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Nottingham & Nottinghamshire

# Bassetlaw Food Insecurity Network

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TogetherWeAreNotts

# Why Food?



‘The UK’s current levels of food insecurity will damage physical and mental health and increase health inequalities for years to come.’... ‘Recent research has shown **an alarming increase in admissions to hospital** resulting from deficient intakes of micronutrients.’...

‘Energy-dense food, high in fat, sugar (and salt), is cheaper. The inevitable result is that inequalities in childhood obesity are increasing. We know obesity is linked to cancer, diabetes, high blood pressure, heart disease and arthritis.’ **Sir Michael Marmot, December 2023**

<https://www.theguardian.com/uk-news/commentisfree/2023/dec/27/britain-hunger-malnutrition->

‘Unhealthy diets pose a greater risk to morbidity and mortality than does unsafe sex, and alcohol, drug, and tobacco use combined.’ **Walter Willet MD, Professor of Epidemiology and Nutrition, Harvard**

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(18\)31788-4/abstract#](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(18)31788-4/abstract#)

## *Food as a Building Block of Health*

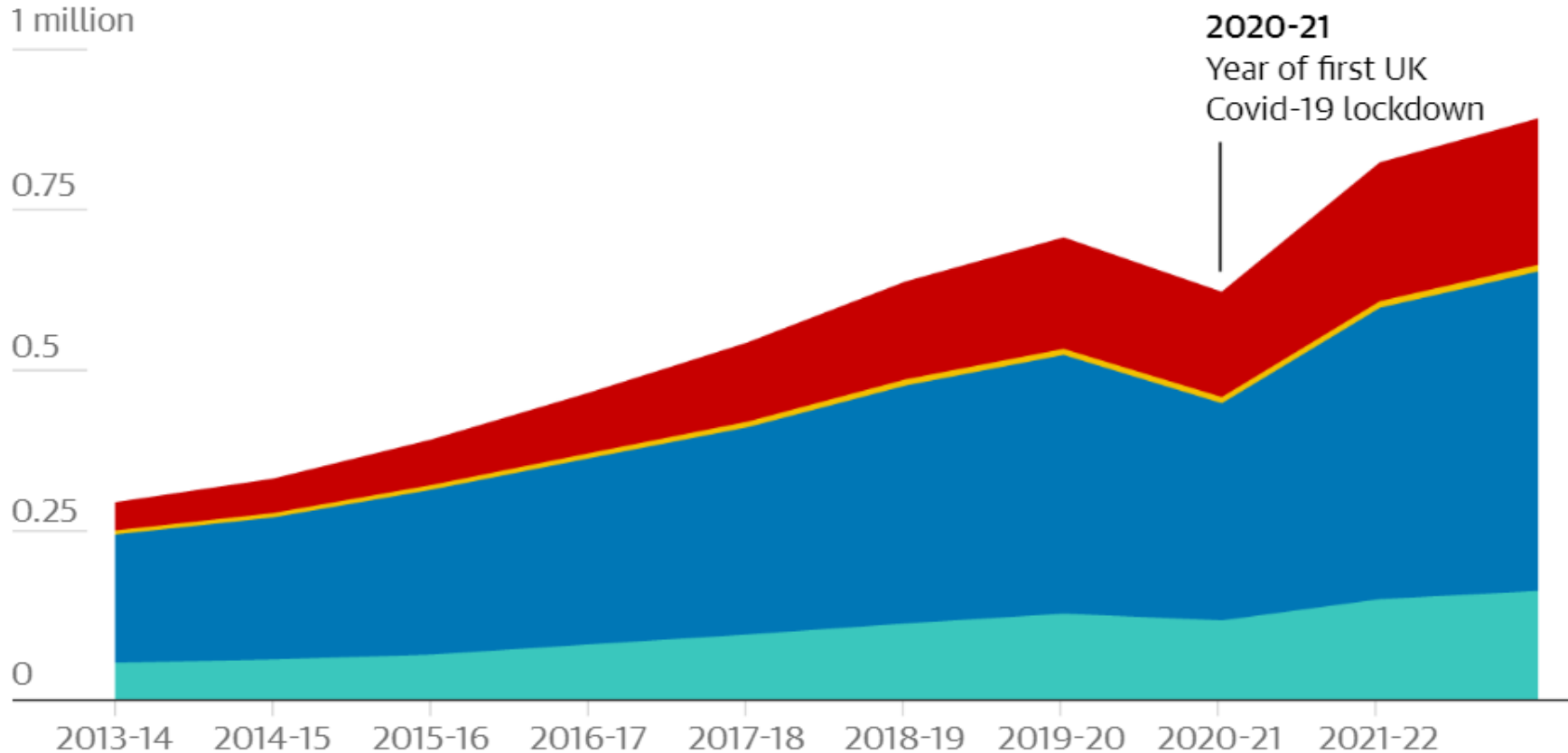
# Hospital admissions resulting in nutrition-related diagnoses in England increased by more than 39% over the past decade

