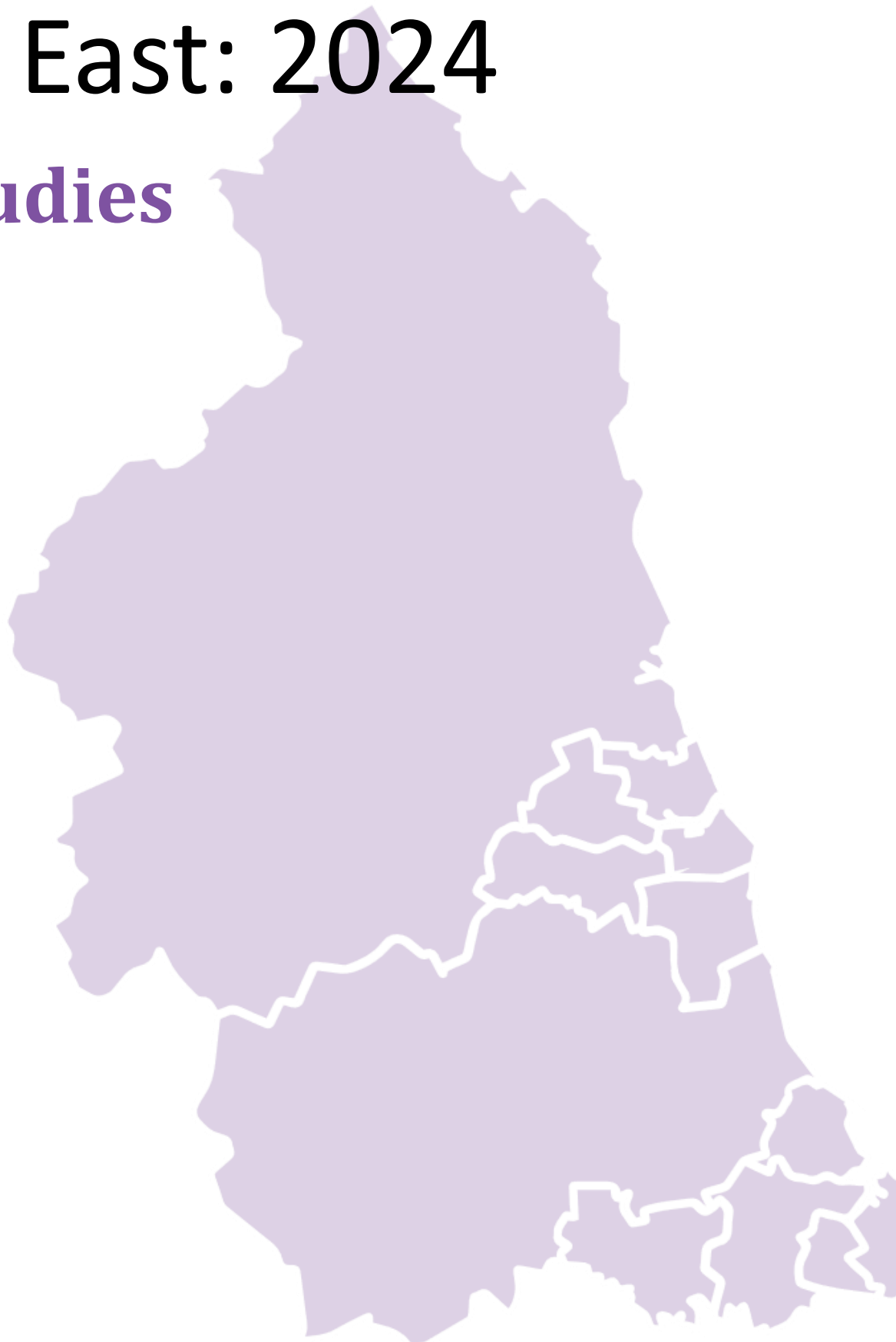


Good Food Local

North East: 2024

Case Studies



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Food Governance and Strategy:

Middlesbrough Borough Council



The Middlesbrough Food Partnership, which currently holds a Sustainable Food Places Silver Award, takes a joined up, holistic approach to food action to create significant change on a range of key food issues.

It is made up of a collaboration of partners from across the food sector and welcomes and encourages the participation of everyone involved in our local food system. This includes individuals, groups, organisations, and businesses, each bringing unique connections to different communities.

The partnership has a central steering group, the Food Power Alliance, a key subgroup connected to the Local Authority's Financial Inclusion Group, and the Eco Shop (Social Supermarket) Network.

It is also a founding member of North East Sustainable Food Alliance (NESFA), which collaborates with other food partnerships on regional initiatives. NESFA has previously led work on the Good Food Economy and working towards further engagement with anchor institutions in Dynamic Food Procurement, helping to drive a more sustainable approach to food sourcing.

The Partnership is working towards achieving the Sustainable Places Gold Award which they aim to secure by the end of 2024.

