping people and organisations to work towards good food for all.

Building on our work since 2015 tackling hunger and food insecurity, Feeding Liverpool is developing and driving forward Liverpool's Good Food Plan in partnership with communities and organisations across the city.

Our aims:

- Create arenas for practitioners to share and shape good practices in relation to good food for all
- Draw on experiences from the ground to contribute to and influence policy debates locally and nationally
- Raise awareness and develop greater public understanding of food policy and related issues

Our key activities:

- Equipping and supporting people and projects to work towards good food for all
- Telling the stories of people who have experiences of food insecurity and campaigning with local and national partners to tackle the root causes of poverty
- Connecting communities through our programme of events and network gatherings



AN INTRODUCTION FROM OUR DIRECTOR:

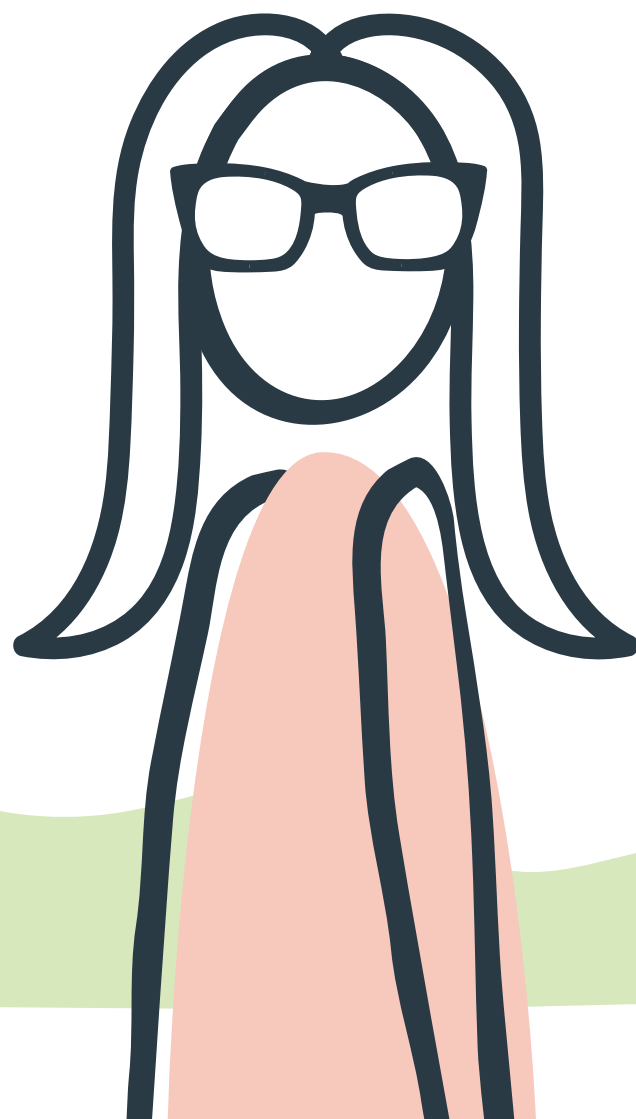
“2022 was a year of growth and development for Feeding Liverpool. With over 300 organisations and thousands of people connected to the alliance, our work is brought to life and sustained by people and organisations across Liverpool who are united in a desire to reduce food insecurity, tackle the root causes of poverty, and create a city where everyone can eat good food.

At the heart of our work remains the voices of people who have first-hand experience of food insecurity, and of those who are working in our communities to tackle these issues. As the final page of this report shows, our achievements this year would not have been possible without the many dedicated, passionate people and communities we partner with and work alongside.

We hope that this report will be an encouraging read, highlighting what is possible when we work together towards a shared vision of Good Food for All.”

Dr Naomi Maynard,
Good Food Programme Director

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IN 2022:



92 organisations attended one or more of our 11 events.

800 individuals received our twice - monthly news bulletin.



1000 people listened to a presentation about Liverpool's Good Food Plan.



2000 individuals connected to the network via social media.

KEY ACHIEVEMENTS IN 2022



117 Community Healthy Start Champions trained.



92 residents shared their good food stories.



Made in Liverpool documentary viewed over **70,000** times.



Queen of Greens mobile greengrocer visits **29** stops a week.



Community Food Spaces map viewed over **1,000** times a month.



£368,000 distributed to our network.



28 community leaders trained to deliver cooking courses.



5 community leaders complete media training.



