Fair Glasgow:

working together to help address food poverty in Glasgow

Thursday 8th October 2015, The Teacher Building, Glasgow

Contents

Introduction

The Glasgow Food Policy Partnership (GFFP)[a] brings together key public, private and voluntary sector organisations with the objective of achieving a fairer, healthier, more sustainable and resilient food system in Glasgow and is part of the Sustainable Food Cities Network[b]. As part of its work the Partnership are keen to help develop a more integrated response to food poverty in Glasgow that supports people in and through food poverty to achieve food security.

The aim of this event was to explore what the GFPP can do to support the current responses to food poverty in Glasgow and help develop a more sustainable and co-ordinated approach in the future. It was a highly participative event involving over 50 people currently involved in planning or delivering food poverty related work across Glasgow. The event helped improve understanding about what is going on, where and by whom, what the opportunities and challenges are, and how the GFPP can help. The format used 'conversation hubs' to provide examples of existing work in Glasgow and to encourage information sharing, and roundtables to discuss and expand on this information using participant's knowledge, experience and expertise. This event was organised by the Glasgow Centre for Population Health (GCPH) on behalf of Glasgow Food Policy Partnership (GFPP).

Structure of the event

The event began with a brief introduction by Jill Muirie, from the GCPH, on behalf of the GFPP before the guest speaker, Ian Shankland, Manager of Lanarkshire Community Food and Health Partnership, gave his presentation. This was followed by a series of 'conversation hubs' which allowed participants to hear about examples of existing work in Glasgow and share information about their own work and, and roundtable discussions to discuss and expand on this information using participant's knowledge, experience and expertise.

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[a] Glasgow Food Policy Partnership: http://goodfoodforall.co.uk/
[b] Sustainable Food Cities: http://sustainablefoodcities.org/

Presentations

Jill Muirie welcomes delegates to the event.

Jill Muirie (Public Health Programme Manager at the GCPH) opened the event on behalf of the GFPP by explaining that this event builds on previous events that have taken place in Glasgow. These previous events stimulated further discussions and connections and resulted in the development of the GFPP. This event was now taking place, in the light of the development of the GFPP, to explore and seek guidance from those planning and delivering food poverty-related work about what the GFPP should do to support this work and help move towards a more sustainable and connected city-wide response.

Jill invited delegates to participate enthusiastically in the morning and then introduced Ian Shankland, the Chair for the morning. Ian has worked in the Community Food Sector for the last 15 years and will shortly retire as Manager of Lanarkshire Community Food and Health Partnership (LCFHP).

Ian Shankland described what we know about food poverty: that it is a symptom of wider issues in society; and that, although we don't have exact figures, more people are living in food poverty than in recent years, largely due to benefit sanctions and changes to welfare. Ian described how food poverty affects people both directly, through access to food in the short term, and food insecurity in the longer term, and indirectly through a range of emotional and social impacts. While commending the tremendous commitment and enormous efforts of those working in and with communities to address food poverty, Ian

encouraged participants to think about what could be done differently to build a more connected and sustainable response.

Ian acknowledged that the root causes of food poverty require political changes over which we have limited influence. However he emphasised that there are actions that we can take locally and across the city to support those in food poverty. These responses require support for people in crisis, but also require a broader range of actions that support people in the longer term. He outlined the range of benefits that food projects can bring beyond food provision – improving social interaction and confidence, building social capital, increasing knowledge and skills, improving access to affordable and healthy food, to name a few.

Ian Shankland, Chair of the event, addresses the delegates.

Lots of great things are happening but some work is progressing in isolation, and there are likely to be gaps in provision. Working together across the city will bring greater benefits than each of us working in isolation. This event is about understanding from those at the front line of food poverty services, how the GFPP can help support their work, and about building useful connections and, ultimately, about ensuring that we have a collaborative approach to food poverty in Glasgow.

Ian concluded with the assurance that the GFPP will listen to all that is said and use this information to inform their plans relating to food poverty. They will keep today's participants informed on their progress over the coming months.

Conversation hubs

Conversation hubs encouraged delegates to share their experiences.