Durham County Council



Food Durham is County Durham's Food Partnership, hosted by the Outdoor and Sustainability Education Specialists (OASES). The food partnership raises awareness of the importance of food and how it relates to the economy, the environment, health and well-being, and issues of social justice. We want to bring about change to the food system by working in partnership with public, private and voluntary, community and social enterprise (VCSE) sectors across County Durham.

Food Durham, the County Durham Food Partnership, is a member of the Sustainable Food Places network, and has a Sustainable Food Places Bronze Award, which recognises the good work done by our many partners, large and small including Durham County Council, Durham Community Action who represent the VCSE sector, anchor institutions including Durham University, CDDFT NHS Trust and East Durham College, NFU, Visit County Durham and charity and community organisations including OASES, REfUSE and East Durham Trust. From May 2023 to April 2026, funding has been secured from the National Lottery Community Fund to work directly with 14 communities throughout County Durham on food and growing projects. These communities are expanding as Food Durham attracts additional funding.



Food Growing and Other Community Food Action:

Cumberland Council



Cumberland Council is currently mapping all council-owned land suitable for community food growing and working on "Right to Grow"/ "License to Grow" to make future applications for this land more straight forward.

The council is working closely with social housing provider Riverside Housing, to develop growing project in Upperby. Supporting community centres to develop growing projects on their land, suitable to the needs of community - asylum seekers have volunteered at one of the gardens, one has accessible planters for people with reduced mobility and another has a sensory space for children. Some of the produce has been sent to the food hubs. The Council is continuing to support Incredible Edible projects including planting fruit trees and herbs in parks in Cockermouth & Brampton. The council greenhouses and large site have been leased by Mental Health Charity Growing Well to support people with moderate to severe MH issues.

Cumberland Council have started to work with the NHS to allow food growing on sites, some GP surgeries now have herbs and fruit trees growing outside and one community hospital is developing a community garden with food growing areas. The food will be used in the community cafe, which is run by an organisation supporting adults with learning disabilities. The Food Cumberland school food subgroup and other organisations (such as Garden Organic) are supporting growing and composting in schools.



The Council has passed a Right to Food motion and health and wellbeing is at the heart of everything the Council does. The Food Cumberland Partnership is designed to support this work.



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Hartlepool Borough Council

Utilising an unused pieces of land for community growing

One of the stated aims of the Hartlepool Food Partnership – as set out in the Hartlepool Food Plan – is to ensure, within the first two years of the Partnership’s existence, that:

*...at least one piece of **unused land owned by Hartlepool Borough Council (HBC) will be opened for cultivation** by interested community members – either cultivating individually or as a collective, such as a social enterprise.*

Within the first few months of the employment of the Food Partnership’s Co-ordinator, a resident from Hartlepool’s Headland made contact to explain his aspiration to develop an unused bowling green as a community garden, within which food growing could take place. The Headland is a “food desert” – a neighbourhood with limited access to affordable and nutritious food. There is, for example, no longer a local greengrocers shop.

Following an approach to Hartlepool Borough Council’s Heritage & Open Spaces section by the Co-ordinator, an asset transfer of the disused bowling green was discussed and due process initiated. This process requires engagement with the statutory planning process, managed by the local authority – permission for “change of use” of the land from bowling to community growing being required.

The Food Partnership Coordinator is supporting with a proposal for an alternative piece of land as a backup in case planning permission is rejected for the bowling green.

Other work related to utilising unused land includes:

- A proposal for part of a multi-use games area (MUGGA) on a school site to be used as a community growing area.
- Community growing sessions on land owned by Thirteen Group.
- Play Out Hartlepool CIC developing land on a School site for use by parents and children connected with the school

Also connected to community growing is the promotion of Hartlepool Borough Council’s Waverley Allotment site. Recent additional users include:

- Hartlepool Food Network: The food grown will be donated to the Network’s repository of surplus food, for use by registered Hartlepool Food Network members supporting residents struggling to feed themselves and their families
- New Perspectives Wellness Walks: Interest in food growing has developed from conversations with walkers looking for other sorts of exercise and the desire to cultivate land.





Stockton-On-Tees Borough Council

Food Growing

At Catalyst, the charity that supports other charities in Stockton-on-Tees, an allotment donation scheme was developed in 2023. Furthermore, Stockton-on-Tees Food Power Network Project Coordinator connected Oxbridge and Spennithorne allotments to Sprouts Community Food Charity, alongside Billingham and Stockton Foodbank. Connecting with the allotment association, a pilot produce donation scheme was developed. This involved collecting locally grown produce in an electric van and delivering it weekly to the food Charity and Foodbank over summer.

As a result, around 50 large crates of fresh fruit and vegetables were donated, which supported approximately 500 people. These organisations support a significant number of BAME, asylum seeker and refugee clients. Additionally, we are also seeking community interpreter volunteers to translate our food support leaflets into the 5 most-spoken languages in the Borough, to extend awareness of food support services to marginalised communities.