52 foodbank users and **20** organisations engage with national policy makers Good Food Policy Group and Emergency Food gatherings established.





EQUIPPING AND SUPPORTING PEOPLE AND PROJECTS

Feeding Liverpool equips and supports people and projects that work towards good food for all. In 2022 this has included leading a city-wide initiative to increase the uptake of the Healthy Start Scheme, partnering with Feedback Global to establish the Queen of Green's mobile greengrocer and to train community leaders to deliver the Fed-Up slow cooker course, and distributing an element of the Household Support Fund to 40 organisations in Liverpool. We have also continued to develop resources for our network to improve collaboration and access to information for people in need of emergency or community food provision.



A HEALTHY START FOR LIVERPOOL

Feeding Liverpool has established and led a city-wide response to increase awareness and uptake of the Healthy Start Scheme, training 117 community leaders to become Healthy Start Champions.

The Healthy Start Scheme is a lifeline for pregnant women and families with young children on a low income, providing access to good food: fruit, vegetables, lentils, milk, and vitamins which are so important to give children the best start in life. But many eligible people in the city are missing out. Feeding Liverpool, with support from Torus Foundation and Liverpool City Council, have led a programme of work to increase awareness of the scheme locally, and campaign for change nationally.

The difference we made:

- We co-produced 'A Healthy Start for Liverpool' research report with parents, children's centre staff, GP's, health visitors and the Liverpool City Council's Public health team. This included local and national recommendations for how to increase uptake of the scheme. In December 2022, Liverpool's Healthy Start Working Group was established - a key recommendation from the report.
- We trained 117 new Community Healthy Start Champions. They promote the scheme in foodbanks, community food spaces, children's centres, and housing associations. 98% of the champions said they found Feeding Liverpool's Healthy Start training 'very useful'.
- Our champions put what they learnt into action. Of the 21 who reported how they are getting on 3-6 months after the training, 84% had talked about Healthy Start with families and pregnant women, 61% had supported families or pregnant women to sign up to the scheme and 52% had displayed information about Healthy Start in their buildings.
- To increase the profile of the scheme in the city, we issued promotional material to 30 community food spaces and distributed 10,000 leaflets about the scheme via the Holidays Activities and Food Programme. We have promoted the scheme via local print and radio media outlets.
- We supported Speke, Woolton, Allerton, Gateacre, Garston and Aigburth Primary Health Care Network to embed Healthy Start questions into the work programme of their social prescribing team.
- We campaigned alongside Members of Parliament for a move towards automatic registration and to increase the value of Healthy Start card payments.
- Our model of Community Healthy Start Champions training has been replicated by Feeding Bradford. Other food alliances and local authorities are looking to replicate the training in 2023.



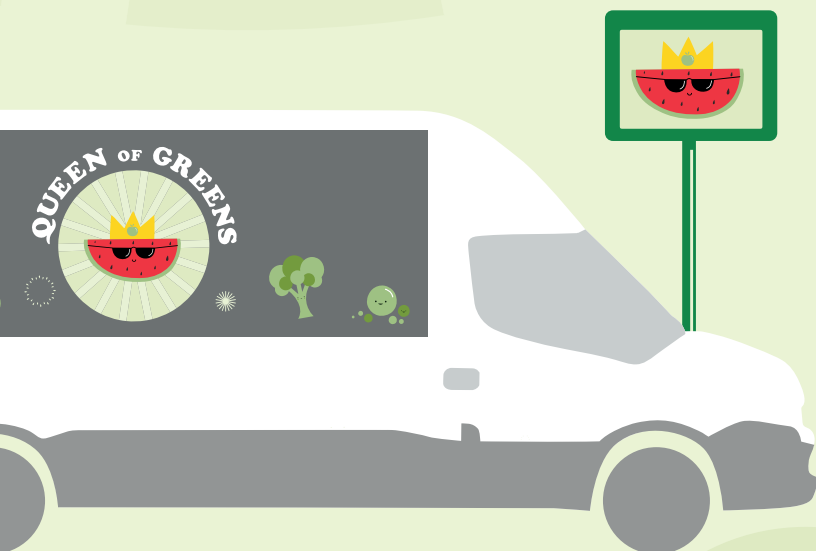


Through the development of the Queen of Greens mobile greengrocer, we have improved access to good food across Liverpool and Knowsley.