Participants then moved into conversation hubs. These provided an opportunity for participants to hear about examples of work underway in Glasgow and to share their own experiences and reflections. The conversation hubs covered six themes:

- Supporting people in crisis.
- Empowerment through food.
- Community food.
- The national context.
- The local context.
- Mapping local food projects.

The conversations were not documented but participants were invited to note their reflections if they wished. These reflections are documented in Appendix 1.

Conversation hubs give the opportunity to share good practice and discuss different approaches to empowerment through food based projects.

Roundtable discussions

Five roundtable discussions were facilitated by members of the GFPP. These provided an opportunity for participants to reflect on the conversation hubs that they participated in. Specifically the roundtables were asked to address the following questions:

- What are your reflections from the conversation hubs?
- What is working well in relation to food poverty in Glasgow, and why?
- What else is needed to make it work better?
- Is there anything you or your organisation could do differently and what could others do?
- How could the GFPP strategic partnership further support what is already in place?

The detailed notes from these roundtable discussions are in Appendix 2 and a summary of the key points is given below.

Summary of key points from the roundtable discussions:

Reflections

Poverty is the root cause of food poverty and there is a need to support people trapped in the poverty cycle. This needs to be better recognised at strategic and national level, and links between welfare advice and food projects locally should be improved. Also, better relationships with referrers are required, and a better understanding that referring people to emergency food aid is not a solution in the longer term.

There is a particular issue about funding for local and community initiatives and there is a need to make the funding system more streamlined and sustainable. It is a waste of resources for projects to be applying and reporting to multiple funders. In addition, the current funding model does not encourage collaboration: groups are often competing for money rather than working together. It was also noted that work that is not funded or is led by faith organisations is often not captured, but still of great value. Furthermore, there is increased pressure on groups now expected to deliver other services. There are also worries for some projects that they are becoming institutionalised and that they are then contributing to the problem of food poverty.

On a positive note, food brings people together and provides an opportunity to respond to a range of issues. It is inclusive. This goes beyond food poverty but is important.

There is a need for a different local/national relationship – this relates to shifting the balance of power, and to the importance of community empowerment and the importance of small locally appropriate projects developed from the bottom up. There is a need to move away from food charity to empowerment and supporting people.

Measurement was a recurring issue – there is uncertainty about the scale of food poverty and the range of responses. But there was also a sense that this should not hold us back from taking action.

There was a strong sense that we need to move forward, beyond talking to real action soon!

What is working well?

There is clearly a lot of knowledge and we need to build on this. There is also tremendous commitment, enthusiasm, dedication and innovation in local projects and individuals, and there is strong community solidarity in parts of Glasgow. Glasgow also has lots of physical community assets, for example church halls, community centres etc.

There is good community support with a range of advice services in place where people feel safe and comfortable. The network of advice services in Glasgow works well for people who are comfortable seeking them out but there was concern expressed that stigma prevents some people approaching some council services. Foodbanks are potentially a way to reach people who would not access traditional 'advice' style services.

Through food we can achieve a range of social outcomes, especially if we are not focused on food specific outcomes. For example recovery services which start by engaging through cooking courses can build self-confidence and communication skills, and lead to further training and qualifications.

Glasgow is leading from a public health perspective – strong political leadership is reflecting a grassroots groundswell in this area.

What else is needed to make it work better?

More coherence is needed which provides one point of contact for local projects in relation to food poverty. Missing connections and finite funding results in groups having to compete for money rather than work together – collaboration between projects should be encouraged. That said, there is a need for different types of projects: while traditional advice services and referral work well for some, they do not suit everyone so different approaches are needed.

Funding streams need to be more streamlined, clear and accessible and more statutory organisations should consider contributing in-kind resources. In addition, there needs to be less emphasis on innovation, new ideas and meeting multiple targets (e.g. the Climate Challenge Fund). There is also a need for a longer timeframe to allow projects adequate implementation time.

Improved access to retail space (e.g. for community shops) and growing space in communities with limited local access to food are needed. There is also a need for better access to training for local organisations and volunteers on administration and welfare advice.

There was a view that more collaboration with Housing Associations was needed, for example, when they are developing new areas they could include "growing areas". In addition, tower blocks have communal spaces that could be used for bringing Services to the buildings.

Broadly speaking, there is a need for greater recognition among organisations and those making referrals that referral to a food bank does not solve the food poverty problem in the longer term – further connections and support are required and these need to be available and accessible.