Food Action

Stockton on Tees Borough Council has taken food action and supported many local communities through the use of various grants, including the Food Aid Fund, corporate social monetary donations and Funds for Food Holiday grant. For instance, the Funds for Food holiday grant was allocated to foodbanks, community pantries and our family hubs, totalling £10,000, to address emergency food shortages over the festive period.

In 2023, the Food Aid Fund allowed organisations working to alleviate food insecurity and poverty to apply for a maximum grant of £2,000. More than £66,000 was awarded to 39 groups, such as the Amal project and Purple Rose, ensuring residents across the Borough could access food within their community, alongside out of hours and weekend provision.

This has had a large impact on local communities. For example, the Amal Project (of whom offers food provision for different communities, including refugees and asylum seekers) provides an all-inclusive eco shop with a BAME-focused element, serving culturally diverse foods and cooking ingredients. Additionally, new for the Food Aid Fund 2024, £250 of the maximum £500 award can be used to buy hygiene products. This is due to a significant increase in demand for these products in foodbanks, pantries and eco shops. As a local authority, listening and adapting to the changing needs of our VSCE food support services has enabled our network organisations to best support clients.



Food poverty:

Food poverty alliances & action plans

Stockton on Tees: Addressing Food Poverty

Food Poverty Alliance & Action Plan

SFPN engages members, many from organisations who are embedded in communities, who understand their needs. This informs the network action plan. Every two months, updates on actions from members and community pantry visit numbers are recorded. This data, combined with foodbank usage data, helps us understand changes in demand for local food support. The meetings bring together a broad range of support services and help VCSE organisations to be stronger and more resilient. The action plan is monitored bi-monthly, and the SFPN Project Coordinator produces an interactive Google map of food poverty projects in the area, which is circulated widely through VCSE, Council and health services. Additionally, the Council has also established a working group to develop an anti-poverty strategy, and this has significant input from people with lived experience. This group is looking at the wider determinants of food poverty and will produce an action plan to address this in next few months.

The Infinity Partnership

The Infinity Partnership was established in 2008, with an aim to ensure that everyone in Stockton-on-Tees has access to, and the ability to, use financial services and debt-related advice, to help them overcome disadvantage due to poverty or financial exclusion. The partnership is the Financial Inclusion Forum for the Borough and is a group made up of service providers from the public, voluntary, community and private sectors, including Stockton-on-Tees Borough Council. Alongside its partners, Infinity works on issues as diverse as bereavement poverty, fuel poverty as well as poverty linked to education. Currently, the partnership is working to reduce the potential negative impact of Universal Credit on the residents of Stockton-on-Tees and recently organised a Universal Credit conference to make sure services are better informed and prepared for the full service roll out of the new benefit. The partnership has also held briefings with each of the Borough's four Locality Forums to keep them up to date about the changes.

Cash first approaches to addressing food poverty & Living Wage

Sunderland City Council



In July 2020, Sunderland City Council was accredited by Citizens UK and the Living Wage Foundation as a 'UK Living Wage Employer'.

In 2022 Sunderland won a national award for its work championing the right of lower paid workers and became the first city in the North East to be recognized as a Living Wage City by the Living Wage Foundation.

Since then the City Council has been working in partnership with the Living Wage Foundation (LWF) and major city employers to promote the Real Living Wage and to form an alliance with an aim of expanding the living wage in the city.

Local businesses and employers will be encouraged to pay employees the Real Living Wage and become accredited as Living Wage Employers.



Current Rates:

The Real Living wage of £12 an hour (18 yrs and older) which is due to be reviewed in October 2024 is calculated on actual living costs. It is higher than the Government's National minimum of £11.44 (adults 21+ and £8.60 for 18 – 20 yr olds). Currently there were 45 Living Wage employers headquartered in Sunderland (an increase of 14 since 2023 and alongside 47 who have branches or district centres in Sunderland.

This equates to a total number of employees employed by accredited RLW employers with head quarters in Sunderland as being 11,723.

The total number of uplifted employees which are those receiving a pay rise on at least the real living wage equates to 2,073 people.

New accreditations include Pennywell Neighbourhood Centre, Sunderland Carers Centre, Sunderland Counselling Service, North East England Business and Innovation Centre (NEBIC) , Sustainable Business Services Ltd, Sharp, Youth Almighty, Cyberwhite Security and Interflex Group.

Major employers based in the city such as the University of Sunderland and Gentoo are in the scheme and, alongside City Council staff.

Sunderland City Council was the first council in the North East to commit to the scheme and has paid employees the Real Living Wage recommended by the LWF since 2014. Following accreditation with the LWF in 2020, it has extended this commitment to staff working for council contractors and when contracts are renewed.

Food access for older and disabled people

Newcastle City Council

Meals at Home

Newcastle City Council's Meals at Home service has been running for over 30 years, delivering around 35,250 meals a year. The service operates 365 days a year and delivers around 100 one or two course lunches every day. Meals are delivered hot by 4 drivers who, if necessary, plate up the meal and often stay for a quick chat with clients. Meals cost £5 for one course, or £7.50 for two courses, with half the clients privately funding and half-funded through their social care budget. There are 3 weekly menus, with two choices for main meal and dessert each day, and all dietary requirements are accommodated, and a drink is always provided to support hydration. Meal development has been supported by nutritionists at the RVI to ensure their nutritional quality and meals are prepared at a central production kitchen. The Service is keen to grow and serve more residents, link in with other services and VCS such as Newcastle Foodbank and signposting residents to other activities in their local area. The Service is currently in the process of moving to fully electric vehicles and improving their packaging as well.