The Queen of Greens took to the road in September, bringing fresh fruit and vegetables to communities in Liverpool and Knowsley. Re-establishing and extending the service in a new vehicle funded by Feeding Britain, the bus now visits 29 stops each week including schools, health centres, and community centres, providing people with better opportunities to shop for nutritious food closer to their home or workplace. The bus serves over 400 families each week. Customers can pay for their shopping with Alexandra Rose vouchers, and Healthy Start cards for pregnant women and young families at all stops, as well as cash or card.

The difference we made:

- We worked with our partners Feedback Global to develop the new extended route for the Queen of Greens bus. The route takes in neighbourhoods classed as 'food deserts', where residents have to travel more than a kilometre or walk 15 minutes to reach a supermarket selling 'green' produce.
- 100 children entered our competition to design the logo for the new bus, with Leema from Al Ghazali centre designing the winning entry.
- We have developed promotional materials and an online map for the Queen of Greens, which has been viewed 2,500 times since its launch in August.



THE FED-UP SLOW COOKER COURSES



We have trained 28 community leaders to deliver the Fed-Up slow cooker course to support households to cook good food on a budget.

Feeding Liverpool, Feedback Global's project Alchemic Kitchen, and chef Adam Franklin have partnered to deliver the Fed-Up Slow Cooker Train-the-Trainer Programme, teaching practical, communal cooking courses that bring together and equip community members to make delicious, nutritious, low-maintenance meals on a budget, in a friendly atmosphere to help combat loneliness and social isolation.

The difference we made:

- Across three training sessions, 28 community leaders completed the training in October-December. We gave each new trainer 10 slow cookers to support them to deliver their first courses.
- Many of the trainers have begun to deliver the courses in their communities, supporting residents to cook good food on a budget

2022 has seen a deepening of our relationship with Feeding Liverpool into a true partnership. Our staff work together on both on policy and campaigning for food system change and on the practical application of projects such as the Queen of Greens mobile greengrocer and the Fed Up slow cooker train-the-trainer courses. We work collaboratively in the true sense - supporting each organisation with their different projects, but also creating partnership opportunities where we can work together.

Lucy Antal, Feedback Global

We have run one Family Slow Cooker Project and two Slow Cooker Projects for community members. One of the men who attended, is an elderly, disabled person who lives alone, who cooked very little for himself. In his words "I just throw things in the oven and warm them up". Attending the course, he told us he had learnt new things like you didn't need to peel carrots you could just wash them, and he had learnt about veg containing vitamins, carbs etc; how to cook veg soup; and is always asking for healthy recipes. After the course he told us "I can't believe that I can cook a healthy meal, that is also saving me money".

Sue Robinson, Kensington Fields Community Association

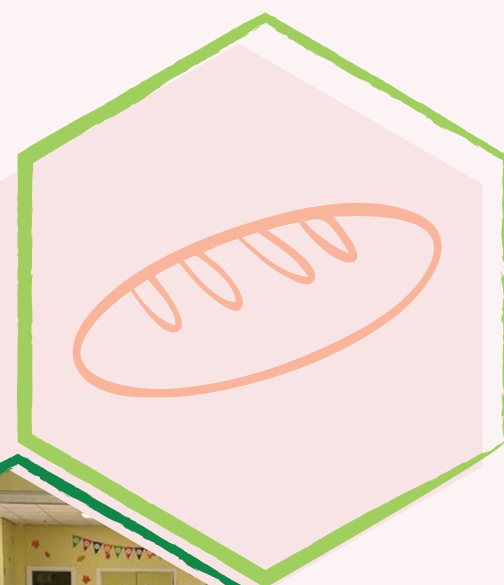
EQUIPPING OUR NETWORK THROUGH FUNDING

We have distributed over £368,000 to organisations in our network and supported organisations to access national funding pots.

Throughout 2022, many emergency food providers and community food spaces in Liverpool faced a drop in food donations. Coupled with an increase in demand, this meant that some organisations were using their financial reserves to enable them to continue to offer food support. Feeding Liverpool raised the concerns of the sector to Liverpool City Council's Poverty Action Group. We were subsequently asked to distribute a portion of the Household Support Fund to support the food supplies of emergency food providers and community food spaces across Liverpool from October - December 2022. We also supported organisations to apply to national funders.