What could be done differently?

The following suggestions were made:

- More government support for local community shops in the most deprived areas (which are poorly served by shops). For example, could City Property offer more favourable leases for community shops in deprived areas? In addition, there is a need to further explore the possibility of giving ownership of vacant land to local communities.
- Provision of an anchor organisation which provides a rapid response and point of contact for all organisations involved in food poverty issues.
- Funding pots pooled into local areas for easier access rather than large organisations.
- Staff and Officers involved in food work from statutory bodies visit communities more often to get a feel for what type of work is happening on the ground (e.g. volunteer their services for a day).
- Give greater empowerment to people working in communities (bottom up approach needed): change the mindset in the public sector to be thinking more in community perspectives.
- Could the Fareshare model be altered to avoid perpetuating an inefficient supply model, but still utilising surplus food?
- Minority ethnic communities bring different values around growing and eating as social activities – how can we learn from this?

There is an enthusiasm to want to do things better but there is a risk that this reduces the outcomes on the ground: scaling up may be a risk. Work needs to be small to be effective. We do need to learn from experience and it might not be about doing new things.

There is a need for upscaling or reconfiguring the relationship between the local and the central. In order to reconfigure that relationship we need to have a grasp on what some groups do and what they need?

What should the GFFP do?

The following suggestions were made:

- Map existing projects and help make connections between them. Also try and connect local initiatives and activities to national agendas and activities. Advocate for what local projects need.
- Make links with wider work to tackle poverty.
- Build links with other cities and other countries to share good practice.
- Highlight and share good practice.
- Raise awareness that food poverty is an economic issue that requires long-term thinking and strategic responses, and lobby for this.
- Raise awareness and lobby for more appropriate and streamlined funding for projects.
- Support and promote actions which mitigate the impacts of welfare cuts, support those who experience the impacts of the welfare cuts in Glasgow and support people in and through food poverty. For example:
  - Work with the council to develop better links between welfare advice services and food poverty projects, food banks etc.
  - Improve support for those local projects which go beyond basic food and fuel provision but link these to the wider system
  - Work with the council (e.g. City Building) to make good, affordable food more available locally (especially in the north of Glasgow).

Participant's comments on the event

There were 55 participants at the event and around half of these completed the event evaluation forms. Their responses are summarised in Appendix 3. There was some very positive feedback about the event and the format, and some useful suggestions on how to improve future events. This information will be used by the GFPP and by GCPH in future event planning.

Conclusion and next steps

This event provided an opportunity to build on the discussions at previous sustainable food events in the city now that the food policy partnership has been established. Participants were enthusiastic, energetic and engaged in the discussions on the day, highlighted the need to work better together, and gave a clear indication of the commitment of people working on food poverty in Glasgow to work differently to support people to move beyond food poverty.

The views expressed at the event, which are summarised in this report, have been used to develop a draft manifesto for the GFPP's future work on Food Poverty (see Appendix 4). This draft manifesto will be available for comment at the GFPP launch on 2nd December and will be sent to all participants in this event for review and comment.

Thereafter a food poverty sub group of the GFPP will be formed which will have responsibility for revising the draft manifesto in line with comments received, and thereafter for managing the implementation of the manifesto commitments.

Appendix 1: Feedback from conversation hubs

Empowerment Through Food – Facilitator: Alison Linyard, International Futures Forum

Co-hosts: North Glasgow Community Food Initiative; No Free Lunch Café

Comments on post-its**:**
- Pilot light – helped to collect stories.
- The approach is empowering – the pictures seem to reflect this. Yes – not very good at articulating this.
- People in crisis – can these kind of projects help? Get info to people re: benefits etc? Could we upskill volunteers with simple messages?
- People round the table sharing food and talk – cross-generational, cross-cultural, cross-class – this is empowering.
- Milton survey – Better food retailer: how to support the community in this – to find solution that works for them.
- Now works in a few communities – drill down, depth, important.
- Individual empowerment – community empowerment (work in progress) – challenge at structural level.
- Access to an empty shop would be really useful. Removing barriers is what is really needed.
- People find simple solutions but often an actual or perceived barrier e.g. land – lack of planning office so long delays and tension between council – income generation.
- What are organisations currently doing to dis-empower people? What would be a dream ticket that would support people to feel more empowered? Legislation e.g. can't just hand out soup.
- Free at point of delivery but everyone contributes what they can – this is empowering.
- Social enterprise model is itself empowering – sustainable.
- What support do projects like these get? Community Food and Health Scotland. Glasgow-wide – not much. Each organisation trying to survive.
- How do we measure empowerment? Have talked to some academics but limited resources.
- More than just food – need to get stories that reflect this.