Hospital admissions which resulted in a diagnosis linked to poor diet, including rickets, vitamin and mineral deficiencies, by financial year



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■ B group deficiency ■ Iron deficiency ■ Malnutrition ■ Other deficiency or nutrition-related condition



<https://www.theguardian.com/uk-news/2023/dec/21/surge-in-number-of-people-in-hospital-with-nutrient-deficiencies-nhs-figures-show>

# Why Food? The national context



The latest households below average income statistics, published by the Department for Work and Pensions, also showed that in 2022-23:

- An estimated **2.9 million children were in deep poverty**, meaning their income was at least 50% below the poverty line. Nearly half (46%) of all families with three or more children were in poverty.
- Nearly one in 10 (8%) of pensioners struggled to eat regularly**, pay essential bills or keep their home warm, up 2 percentage points year on year, and the first increase in material hardship measures among the over-65s since 2014.
- The three council areas of England with the largest rises in child poverty over the past decade (2014-15 to 2022-23), according to the NEF, **were Nottingham (up 16 percentage points**, with 40% of children in poverty), Birmingham (up 14 points, 41%) and Leicester (up 13 points, 41%). February 2024

<https://neweconomics.org/2024/03/child-poverty-rises-six-times-faster-in-most-deprived-areas-compared-to-the-richest>

# Why Food?

## The Nottinghamshire context



In Nottinghamshire, it is estimated that the number of **households experiencing food insecurity** increased from 65,707 in 2021 to 110,000 in June 2023.

The estimated number of adults in Nottinghamshire likely to have not eaten for a whole day because they could not afford, or access food increased from 21,426 in 2022 to 38,200 in June 2023.

In 2021 19.5% of Nottinghamshire residents were living in areas at highest risk of food insecurity  
[FINAL JSNA Profile Pack - Food Insecurity 2024 \(3\).pdf](#)

The connected issue of Fuel Poverty impacting on safe food storage and the Food or Fuel dilemma  
<https://nottinghamshireinsight.org.uk/research-areas/jsna/cross-cutting-themes/fuel-poverty-2024/>

# Nottinghamshire Strategic Drivers



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Food is a priority in [Nottinghamshire's Joint Health and Wellbeing Strategy \(2022-26\)](#) ambition for healthy and sustainable places

In February 2022 the Health and Wellbeing Board approved the [Food Charter](#) for the County and for Nottinghamshire to become a Sustainable Food place

Full Council motion in January 2022 on the importance of food and nutrition for improving health and wellbeing

[The Nottinghamshire Plan \(2021-31\)](#) includes a focus on food and nutrition

Links to the NNICS Green Plan:

***'Our ambition is to maximise social value Through sustainable procurement; deliver strategies to continue to reduce food waste; strengthen community initiatives to re-allocate surplus food and promote community growing; implement plans to improve the health and wellbeing of the population'***