Stockton-On-Tees

The SFPN Project Coordinator has collaborated with Groundwork North East on mapping food support services, which can be accessed by residents within a 10-15 minute walk, in order to support residents with reduced mobility or disabilities. This mapping service will also be able to identify areas where support isn't available within this walking radius, and this information will be shared with network members. This is useful for general knowledge and can also be used to bolster local service funding applications.

Infant Feeding

Darlington



UNICEF UK Baby Friendly Initiative (GOLD) - Breastfeeding and Beyond.

Darlington 0-19 Growing Healthy Team achieved the UNICEF Baby Friendly GOLD award in 2018. Since then the team has aimed to not only maintain the current standards but to improve feeding outcomes and experiences of all families.

The Darlington 0-19 Growing Healthy Team working collaboratively with the Public Health Team have explored strategies to raise awareness to the value of Breastfeeding and therefore improve the experiences of all mothers within the Darlington community. This also included working more closely with businesses and community groups with the aim of making Darlington a Breastfeeding friendly town.

The plan was discussed for a year Infant feeding and relationship awareness campaign including a relaunch of the "Darlington Breastfeeding award. This involved getting both the views of staff and parents to ensure the image and wording was inclusive and created a positive theme. The new Logo is now included on our gazebo that is used by the 0-19 growing healthy team at town events as well as on staff hoodies and banner at the 10k event. This was to ensure maximisation of awareness of the scheme across the town. Each month had a theme linking to health promotional campaigns and events and celebrations organised across the town. The campaign increased enthusiasm with both the 0-5 and 5-19 growing healthy team. Both teams gave creative ideas to further support the campaign. The campaign also increased awareness of the value of Breastfeeding within the businesses that have completed the BF friendly scheme. The training also includes discussion on return to work polices for staff returning to work Breastfeeding. Infant feeding support is displayed within the GP practices that have completed the BF friendly campaign as well as the town's library and leisure centre.

In addition to the existing Breastfeeding support group an additional infant feeding clinic was launched to further support families. These are staffed by staff who have had additional training in breastfeeding support and have completed or are completing the (International Breastfeeding lactation consultant exam or IBLCE). These sessions are held within the town leisure centre and library to increase visibility within the



town. Breastfeeding advocates are also now trained to further support mothers at the BF session and via the mothers WhatsApp group.

GP practice pilot scheme: - The practice was selected due to low numbers of mothers who initiate BF and high discontinuation rates. The pilot involved close working with the midwifery team and the GP practice. Parents registered at the surgery were offered an additional contact prior to birth by the Infant feeding team to discuss the value of colostrum or first feed of colostrum and support parents with their feeding choice. The Primary visit was also completed earlier at around 8 days. Information re Infant feeding support, both AN and PN, was also given and Infant feeding email details if any questions.

The results after 6 months were very positive and in addition:

- Initiation 66% - up 10%
- 6 weeks – 44% - up 14%

Over 90% who had chosen to formula feed said that they were interested in colostrum harvesting and giving as first feed following birth. We now also have this as a read code on system1 to record at primary visit.

Middlesbrough Borough Council

UNICEF GOLD award

Public Health South Tees are committed to improving breastfeeding rates across South Tees with a particular focus on areas of high deprivation and low breastfeeding rates. Proactive measures include universal services for all families, with daily calls offering breastfeeding support from 10-14 days postpartum up until the baby is 6-8 weeks old. Breast pump loan services are available from postnatal wards at James Cook University Hospital and through health visiting, with plans to extend these services through family hubs. The "Welcome to Breastfeed – South Tees" campaign will target venues in areas with low breastfeeding rates, while early days clinics are established within family hubs in deprived areas.

Health visiting, who are currently have UNICEF gold accreditation, also work directly with migrant and asylum-seeking women, providing them with advice and support for young children. Additionally, there are initiatives promoting breastfeeding-friendly events, employers, and boroughs. Health visiting offers a Healthy Child app with helpful videos and information on breastfeeding, as well as an online daily health chat for parental inquiries. A local tongue-tie service has been established, significantly reducing waiting times and ensuring parents do not have to travel outside their locality for this service.

Healthy Start

Cumberland Council

Cumberland Council administers the Healthy Start scheme as it helps towards a vital part of the best start in life and support with the cost of food & milk. We offer two elements: the digital card & vitamins (Mums & babies/ toddlers). Vitamins are important for growth, development & healthy teeth and we provide these free via community venues across Cumberland inc. libraries, children's centres, community centres & food hubs.