Community Food – Facilitator: Abi Mordin, The Concrete Garden
Co-hosts: Woodlands Community Garden and Concrete Garden

Comments on post-its:
- Procurement catering
- Capacity for on-site linking up of services – welfare/rights
- Anchor organisations
- Secure and longer-term funding
- Co-operative approach
- Time and resources to develop action plans – way forward
- Senscot learning exchanges
- Land transfer from Glasgow City Council

National Context – Facilitator: Robin Gourlay, GFPP
Co-hosts: Nourish Scotland and the Rowett Institute of Nutrition and Health, Aberdeen

Comments on post-its:

- Need for local and national measures and indicators of poverty (including food poverty). Health and education. Research need.
- Sometimes looking into the past to see the future but always trying to look ahead for the holy grail. Academics auditing recommendation stronger with practitioners/planners.
- Need mechanism/forum to challenge causes of poverty.
- Quantifying the cost of food poverty to our NHS and economy.
- Tackling Poverty team, Glasgow City Council:
    - Root causes
    - Foodbank forums
    - Advice and guidance
    - Signposting
    - Cookery and nutrition
- Cooking classes. Nutrition workshop/session. Additional benefits:
    - Social inclusion and interaction
    - Activity groups
    - Local assets being used!

Supporting people in crisis – Facilitator: Fiona Crawford, Glasgow Centre for Population Health
Co-hosts: Poverty Alliance and Glasgow SW Food Bank

Flipchart notes:

Glasgow SW Food Banks – part of Trussell Trust – 50 volunteers
- Ibrox, Govan, Pollok, Cardonald – supporting people in food poverty
- Voucher referral system from diverse sources
- Would hate to be at an event like this in five years' time
- Don't want to become part of the welfare state

Poverty Alliance Research – 167 providers
- Emergency food aid in Scotland
- Traditional food banks
- Community

Linking with other services:
- CAB worker – present and accessible
- Community base
- Sharing a meal rather than 'charity'

Listening ear:
- Social / emotional support

Concerns:
- Volunteers' capacity and motivation around meeting basic needs/other issues going on
- State responsibility to support the vulnerable
- Sustainable – getting enough food

Feedback 1
- TV programme
- Stigma well described pictorially by Poverty Alliance diagram
- How to avoid 'institutionalisation'?
- Political agendas?
- Power within Scotland to influence economic inequality
- National/local government – local democracy and empowerment – making it real
- Acting at an individual level to help make change
- Challenge unfair policies – lobby
- Allotments in Community Empowerment Bill
- Community growing strategy – all local authorities need to do this
- Every single school/nursery needs to have a vegetable patch
- Health and Safety can be a huge barrier
- Eastern European plot holders are very successful – connected to land
- New Glaswegians – changing food growing culture
- Mental health comes into it too – clears your mind
- Social role
- Food goes into schools under the radar
- Total overkill on Health and Safety

Feedback 2
- City Centre food bank: destitute; ASR; homeless
- On-site advice taking on PA research
- Food bank parameter is need
- Example of effects of UK Welfare Policy
- Scottish Government don't want food banks to become part of the Welfare State but need to address the need
- Government funding of food banks can lead to 'cementing in'
- Other ways need to be integrated
- People need to know about Scottish Welfare Fund and Crisis Grants – Food Bank Forum highlighted this
- Aware of options and how to access them
- BLF – most success in 'umbrella' approach support and connect
- Evaluation of projects – not just £££ - mental illness, housing
- Food poverty symptomatic of other problems
- SW food banks – housing provider co-locates in some projects
- Can people cook food bank food? Affordability, cooker, skills – separate concern re: non-perishable food