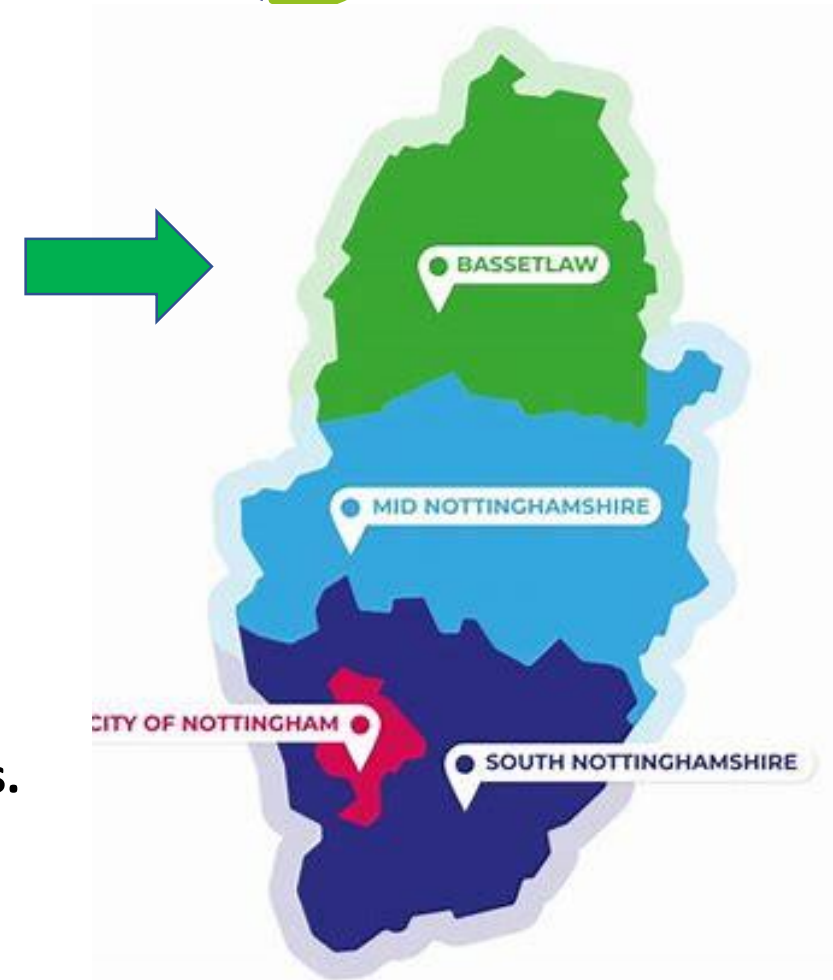
# What is BFIN?



The Bassetlaw Food Insecurity Network is a network of organisations working together to address food insecurity and sustainability across Bassetlaw in North Nottinghamshire.

It provides space for communication and collaboration to work together to address goals that have been identified by the network.

Current BFIN goals and priorities include working together to address food insecurity and access to good food, supply chain issues, food education, growing, and social eating opportunities.



## Prevention - Integration – Equity



# Food Ladders Dr Megan Blake

Building ladders across place and system by design



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**Rung 1: Catching.** This first rung provides a starting point for those who are in crisis. Such interventions might include emergency food aid and mental health support

**Rung 2: Capacity building to enable social innovation.** This second level supports those not currently in crisis, but who may be struggling to afford and/or access good food. Activities include training programmes, shared cooking and eating activities, food pantries, and voucher schemes.

**Rung 3: Self-organised community change.** This third rung supports communities to realise goals through self-organised projects that capitalise on local assets. Projects meet community needs as communities themselves identify them. Examples include cooperative food growing and food procurement that increases the local availability of good food, regular social cooking and eating activities to overcome loneliness, cross social divides and create intergenerational knowledge transfer. [Moving beyond food banks | Research | The University of Sheffield](#)



# Year One – Rung one: From Food insecurity



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**BASSETLAW**  
FOOD INSECURITY NETWORK  
**BCVS 50**

Locations: Everton, Misterton, Beckingham, Blyth, Ranskill, Sturton, Langold, Clayton, Sutton, Rampton, Carlton, RETFORD, NW, NE, E, S, SE, Welbeck, East Markham, Tuxford & Trent.

- Slow Cooker Course
- CommuniTea
- BFB Community Shop
- Community Allotment Site
- Year 6 Cooking Course
- Food Hub

## Year 1 impact - 22/23

- 81,000kg** of food saved from landfill
- 1960** people per week accessing the Food Hubs
- 156** meals cooked by children to take home for tea
- 64** people took part in a slow cooker course, and kept the slow cooker
- 550** people ate for £1 at a social eating CommuniTea event
- over 40** members, regularly taking part in bi-monthly meetings

Local suppliers (in addition to FareShare):

For more information, please visit [www.bcvs.org.uk/bfn](http://www.bcvs.org.uk/bfn)