The difference we made:

- We distributed £368,000 of the Household Support Fund to 40 organisations, who work across 70 sites. The funding enabled them to continue, or where possible enhance, their existing emergency and community food provision. Together these 40 organisations distribute 1720 emergency food parcels, support 3540 community food space visits and offer 2450 community meals every week.
- We supported Liverpool 6 Community Association, Micah Liverpool and New Beginnings Improving Lives CIC to access Feeding Britain's Community Food Fund, this enabled each organisation to develop and to extend their community food provision.



Feeding Liverpool is one organisation that has been instrumental in helping Liverpool City Council deliver valuable support to vulnerable residents. Feeding Liverpool is a trusted organisation with an excellent reputation and its knowledge of local organisations has made it an integral partner in Liverpool City Council's Poverty Action Group. The Poverty Action Group is facilitated by the Council and involves a number of partner agencies working together to help improve the lives of Liverpool Citizens. Working as part of this group Feeding Liverpool has facilitated the distribution of the Household Support Fund, securely and at pace, to many partner organisations on behalf of the Council. Without this support the Council would have struggled to provide many households with funding to which they were entitled.

Bernie Davies, Interim Assistant Director, Revenues and Benefits Service, Liverpool City Council

Liverpool, Tuebrook Hope Group have provided Christmas Hampers to elderly people in our community. Upon receiving a hamper, one of the older women we support burst into tears. She lives alone and had been unwell over the last week and ran out of food, but did not have the strength to go to the shops and does not like asking her neighbours. She said to us 'I can't tell you how much I enjoy the club, at first you kept asking me to come and I thought I would hate it but I came along because you kept asking me to. I have made so many nice friends rather than sit at home feeling depressed. The hampers are great quality, you could not have timed it better I had just emptied my fridge. I cannot express how grateful I am.

Steve Radford, Tuebrook Hope Group who received funding from Feeding Liverpool

Feeding Liverpool supported us to access Feeding Britain's community food fund. This funding has allowed Micah Liverpool to extend its reach in the community and to help people in and around the area who have been suffering in poverty. It has been especially useful to help those that have fallen below the poverty line during the pandemic.

Paul O'Brien, Chief Executive, Micah Liverpool

Feeding Liverpool have played a key part ensuring we received the help and support from third party organisations with food donations and funding. We were supported by Feeding Liverpool to make a bid to purchase our mobile van that currently supports three wards in Liverpool that are areas of high deprivation. We will be adding a new ward in January. We have been supported with the planning and delivery of this new service by Feeding Liverpool and it is such a huge success which is very important and beneficial to the residents of Liverpool. Feeding Liverpool play a very important role in our city and we at New Beginnings Improving lives CIC are big supporters. They are a neutral and fair organisation and ensure the views of all services in our city are heard. I personally feel hugely supported by Feeding Liverpool and believe the work they do promoting the Healthy Start Scheme and Good Food Plan are invaluable to our city as we all try to navigate through the cost of living crisis. Their support lifts the weight from our shoulders as we try to help those who are struggling in a time of uncertainty and worry.

Michelle Roach, Director of New Beginnings Improving lives CIC

EQUIPPING OUR NETWORK THROUGH RESOURCES

Our online resources make it easy for residents and people supporting those experiencing food insecurity to find and share the information and support they need.

Feeding Liverpool produce and maintain city-wide resources which support improved collaboration and best practice across the emergency and community food providers.

The difference we made:

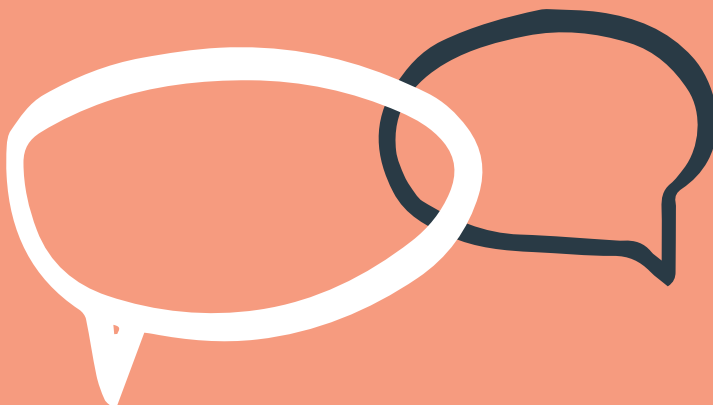
- Our Community Food Spaces map contains the locations, opening hours and descriptions of 60 community food spaces in Liverpool. Now into its third year, it is regularly used by support workers, housing officers and emergency and community food space staff and volunteers to signpost people to support in their local community. In December the map was viewed over 1,000 times by 700 people.
- We produced a Liverpool Christmas Food Support page to signpost organisations and residents to information about the food support available over the Christmas period. It was viewed 1,600 times in December. Our Community Christmas Meals Map supported residents to find where they could access free community meals over the festive period. It was viewed 1,200 through our website and approximately 5,000 times through Google Maps in December.
- In October we developed three food activity monitoring tools to support organisations who give out emergency food parcels, lead community food spaces or host community meals, to monitor and report back on their activities.