Feedback 3

- Getting money advice before having to go to the food bank – should be earlier
- '3 strikes and you're out' is rubbish
- Early intervention – money advice in maternity/child health services
- Third sector – key role to play – funding short term
- Poor Law 1574 – 'poor and undeserving poor'
- Emergency food aid is about meeting food and personal hygiene needs
- Addressing the problem – access to food is a 'right' not a 'charity'
- Many jobs have perks, like a company car

Feedback 4

- Nan McKay Community Hall: elderly who used to donate are stopping due to high prices to a Pollokshields project. Can't afford to donate.
- Hidden populations in terms of food poverty. Huge pressure on lone parent households.
- Are there people who are not 'usual suspects'?
- We don't measure food poverty
- 80% of providers are non Trussell Trust who document best
- Information very partial
- Destitute people are not visible on systems
- Need to tackle short-term thinking from referrers who may refer to a food bank thinking this is the end of the problem
- Addressing symptoms rather than cause – e.g. primary school teacher referring to food bank – not addressing family need in holistic way
- Training/awareness for referral agencies – also attitudes 'too busy'
- Is shoplifting for food on the increase?
- Young people being sanctioned

Comments on post-its:

- Annie Anderson's literature review of food culture and as a main point – clarify what it is in 'food culture' to challenge.
- Barrier to volunteer participation

Appendix 2: Roundtable discussion – facilitator's notes

Table No 1: Facilitator: Alison Linyard, International Futures Forum

- Poverty is a wide ranging issue, important to provide support to people by providing knowledge and access to skills that would increase prospect of removing people trapped in the cycle.
- Give people on the ground working in communities empowerment (bottom up approach needed).
- Frustration around funding streams: Woodlands Garden mention they spend 50% of valuable time trying to source funding streams, these should be streamlined, currently Woodlands have 20 different funding sources and is drain on resource, system very fragmented.
- Funding pots should be pooled into local areas for easier access rather than large organisations.
- Focus on provision of an Anchor Organisation which provides a rapid response and point of contact for all organisations involved in food poverty issues.
- Reduce red tape within local government to provide support in terms of training in administration roles.
- Staff and Officers involved in food work from statutory bodies to visit communities to get a feel for what type of work is happening on the ground (volunteer their services for a day).
- City Property having onerous negotiating leases for shops with huge rental increases over the last few years, explore possibility of handing over vacant land to local communities.
- Actively encourage smaller market stores/community-led shops into areas to increase choice especially the north of the city as transport links are poor, elderly people incapable of travelling longer distances due to expense/weight of shopping.
- Scottish Government has a duty of care on poverty issues, lobbying and pressure to be applied to come up with proposals in the run up to Scottish elections next year, better access to information and advice in relation to welfare the amount of people who challenge wrong benefit decisions very low, train volunteers within communities to provide simple advice and convey messages of where assistance can be provided.

Table 2: Facilitated by Bill Gray, Community Food and Health Scotland, and GFPP

- Food is an ideal way to get people together. It is an inclusive vehicle and promotes social inclusion. An NHS North Lanarkshire representative felt that they could learn from the day's event. Food brings people together and as such provides opportunities to respond to other issues.

- Funding was an issue. In Woodlands, they were running two projects which came from 21 funders so it was very difficult to report back to each one as each one could have slightly different requirements. There was also a constant demand for projects to be innovative and this cannot be a reasonable expectation to continue *ad infinitum*. It was considered that sharing of information/process among projects could be better. The Concrete Garden was cited as a good example of a project that did share.
- There was a lot of discussion around the Fareshare model of food supplies including the amounts of surplus food available nationally. It was noted that the £1,000 fee could be paid quarterly. The £2,000 fee (includes delivery) was sometimes difficult to raise. An option could be to set up a Community Distribution Network for Glasgow. A link to Greencity was mentioned. The Fareshare model was considered to work best when the food supplied was being cooked.
- A concern was linked to "the normalisation of foodbanks" as this should be avoided. There was also a concern that use of Fareshare to distribute surplus food makes it easier for supermarkets to perpetuate an inefficient supply model i.e. they are not obliged to full deal with all the potential waste they create. Could foodbanks/Fareshare be paid to take surplus food from supermarkets because otherwise they would have to pay landfill charges?
- The idea of "free lets" in vacant local shops was also proposed. This was suggested as an action for GCC only as other landlords may not do this. These shops could become "community shops". This could be linked to Community Asset Transfers. It was acknowledged that there would be political and policy issues around this so it was important to bring policy and research together.