Our Midwives & Health Visitors do the first 8-week supply of vitamins for Mum's who are feeding/ dual feeding & 8-week supply of vitamin drops for children and then encourage them to visit one of the local community venues for their vitamin supplies. After the first supply they can get lots of other support from that community offer.

Ways we are working to further improve awareness and uptake of the scheme including:

- Outreach (Operation Respect, community days, school gates, nurseries)
- Training more staff internal & external
- Healthy Start translation information/resources
- Home visits- training nursery nurses/health visiting teams
- All vitamin venues on National Healthy Start website 'where to find'

Middlesbrough Borough Council

As part of plans to address food insecurity in the area Public Health South Tees have taken steps to increase access and availability of the Healthy Start Scheme.

Healthy Start vitamins are available universally through Family Hubs and are actively promoted by midwifery and health visiting teams to improve uptake.

Further to this the healthy start card is promoted within the family hubs, maternity services, local community and the revenues and benefits teams.

There are plans to offer the Healthy Start Scheme within eco shops. A card reader is being piloted within one of the eco shops, which will be promoted to families across Middlesbrough, to support families to access healthier food, and support/advice in the form of recipe ideas for the food they purchase. We are also hoping to have the Healthy Start Scheme leaflets added to information families receive when they register a new birth with the register office.

South Tyneside

Healthy Vitamins

Anyone who lives in South Tyneside and is at least 10 weeks pregnant and/or has a child under 4 years old can claim FREE Healthy Start Vitamins every 8 weeks.

Nationally, only those in receipt of certain benefits can receive these free, but in South Tyneside we've agreed to pay for it to be a universal offer to all pregnant women, to women a year after childbirth and to those with children under four.

Families can obtain Healthy Start vitamins from all 12 Family Hubs. In addition, our Community Midwives and Health Visitors also offer them at clinics and home visits, if relevant, and our Foodbanks also supply these where relevant. They're also promoted at any community events that target families. Changes have been made to the booking in system when someone has their first Midwife appointment with all women now being offered the vitamins from this point in their pregnancy journey so we will hopefully catch more eligible women. Awareness raising takes place continuously eg via social media, Public Health publications etc and targeted work has taken place to ensure access for ethnic minority groups who are more at risk of vitamin deficiencies.

National data isn't collected, but we do know that locally most vitamins are distributed via Health Visitors and the Family Hubs and more than 6,500 vitamin packs have been distributed to families in the past 3 years, since the scheme was launched (figure as of June 2024).



Healthy Start Vouchers

Our Midwives, Health Visitors, Family Hubs, Foodbanks etc all promote this offer. As above, the vouchers are promoted via all our social media channels, and we have displays around the Town Hall, Family Hubs, Foodbanks and the District Hospital and are working with local supermarkets to ensure they promote the scheme and the fact that they accept the vouchers.

Statistics show South Tyneside's uptake increasing from 69% in January 2023 to 76% in December 2023 compared to 62.9% and 73% for England respectively.
NB. NHS Healthy Start have temporarily removed the uptake data

Sunderland City Council

Sunderland Council is committed to ensuring that eligible pregnant women and families with children under the age of four, are aware of their entitlement to receive help with the cost of healthy foods and milk. To ensure accessibility, professionals such as Midwives and Health Visitors encourage eligible Sunderland residents to sign up and can also signpost to services such as Family Hubs- for example, in cases where literacy and/or digital literacy is a barrier. To safeguard longevity and maintain momentum, a Healthy Start toolkit and communications plan has been developed. Translated Healthy Start leaflets are also available to support increased uptake among communities from diverse ethnic backgrounds.

Sunderland Council have made additional funding available which sees women receive an initial supply of vitamins at their antenatal review, and again at their new baby review. These are provided by Health Visitors and Family Nurse Practitioners.

Figures from local and national data are promising and show an increase in uptake. Nationally, between the months of April 2023 and December 2023, the uptake increased from 72% to 81%. The steady rise in The Healthy Start uptake can be attributed to targeted promotion and a concerted effort of various professionals, namely those who work directly with residents.

School meal and early years

Cumberland Council

A healthy families pledge has been developed:

<https://legacy.cumberland.gov.uk/publichealth/healthyfamiliescumbriapledge.asp>

The aim is to lead to an improvement in children's health and development which will show in Cumbria's National Child Measurement Programme (NCMP) and Early Years Foundation Stage (EYFS) data for 5-year-olds.

The Happy Healthy Foundations Pledge is being launched which requires early years settings to demonstrate their good practice in providing healthy food and supporting families – this is an inhouse initiative created by Cumberland Council.

Currently we are funding six places on the LEYF Chef Academy for early years chefs in nurseries.



We signpost to various places eg the Early Years Alliance nutrition programme, Taste Ed and various PANCO awards if settings want further training.

Durham County Council

County Durham school food context: A day in the life County Durham young people study

A healthy and sustainable school food offer, combined with food education can support our children to thrive. We know that when our children and young people get the nutrition they need, this can set them up to learn and perform well in and out of school. A 'good' school food ethos means children are more likely to have better health and less illness through adulthood, helping them to play a productive role in our society.