# Year Two Towards Sustainability



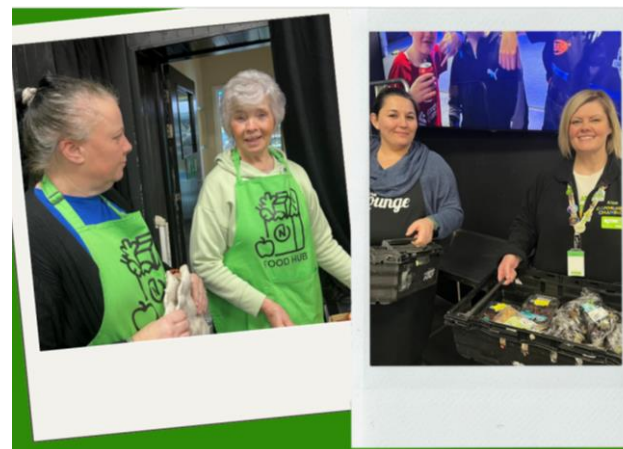
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14 independent and sustainable Food Hubs supported by FareShare, Local Schools, and wider VCSE Groups including Rhubarb Farm, Now Church, and local growers and suppliers

Social eating and growing further developed through the Shared Prosperity Fund eg NOW Eat benefits over 400 people within one of the core 20 area of Bassetlaw

Willow Community Garden (Manton) – Family learning and growing

BCVS is an active member of the SFN Strategy Group – contributing VCSE and place voice into the development of the first Food JNSA



**Easter Planting!** **BCVS 50<sup>th</sup>**  
Bassetlaw Community and Voluntary Services | Anniversary 1973-2023

Join us this Half Term for some Easter Fun!

Plant Sunflowers!  
 Get your Pumpkins!  
 Make a Rock Snake!  
 Decorate Eggs!

Wednesday 10th April  
2pm - 4pm @  
Willow Community Garden,  
Spur Crescent Allotments, Worksop S80 2UA  
involve@bcvs.org.uk  
Find out more here:  
[www.bcvs.org.uk/event/easter-planting](http://www.bcvs.org.uk/event/easter-planting)

Bassetlaw  
 Bassetlaw  
 Nottinghamshire  
County Council

# Children's Kitchen

A partnership project between Feeding Bristol, Bassetlaw Community and Voluntary Service and four local schools within the Bassetlaw District.



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**162** children have taken part in the food sessions



**50%**



would not have developed the Children's Kitchen project within their schools had it not been funded and supported through Feeding Bristol

"It helps with developing fine motor skills and life skills as well as promoting healthy eating."

**28** food sessions have been run in the summer one term



**100%** of teachers are now confident about leading a growing session with children

"I am not a gardener but have managed to grow a crop of garlic plants and potatoes successfully - for the first time."

**100%**



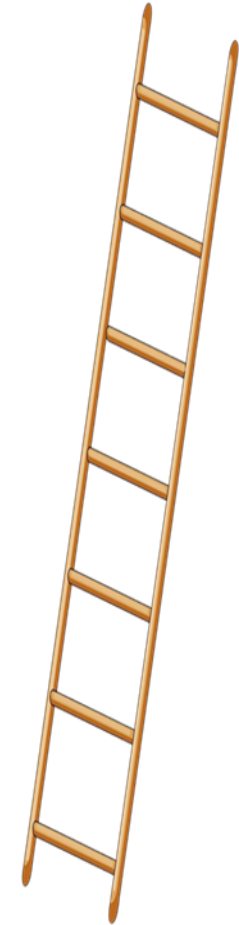
of the children are willing to explore fresh food

**100%**

think this intervention should be adopted across all early year settings

"I really cannot believe how good these sessions are in increasing children's interest in food and introducing young children to unfamiliar food in a completely non threatening way."

"Children with behavioral needs have loved gardening and have engaged for an extended period of time."



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bcvs@bcvs.org.uk | www.bcvs.org.uk | 01909 476 118



# More 23/24 examples



**Best Food Forward – Secondary Schools** looks at the whole food system: what we eat, why we eat it, different cultural eating practices, the enjoyment of food, how it can affect our health and the impact it has on the environment. Working with teachers, kitchen staff and students, it also educates about the part played by the food system in the human and physical world, including climate change

**Best Food Forward - For Health and Medical Professionals** is a day-long course created by and based at The School of Artisan Food. A CPD-certified session that incorporates practical and theoretical learning about food and how it relates to roles in healthcare.