Easy wins
- Maximising the collaboration between projects and not being competitive would be beneficial.
- Working with Housing Associations more – North Glasgow works with three. They need to have a greater role in the GFPP. When they are developing new areas they should need to include "growing areas". Tower blocks have communal spaces that could be used for bringing Services to the buildings. Should estate officers from Housing Associations come to GFPP meetings? Alternatively if rights officers were involved then it could strengthen anti-poverty work.
- Using the community development model would encourage capacity building and increase confidence around food issues.
- Investment seems to be mainly delivered to the higher levels and the trickle down of resources does not seem to give much to the lower levels.
- Could there be more in-kind resources?
- Funders need to be more aware of the processes that projects must go through. The constant need to "reinvent the wheel" is not effective. The Climate Challenge Fund has too many targets.

- An example of good practice suggested was Health SW Integrating in Glasgow. This involved older people with long term conditions and provided support to people in their homes and not in care. This involved intergenerational activities initially based around food. Sheltered housing residents taught high school pupils how to cook and the pupils provided digital inclusion lessons to the older people. This worked well as a two-way process. Central and West Integration Network have occasional coffee afternoons where food is provided but health professionals also come along to provide their service. The aim is to do this monthly but funding is an issue.

Potential GFPP role
- Highlight good practice
- Help make projects more resilient
- Challenge the practice of constantly "reinventing the wheel"
- All the mapped projects – how can they be brought together? Could there be area meetings for a "Glasgow Local Growing Network"? Could Central resources be provided to support networking? The Glasgow Foodbank Forum was viewed as working well.
- Linking to the Scottish Food Commission (which is currently seen as being industry led)

Table 3: Facilitated by Fiona Crawford, Glasgow Centre for Population Health
Reflections on how we thought conversation hubs went:
- From a co-host perspective each group different but mostly asked same questions. How do we move things forward? Do we want to move things forward was the prominent theme across all groups that attended my group. Interesting how responses all quite similar.
- Intelligent questions, good suggestions, two taking home: 1) having embedding welfare advisers something we need to do more of 2) we need to engage more with referrers.
- Measurement issues across all groups. Whether food bank measurement or what we know about food poverty.
- Struggle to know the nature and extent of food poverty.
- Stats are important – to know the extent of the problem. But we don't want to get caught up in figures. Can't be a goal to increase figures (from food bank).
- Shouldn't let figures distract us from issues and hold us back.
- Change in mindset to be thinking more in community perspectives. There is an enthusiasm to want to do things better but there is a risk that this reduces the outcomes on the ground. Scaling up may be a risk. Work needs to be small to be effective. Don't won't to disturb natural growth of activities. Learn from experience and it might not be about doing new things.
- We need to acknowledge what does exist not just in Glasgow but across Scotland. We need to be mindful that one size doesn't fit all.
- There is a need for upscaling or rather reconfiguring the relationship between the local and the central. In order to reconfigure that relationship we need to have a grasp on what some groups do. Getting to each organisation and find out what they do and what they need.

- One of the struggles is the rapidly changing landscape. Many groups have great flexibility but issues around funding mean it becomes challenging for groups to deliver activities.
- Increased pressure on groups now expected to deliver other services and then worries for groups that they are becoming institutionalised and that they are then contributing to the problem.
- Talking from experience of working on community cafes – need to consider social objectives and business objectives separately. Social objectives are time consuming. Need to be clear what we are asking community food groups to report back on.
- Language of moving from community to social enterprises is a barrier for many groups. Programme in development.
- Need bridge organisations and thinking about Community Empowerment Act to help projects/communities.
- Important to acknowledge groups where funding is non-existent so there is no recording. These groups can go under the radar. Need to acknowledge these groups as they can be positive examples.
- Faith communities are not dependent on funding. Activities are dependent on values but there is a good spread and reach of faith communities across the city
- It would be a horror to be here in five years' time. We do not want foodbanks to be part of the established system/institution.