Durham County Council's priority of 'enabling healthy weight for all' incorporates action plans with aims to improve our food environment to help everyone across our county make healthy choices easier. School food is an important part of this work, as it provides an opportunity to improve the equity of healthy food access to all our children and young people in County Durham.

"increased school lunch quality is associated with improved concentration and being 'on-task' in the classroom"
(Defeyter et al 2024)

There is general agreement when hearing views of parents, school staff and young people that the healthy school food offer across the UK should be better. A number of challenges exist meaning focused collective action is needed, these include limited suppliers, cost of food, dining space, challenges of serving food young people will eat etc.

Schools are the beacons of our community and play a huge role in the health and social development of our children; they are also juggling a wide range of demands. Research tells us that policy changes are needed to make it easier for schools to deliver sustainable healthy food across the school day. But there are changes that can be made at the school level. There are 262 schools across County Durham with varied models of catering (in house/external) and delivery of food education.

New College Durham Academy Trust leadership expressed difficulties in having a consistent education and healthy food offer. School staff reached out to DCC Public Health team for help in implementing a 'whole school approach to food'. Work began to co-produce a school food policy across the trust, including conversations with catering, young people, staff, Governors, and school leadership.

Northumbria University worked with a secondary school in Durham academy in a creative study to look at the 'Day in the life of a secondary school in relation to school food'. The workshops were designed to explore ways that the school day could be re-designed to improve school meals and dietary intake to support pupils' health and wellbeing, and educational performance. The aim of this study was to understand how the group could improve school food and young people's food choice and come up with creative solutions together.

Co-design methods were used to capture the voices of 15 young people and 15 adult participants including school staff and key stakeholders (school leadership, national policy



advocates, child health organisation representatives, catering staff and leadership and academic colleagues).

The young people photographed their school food experiences prior to the workshops. A range of these photos were displayed on a wall during the two workshops to help prompt and inspire ideas and show pupils' experiences of food in school.

Images in report

[A Day in the Life of a Secondary School Pupil in Relation to School Food.pdf](#)
(schoolfoodmatters.org)

The workshops explored the relationship that young people and adults have with food, and how they view, and access food offered in school. The young people mapped out their school day and came up with five challenges which became the basis of a design brief of solutions. The adults produced a service blueprint together of what could be done to co-producing improve the school food and food education, and pledged a change towards better school food experiences for young people.



This was an exciting project that provided learning in creatively co-producing solutions together. This project helps form future plans in working towards supporting schools in County Durham to find ways to implement a whole school food approach.

South Tees – Middlesbrough / Redcar & Cleveland

Eat Well Early Years Award

Public Health South Tees has in place the Eat Well Early Years Award for early years settings. The programme ensures food quality, food leadership and culture and food education are of a good standard. This includes ensuring the food being provided is compliant with The Voluntary Food and Drink Guidelines for Early Years Settings, policies are in place for healthy eating, settings are signed up to the toothbrushing programme, settings embed breastfeeding education from an early age, are signed up to the Welcome to Breastfeed scheme (breastfeeding friendly venues) and ensure settings have a positive dining environment.

The Eat Well Early Years Award is included within the Council's Creating Healthy Environments workstream, it contributes towards the Council's commitments to the Healthy Weight Declaration and the Best Start Partnership (Best Start in Life work), along with contributing towards the South Tees Infant Feeding Strategy, by increasing the number of venues signed up to the breastfeeding friendly scheme.



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Redcar and Cleveland Borough Council

School Food

Public Health South Tees, in partnership with Redcar and Cleveland Environmental Health team, are working with external catering companies and schools to improve the standard and quality of school meals.

The Eat Well Schools Award is a whole system approach to healthy eating within schools, which covers food quality, food education and food leadership and culture. Schools must evidence they meet the required criteria, which also includes the wider public health agenda to address health inequalities including registering to the Welcome to Breastfeed scheme and delivering the toothbrushing programme.

School menus are audited, and recommendations are given to the catering services to ensure they comply with school food standards. Furthermore, Public Health South Tees has developed a training programme for school cooks to complete, which covers; school food standards, allergens, SEND advice and support, and the whole system approach. The training has demonstrated an increase in the knowledge and understanding of school food standards, increased confidence in developing a compliant 3-week menu and an increased knowledge of food allergens.

South Tees – Middlesbrough / Redcar & Cleveland

The HENRY programme is a unique and holistic approach of working with families underpinned by the evidence on risk and protective factors for whole-family nutrition, healthy weight, and child development.

Public Health South Tees commissions the delivery of the following HENRY programmes in Middlesbrough:

- Fussy Eating
- Starting Solids
- Healthy Families: Right from the Start
- Healthy Families: Growing Up

These programmes are delivered by HDFT 0-19 Healthy Child Programme.