**BFF Film** created to increase access to learning and resources and for inclusion in the Bassetlaw Place Common Induction pack.



THE SCHOOL OF  
ARTISAN FOOD



# Year 3 Plans



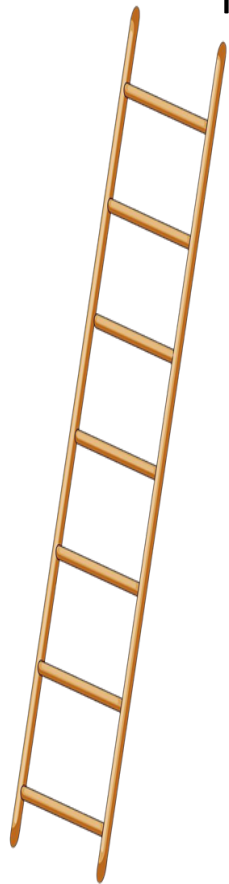
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***Rung 3: Self-organised community change.*** Cooperative food growing and food procurement that increases the local availability of good food, regular social cooking and eating activities to overcome loneliness, cross social divides and create intergenerational knowledge transfer.

## We will

- 1) Continue to provide rung one support for food insecurity and crisis** and strengthen asset-based community development within Core 20 communities.
- 2) Communicate, celebrate and share** what exists and what works through the Creation of the BFIN Book 24/25. Continue learning and sharing of good practice locally, regionally, and nationally through quarterly BFIN meetings, monthly round-ups and active participation in the Nottinghamshire World Food Day Food Summit 2024

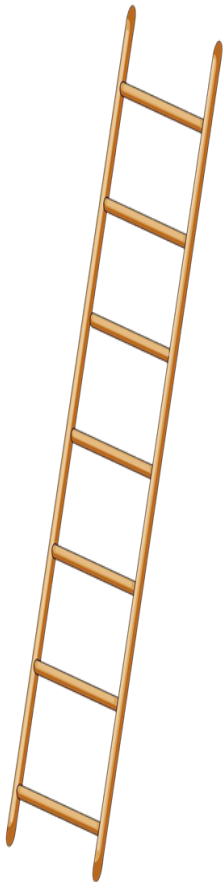
[NNICB Health and Social Care Prevention Award Winner 2023](#)



# Year 3 Plans continued...



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**3) Collaborate** and continue to test, learn, and build on the ground health & wellbeing Good Food solutions through coproduction and lived experience of communities. This will include working in partnership with [Your Health Notts](#), focusing on core 20 areas, and supporting increased access to commissioned services

**4) Coproduce** plans with place partners, and local residents, and with consideration of the NCC Food Plan and Sustainable Food Places adding value and rungs on the ladder

**5) Coordinate to address the challenges of reduced resources and increased need** and support place and system asset development to continue to learn, evaluate and scale up workable interventions to support self-organisation.

Maximise access to the Shared Prosperity Fund, The National Lottery, EMCCA learning and skills support, and any relevant funding to help strengthen the ladder and our communities.

***Ending with Pumpkins and Peas and Pancakes and PIE***

# Pancakes



# Peas



# & Pumpkins!




**BCVS** 50<sup>th</sup>  
Bassetlaw Community and Voluntary Service | Anniversary | 1973 - 2023



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## Join us this Half Term for some pancake making, pea potting and pumpkin planting!

**Tuesday 13th February**  
**10am - 12noon @**  
**Manton Club, S80 2PU**

Bring the children to make a pancake, talk to us about what you would like to make "batter" in your community and join From the Heart Charity to make a Valentine's Card. Free to attend. 

**Wednesday 14th February**  
**Growing Volunteers**  
**10am - 12noon**  
**Willow Community Gardens, S80 2UA**

Come and join us at Willow Community Gardens to pot pumpkins and peas! There will also be a scavenger hunt for children, so come and join us in "growing" volunteers at Willow Gardens. Free to attend.



Find out more here: [www.bcv.s.org.uk/manton](http://www.bcv.s.org.uk/manton)



## Learning, Growing, Cooking, Volunteering and Social Eating