What else is needed to make it work better? What do we need now?
- Accept a lot of welfare powers lie in Westminster but there are things we can try and do. So for example using evidence and arguments to influence the direction of local funding/resources.
- In Scotland there is a difference in the way Scottish people engage with food. With that detachment from food, you lose skills necessary for food preparation. Need to bring food back into the conversation.
- There is a lot of knowledge. The base is there – we need to build on it.
- Apart from sustainable, adequate, short-term funding?
- Building strength. So curriculum for excellence is a good example – but many teachers struggle with the challenges of that. Need implementation time and realism regarding longer timeframes to see results.

What can the FPP do to support what is already in place?
- At a strategic level
- Two-pronged attack, so: 1) in a lobbying capacity in lobbying purse strings at government level, 2) that audit of what is going on and what they need, emphasising the connection between the different types of activities.
- Bristol example ('Who Feeds Bristol?'): looking at what needs to change, making recommendations and then lobbying.
- Food banks are to do with gaps in the social security net but we need to work with others. The FPP could continue to remind/lobby that food poverty is an economic problem. And lobby in accordance.
- Something around health and social care integration.
- Accessing and signposting welfare.

Brief summary of discussion for feedback session:

- Small is beautiful, there is a lot of diversity in activities/projects on food.
- There is a need to try and connect local initiatives and activities to national agendas and activities.
- Acknowledge that food poverty is an economic issue which ultimately will be resolved by economic solutions, but there are still actions that can be taken to mitigate the impacts of welfare cuts and support those who experience the impacts of the welfare cuts.
- Discussion around the realignment of power relationships.
- From a strategic partnership there was discussion around the partnerships role in a lobbying capacity to address funders and those with the potential to impact funding (government level etc). Additionally it was felt that the partnership would be well placed to co-ordinate an audit of what is going on, on the ground and emphasising the differences in activities and where activities link with other organisations etc.

Table no. 4: Facilitated by Pete Richie, Nourish Scotland and GFPP

Q1. What is working well and why?

- Community-based initiatives which engage around cooking.
- Opportunities for people coming together, currently lots of small scale disparate initiatives.
- Good community support with a range of advice services in places people feel safe and comfortable (i.e. there is concern that 'stigma' prevents people approaching council services).
- Through food we can achieve a range of social outcomes, especially if we are not focused on food specific outcomes. For example recovery services which start out engaging through cooking courses can build self-confidence and communication skills, and lead to further training and qualifications.
- Glasgow has lots of physical community assets, e.g. church halls, community centres etc.
- Strong community solidarity in parts of Glasgow.
- Need to move away from 'food charity' to 'food empowerment'.
- Glasgow stands up for its own vulnerable people.
- More cross organisation support needed.
- Referrals are stronger than signposting.
- There is a network of advice services in Glasgow which works well for people who are comfortable seeking them out. Food banks are potentially a way to reach people who would not access traditional 'advice' style services.
- There are lots of people who are good at their job in this sector. As it is an emerging field we need to build knowledge and skills.
- Glasgow has had success with supporting those with chronic/long term illness, due to having the right people in place. Personality and ability as an asset.

- Volunteers are crucial.
- Glasgow is leading from a public health perspective – strong political leadership is reflecting a grassroots groundswell in this area.

Q2. What is missing?
- We need to be thinking long term – at least 10 to 15 years. The underlying economics are not changing.
- Connections are missing – funding is finite so often groups are competing for money rather than working together.
- How people access services can be problematic, how do we find people who do not access mainstream services? We need a more informal, less structured, more flexible referral system – signposting is 'passing the buck'.
- Need to reach those who could be benefiting from services, not sit around waiting for referrals.
- Need to have people who are prepared to break rules for communities.
- Services access has become a 'word of mouth' game.
- People are desperate and vulnerable.
- How do we scale up/join up when we lack the knowledge? Websites are not always helpful. After basic food/fuel provision many community groups do not know where to refer to for follow up help.
- We need to maximise local resources – not wait for the Government to help us.