Public Health South Tees commissions the delivery of the following HENRY programmes in R&C:

- Preparation for parenthood – Delivered by Health
- Starting Solids – Delivered by Family Hub Staff and health
- Fussy Eating – Delivered by Family Hub Staff
- Eat Well for less – Delivered by Family Hub Staff
- Henry 1-1 delivery – Delivered by Health



Holiday activities and food (HAF)



Newcastle City Council

The winter 2023 HAF programme benefited from a Partnership between Morrisons, Streetgames, Healthworks and Newcastle Family Hubs, distributing 500 food parcels with ingredients and recipes for five meals for four people. Each box included the ingredients and recipe cards and Healthworks produced demonstration videos with step-by-step instructions as well, adding to their extensive cooking videos and free digital recipe books. We will use the valuable learning from this Partnership for the HAF 24/25 programme, further upskilling our VCS partners to ensure they have the confidence and food knowledge to deliver quality food provision. We aim to offer training that suits the needs of the programme, delivery providers and the young people attending HAF sessions. We will continue to champion and share best practices of successful HAF food providers.

North Tyneside Council

Family Gateway

The Holiday Activity Program (HAF) sessions were delivered over 4 days (Tuesday 2nd - Friday 5th April 2024) with each session covering 4 hours 10am to 2pm. Children were provided with breakfast and lunch each day. They took part in a variety of physical games, a range of arts and crafts and food / nutrition information and practical activities. Family Gateway provide a range of daytime, afterschool and evening activities in the Community Hub and 90% of the sessions were fully booked. Each child who attended the sessions were provided with breakfast and lunch all food is provided and served via the How Delicious community cafe/kitchen. For lunch children could choose a hot meal a sandwich or salad). After each meal a selection of fruit was available and during each 4-hour session children were served a minimum of 5 portions of fruit and vegetables.

In the physical activity sessions children participated in a variety of physical games, team challenges and dances for at least 1 hour per day. This included a newly introduced 10-15 minute "spot" circuit exercise every day which the children thoroughly enjoyed. Northumberland Cricket Board joined us for 2 hours on 1 day where the children enjoyed a variety of different fun games most of which involved throwing, catching and batting balls and generally running round. The activities encourage teamwork and enable the children to be proud of who they are. They build confidence by being part of our team and by encouraging each other to take part in the various games and challenges. Children are given a safe space to discuss any personal issues, feelings and thoughts on a daily basis.

For the first time during HAF the project (Family Gateway) worked with The Bread-and-Butter Thing (TBBT) an affordable food service which runs from the Community Hub. every Five of the children (aged 10-11) experienced the full service provided which involves unpacking of food from the van and packing food into bags ready for purchase and collection. One of the children plans to return as a volunteer during the school holidays and Family Gateway plan to run a family volunteering day for TBBT in the future.



The Fish Quay Pilot Study.

In August 2024, we piloted a new initiative was piloted to united local businesses and charities to transform excess fish from the North Sea into meals for residents. This was made possible by the Holiday Activity Fund (HAF). Students gained skills and, qualifications and experienced life in the fishing industry, whilst playing a crucial role in supporting efforts to address food poverty. This collaborative effort has laid the foundation for a sustainable scheme that honours the borough's rich fishing heritage.

The project has addressed immediate food waste and insecurity challenges as well as inspiring the next generation to consider careers in this industry. The project brought together the North Tyneside Fish Quay, local charities, and the renowned Riley's Fish Shack. The fish that was used in the project was prepared and safely transported to the heart of our communities. Pupils had a fish filleting lesson, and they also joined the Fish Shack team for a lesson in identifying the different species of fish.



Elected Mayor of North Tyneside Council, Dame Norma Redfearn DBE, said: "This project has demonstrated the brilliant impact that can be achieved when our community comes together". Hopefully some of the pupils might consider using their new skills in their forward careers.

South Tees – Middlesbrough / Redcar & Cleveland

Public Health South Tees delivers Bring it on (Holiday Activities and Food Programme) across Middlesbrough, Redcar & Cleveland, offering free nutritious food, 60 minutes of physical activity and enriching experiences during the school holidays to all eligible children and young people in receipt of benefit-related free school meals. Bring It On was recently ranked by the Department of Education in the top 10 HAF programmes in the country for its reach during the Christmas programme.

As part of the HAF programme quality assurance framework, each provider completes mandatory training and submits detailed menus that meet national school food standards. These standards ensure all children accessing the HAF programme receive excellent quality food which helps children develop healthy eating habits and ensure they get the energy and nutrition they need across the day. Each provider receives a quality assurance check from the HAF team each delivery period to ensure the provision is of high quality. Our team of Young Inspectors also quality assure the HAF settings to ensure the voice of the child is heard and embedded within the programme. Each HAF provider also completes mandatory training on 'making every contact count', which enables providers to signpost families to



further information and support including Food Banks, financial support, Eco shops and community cooking groups.

To further enhance the HAF offer across South Tees and promote additional delivery outside of the school holidays the HAF team are currently developing a new nutritional education and cooking train the trainer programme, to be delivered throughout the year outside of HAF holidays provision. HAF providers and wider organisations will be able to access training and resources to deliver cooking programmes to families and the wider community building capacity across the area.