STORYTELLING AND CAMPAIGNING

We want to enable people to have the power, voice, resources and motivation to shape their local food environments and the food system as a whole.

We work with residents, including those who have experiences of food insecurity and people who work directly to combat food insecurity, to share their experiences around good food, and campaign alongside local and national partners to tackle the root causes of poverty. Through media engagement, campaigning, storytelling and policy engagement we strive to be what Bishop Paul Bayes describes as a 'line of sight to the street and back', ensuring local and national decision making is informed by what is happening on the ground.



TELLING COMMUNITY STORIES: MADE IN LIVERPOOL

We support communities to tell their stories; the Made in Liverpool documentary has been viewed over 70,000 times, telling the story of Kensington Fields Community Association.

Feeding Liverpool worked in partnership with The Guardian, Church Action on Poverty, and local filmmakers to produce the documentary film Made in Liverpool: This Land is our land, the fifth episode of the Made in Britain series by The Guardian filmmaker John Domokos.

The film centres on Kensington Fields Community Association telling the story of their community centre, food pantry, frustrations at the changes to their community, and the launch of Kensington Fields Community Land Trust.

Jennifer Graham, our Good Food Programme Network Coordinator, spent three months working as the film's Community Producer and filming the team and pantry users at Kensington Fields Community Association.

We also ran focus groups with 92 residents who shared their stories about good food. This included members from the Multicultural Women's Empowerment Group, Chinese Wellbeing, Asylum Link Merseyside, Igbo Women's Group and Liverpool Irish Centre. In 2023 we will work to bring their stories to life through a series of photo essays.

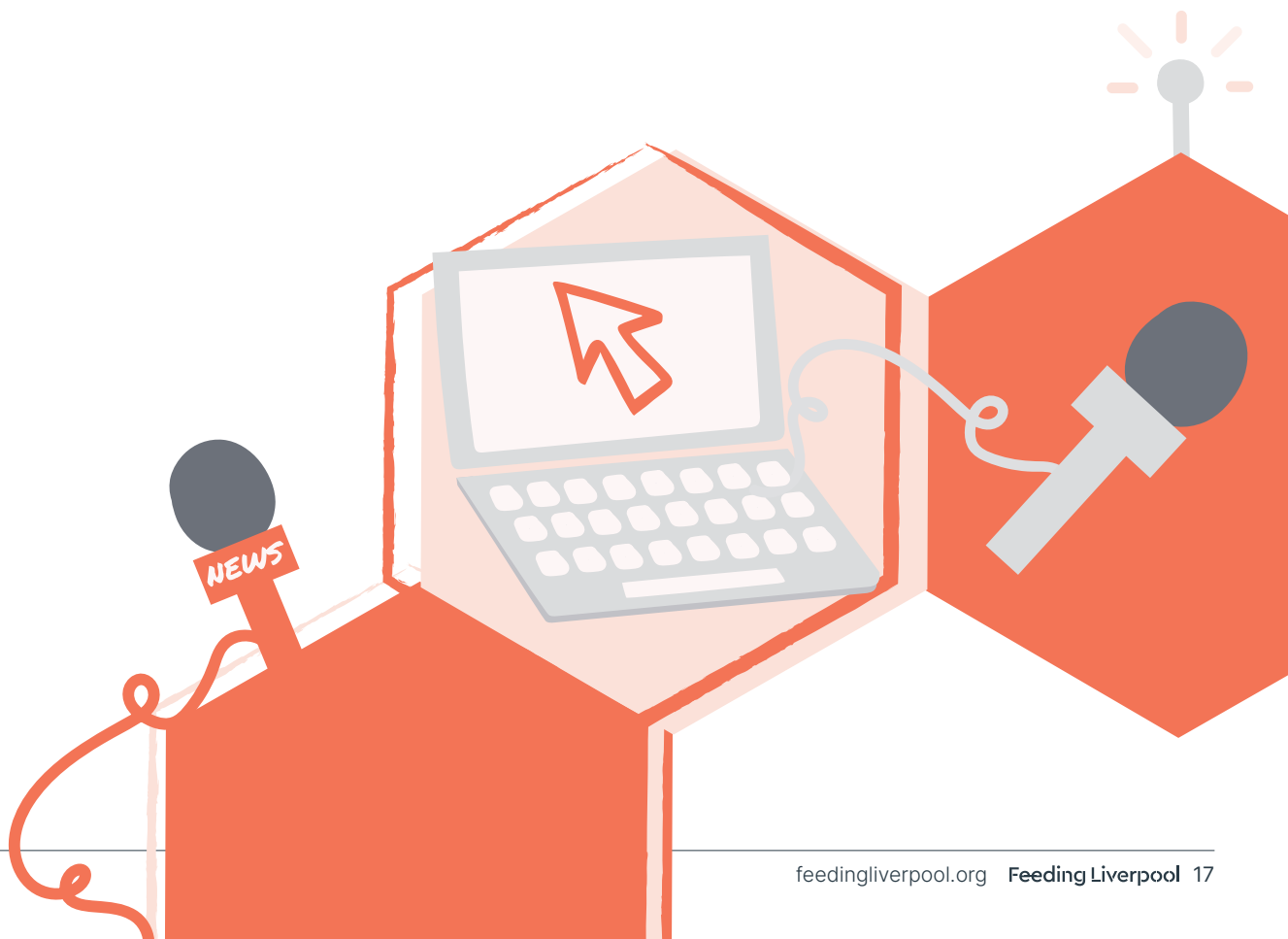


ENGAGING WITH THE MEDIA

We have worked extensively with local and national media to ensure the voices of those experiencing food insecurity, and those working to support people experiencing food insecurity, are heard.

The difference we made:

- We sent five community leaders, including those with first-hand experience of food insecurity, on a media training programme, to support them to feel confident sharing their experiences and insights in front of the broadcast media.
- We hosted two segments on the BBC Radio 4 Today Programme in May and November, enabling NHS cleaner Natalie and Food Pantry volunteer Kallie to talk about access to good food.
- We hosted BBC Breakfast in December, raising the profile of work of members of our network around tackling food insecurity at Christmas.
- Dr Naomi Maynard, our Good Food Programme Director, spoke to national media outlets LBC Radio, Radio 4, The Guardian, Sky News and The Independent about food insecurity and access to good food.
- We worked with local media outlets throughout the year including BBC Radio Merseyside, Liverpool Echo, BBC Look North West, Radio City, Capital FM, Smooth FM, Heart FM, The Guide and Explore Liverpool, supporting news articles and ensuring local residents had access to information about good food including emergency food support.



POLICY ENGAGEMENT AND CAMPAIGNING

We supported foodbank users, community groups and young people to contribute to and influence policy debates locally and nationally, and supported our local Members of Parliament in their campaigns to improve access to good food.

We equipped young people to engage in local campaigning through the National Citizens Service programme. With support from our staff to instigate their projects, young people in Merseyside developed social action projects around improving access to healthy and sustainable food. In 2023 we look forward to working alongside Bite Back 2030 as their youth board in Liverpool enters its first year.

We have undertaken national policy engagement and campaigning including:

- Supporting two of Liverpool's Members of Parliament Ian Byrne and Kim Johnson as they have championed for changes to The Healthy Start Scheme and Free School Meals in the Houses of Parliament.
- Facilitating the engagement of 52 foodbank users and 20 organisations to submit responses to the All-Party Parliamentary Group inquiry into ending the need for foodbanks.
- Working with our local Trussell Trust networks to support the Trussell Trust Day of Action, facilitating the support of four of Liverpool's Members of Parliament and the Mayor of Liverpool for the campaign's calls.