Stockton-On-Tees Borough Council

Holidays are Fun Programme

We have established a strong partnership with our local Warburtons factory, who have continued to make substantial weekly donations of bread products to the Holidays are Fun (HAF) programme. With these donations, each provider has used them in different ways, from sending them home with young people, providing additional meals to learning food prep and cooking skills.

A fantastic example of this is our outdoor education provider who used donated crumpets, which many young people had never had before, to provide breakfast on arrival. This was vital with the high levels of hunger on arrival that they were seeing each day. They also used other bread products, such as bagels and thins, to create their own healthy pizzas over an open fire. Not only does this provide food education for the young people but is also a brilliant opportunity to discuss fire safety, and how to prepare food in an outdoor environment. There has been a continuation of this partnership in 2024, with 2,000 bread products distributed to young people over Easter.

Catering and procurement:

North East Sustainable Food Alliance



The North East Sustainable Food Alliance (NESFA) is a partnership of the original three North East food partnerships (Middlesbrough, Durham and Newcastle) who worked with Food and Drink North East (FADNE). The aim of the Good Food Economy project was to grow the sustainable food economy in the North-East, increase local businesses' understanding of food sustainability and trial a new way of working regionally.

It published two surveys in Autumn 2022, one aimed at food businesses and the other at the general public, in order to understand and compare the priorities of each group around food sustainability - to help inform businesses' practices. The public survey generated clear priorities for the most important food sustainability issues. Reducing food waste was the top priority, using in season food was second and buying food from local food producers was third. Promoting sustainable food awards was identified as the best way a business could promote their practices, followed by promoting their values and aspirations second, and promoting their use of local suppliers and producers on menus/displays third.

This project was followed by a regional Dynamic Procurement Project funded by The Dixon Foundation. This project engaged anchor institutions (public sector) across the region to explore the opportunities of developing a food hub in the region to enable the use of technology to engage local suppliers into mainstream public sector food frameworks. The



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project ended in the summer of 2024. A hub was not created but there is a lot more interest in the benefits and a new national framework through the Crown Commercial Service called Buying Better Food and Drink which is providing lots of new opportunities for buyers and producers.

More information: <https://www.goodfoodmbro.org.uk/nesfa/>

Food for the planet:

Cumberland Council



Cumberland Food Partnership are looking at building more resilience in the local food system and trying to become more food secure as an area - currently there are a lot of high value products made here and exported. The council are supporting the development of Nourish Cumbria which aspires to be a holistic food programme (farm to fork) including educational elements.

The Council is also part of the Zero Carbon Cumbria Partnership who have just launched four emission reduction action plans - one of which is farming and land use. Cumbria aims to be a net zero county by 2037. <https://zerocarboncumbria.co.uk/cumbrias-pathway-to-net-zero/>

The Council has set up eight community panels which are developing local investment plans and have decided priority areas for their communities.

Food Cumberland Partners are running a series of citizens juries around climate - one of which was supported by the legacy council (in Copeland) and includes a youth climate jury which will focus on food this year.

Ethnic and cultural diversity in the food system:

Stockton-On-Tees Borough Council

Stockton Food Power Network & Charities

Stockton Food Power Network (SFPN) meetings provide a space to share ideas, advice, inspiration, resources (such as food items and equipment), as well as sharing best practice. SFPN provides a variety of support. For example, the SFPN project coordinator supports those interested in opening community pantries, offering advice, including set up, connections and advice on securing food supply. Additionally, following feedback from the Council's anti-poverty group, the SFPN project coordinator added an easy 'step by step guide' on how to access local food banks by referral. The guide's intention is to demystify the food voucher referral process and provide residents with clear information on how to receive emergency food support, should they need it.



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SFPN also values communication, with a WhatsApp group that allows organisations to share event promotion, food resources & advice. SFPN provides food leaflets which provide details of foodbanks, community pantries, ecoshops, the Bread and Butter Thing food hubs and free/low cost food cafes and drop ins. The leaflets have surpassed over 20,000 views, helping residents connect with the right food support at the right time. Also, one of Catalyst's Community Interpreter volunteers has translated the SFPN leaflets into Arabic, after which, the SFPN Project Coordinator was made aware that a family who hadn't previously attended a food bank began accessing support as a result of seeing the translated leaflet. There is also a Facebook page and mailing list ran by the SFPN Project Coordinator, which promotes food-related information, helps people find community support and distributes information on funding opportunities and surplus food slots.

Sprouts Community Food Charity provides residents with free cooking workshops and slow cooker workshops for residents, with Stockton Learning & Skills Service offering the opportunity for their tutors to teach free cooking classes in community venues. In 2024, Billingham hosted the Festival of Thrift for the second time, a two-day festival focused on thrifting, sustainable food, upcycling and living more sustainably. Adding to this, both Cultivate Tees Valley and Roseworth Big Local actively promote volunteering opportunities in community gardens, getting residents involved and preventing social isolation.