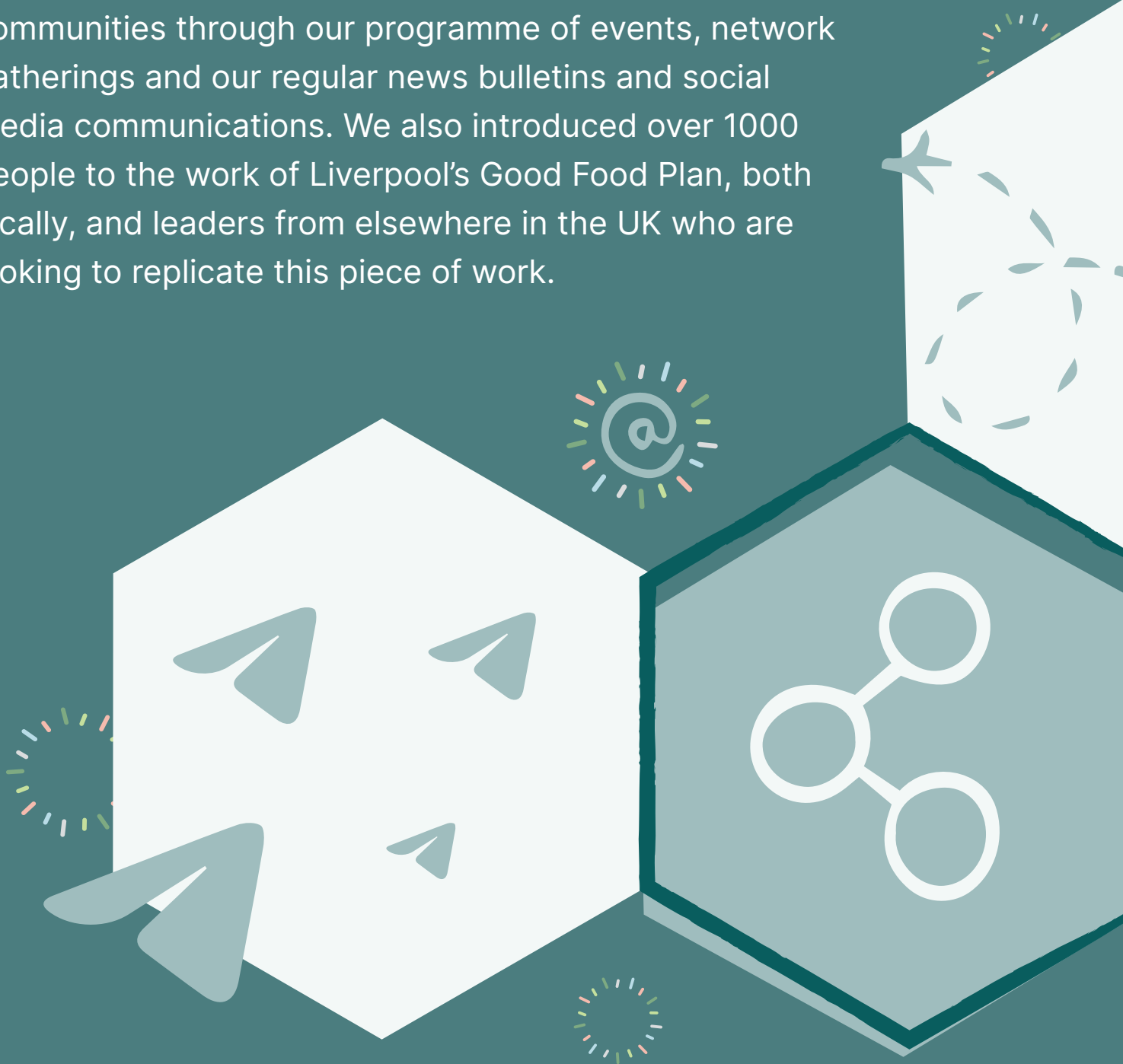
Feeding Liverpool is instrumental in supporting the much-needed food support across our city - through managing the funding to ensure foodbanks and food pantries can continue to support those most in need, to training leaders in healthy cooking, establishing the Queen of Greens fresh vegetable offer, and supporting campaigns for Universal Free School Meals. I have been delighted to work with them over the past year, and look forward to continuing that over the next years - until we have eradicated the need for foodbanks.

Kim Johnson, MP for Liverpool, Riverside



CONNECTING COMMUNITIES

Feeding Liverpool connects people, organisations and communities through our programme of events, network gatherings and our regular news bulletins and social media communications. We also introduced over 1000 people to the work of Liverpool's Good Food Plan, both locally, and leaders from elsewhere in the UK who are looking to replicate this piece of work.



OUR PROGRAMME OF EVENTS

We hosted 11 events to bring groups together around topics connected with Good Food for All.

In 2022 we hosted 11 events, bringing groups together around topics connected with Good Food for All. 92 different organisations attended one or more of these events, sharing their expertise with each other through presentations, round table discussions and informal networking sessions.

Our events this year included:

- ‘Establishing Partnerships’; hosted in partnership with Liverpool Food Growers Network, we brought together community food growers with other community food spaces such as food pantries and food banks. The aim was to facilitate connections, eat good food, and learn from other organisations who have already established these partnerships. Through this event, new connections were made; in our post-event survey everyone said they were very likely to be in contact with someone new. A connection was established between No Dig Food Garden L8 and St Anne’s Foodbank. No Dig Food Garden were able to advise on the potential for St Anne’s to grow food for their foodbank.
- ‘Supporting Refugees and Asylum Seekers’; we gathered community food spaces and other local organisations to learn more about the support in place across the city for refugees and people seeking asylum, and to discuss ways to develop community food provision for this group.
- ‘Community Cooking Conversations’; we gathered good food organisations to listen, learn, share and make connections with others, focusing on the theme of Community Cooking. Everyone who completed a post-event survey said they were very likely to be in contact with someone new.
- ‘Made in Liverpool – This Land is our Land Film Screening’; 52 people joined us at our screening of the Made in Liverpool documentary. This was followed with a panel discussion and Q&A to give the community an opportunity to hear from the people behind the film.



NEW NETWORKS

We have established the Emergency Food Network and the Good Food Policy and Community Advocacy Group, giving people the opportunity to connect, share best practice and work together more effectively.

In October, the Emergency Food Network met for the first time. This new network will meet quarterly to exchange ideas, share best practice and work together to improve crisis food provision in Liverpool. 27 organisations attended the first gathering which included front-line food emergency food providers and referral agencies who support their work. 90% of attendees said they were 'very likely' to connect further with someone new they met at the gathering.

As part of our role leading Liverpool's Good Food Plan, we established the Good Food Policy and Community Advocacy Group in May. This group, which Feeding Liverpool co-chair with Food Active, meets quarterly. It has led Liverpool's response to four consultations related to Good Food, and has supported people with experience of poverty to engage with national policy consultations.

Feeding Liverpool acts as Liverpool's local food insecurity network, a role that has this been incredibly important to the City as it has navigated austerity, the pandemic and more recently the cost of living crisis. Thank you so much to the staff and the trustees of Feeding Liverpool for their dedication and leadership in developing a network that is also equally trusted and respected by the many people running and using local food initiatives who feel both understood and valued.

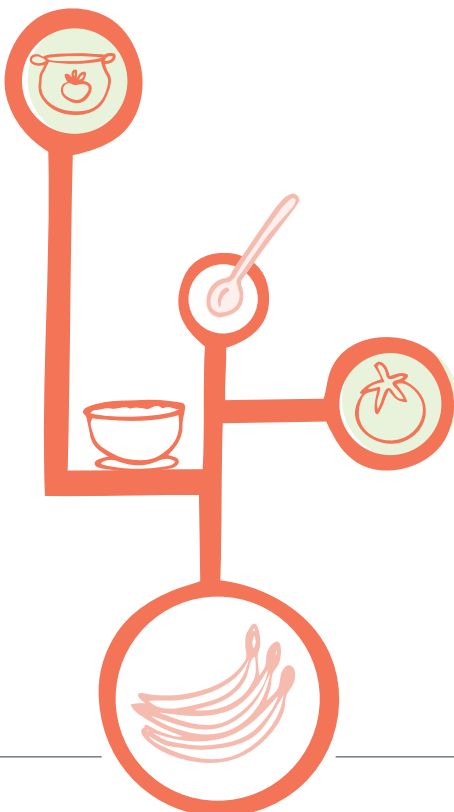
Councillor Jane Corbett,
Deputy Mayor of Liverpool

My key take away was that collaboration is key and having a space to discuss openly about systemic issues and the solutions to this brings much hope for the city of Liverpool.

Emergency Food Network attendee

St Andrew's Community Network is proud to have been associated with Feeding Liverpool since the start. The relationship has been hugely beneficial in a number of ways, from the Good Food Plan itself through to the distribution of the Household Support Fund. We feel incredibly well supported and better connected with the city wide approach to tackling food insecurity than ever.

Simon Huthwaite, Operations Manager,
St Andrews Community Network



THANK YOU

Feeding Liverpool would like to thank each of the people, communities and organisations who have supported our work this year.

With special thanks to our funders and key partners:





Feeding Liverpool

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Follow the work of Feeding Liverpool:

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