Q3. What does a best practice solution for five years' time look like?
- How do we engage with commercial interests/incentivise their involvement in their community other than donating food that is on its way to landfill? We need large chain stores to become part of the solution not the problem. Is there regulation/legislation that can be put in place to encourage social responsibility by businesses towards the community they operate in? Council is looking at strategic decisions around bids/developments etc which consider cultural, economic and social gains.
- In-work poverty is increasing.
- Minority ethnic communities bringing different values around growing and eating as social activities – can we learn from this to change the 'eat by yourself in front of the tv' behaviour?
- Subsidies to farmers, is there a way to access this to change consumption patterns and values placed on food production?
- Community-owned electricity supplies becoming more popular, could this herald a return to a community co-operative come back?
- Link between food and nutrition; what is the role of the NHS in a solution? The current model is treatment- rather than prevention-based. In Glasgow 5% of the NHS

budget goes on prevention – the rest is treatment. Will the return to health and social care partnerships impact on priorities with regards to primary care?

- Concern regarding the type of food provided by food banks and how this impacts on health outcomes for vulnerable people. For example cancer patients do better on a nutritious diet.
- Canada was raised as an example of welfare advocacy; do we need something similar to argue for a 'food' spend ringfenced in Public Body budgets?
- Call for research into proving prevention is financially more sustainable than treatment. Although studies would require a very long-term commitment, a lot can be done with modelling based on existing economic data.
- Concern that there is a lack of courage to make changes.
- Individuals need to be more resilient and self-sufficient – challenge the 'sick' culture.
- Could we print 'Glasgow Food Pounds' as a local currency that can only be spent in local shops on good food?

Table 5: Facilitated by Shruti Jain, Soil Association Scotland and GFPP
- There is an opportunity to map what we're doing/what we want to do.
- Need to find a balance that places focus across levels:
  - Policy to grassroots
  - Upstream to downstream
  - How do we marry community work and policy
- Inequalities – GFPP needs to be feeding real views upwards to Scottish Government.
- Have to be realistic about poverty.
- Welfare reform (GCC):
  - Advising ahead of changes
  - Providing support to those in poverty
- Communities don't feel like they have a voice among the politicians who appear to be dominated by middle class, well educated, and well-fed politicians. They have no knowledge or understanding of the reality of food poverty. How do we convey those messages to parliament – Scottish and Westminster?
- Need to ensure that messaging reaches across ethnic minorities.
- Empower grassroots/communities to mobilise to break down barriers.
- Is there fair representation of demographics?
  - Twenty-something males – not using emergency food provision services – how do we support them and give them a voice?
- Crime and food poverty correlation? Is this measured?
- Allotment crime – a few instances – no vandalism and apparently thoughtfully stolen! Only enough taken to support a family.
- Need a larger coalition of organisations to increase the voice that informs Scottish Government.

- Need to act as a greater lever to free-up land for community use – communities struggle to access land.
- GCC facilities are not being utilised appropriately – cost?
- And there is a lack of community cooking facilities.
- There need to be more links between city growing projects/organisations.
- Communities are not getting representation/connections/publicity: those working in food policy/Scottish Government/local authorities/NHS forget that communities aren't represented/present when decisions are made.
- Can GFPP estimate the monetary value of allotments/community gardens?
- Food poverty – not just those that are low income: the self-employed are struggling.
- Needs to be greater connections between government departments.

Appendix 3: Fair Glasgow: working together to help address food poverty in Glasgow – 8.10.15 – Feedback			
What did you find most useful about today?	**What could have been improved?**	**Will you do anything as a result of today?**	**What should happen next?**
Links to local practitioners in North Glasgow area.	Conversation hubs. Sat down and spaced further from each other. A 'pledge' i.e. an action plan from each person at the end – what are you going to do?	Continue challenging partners to hand over power to local people.	Discussion around creating 'neighbourhood' funding pots in local 'impoverished' areas that are freely accessible. Encouraging private orgs to set up healthy food places in local, poorer areas – shops, markets, stalls. Making the free use of community spaces an absolute priority in local areas.
Meeting and speaking with people from the different organisations associated with food poverty.	Conversation hubs – standing not ideal and also quite noisy. People moving to a table rather than tables outside.	Link and look at what's happening.	Distribution of notes/slides and attendees list should be done. Result of mapping exercise circulated and allowed to be added to. An update page on a website for people to add to e.g. what they are doing when and what's been done in the past.
The format – moving around. Varied inputs and discussions. No boring presentations. Making connections. The passion and enthusiasm in the city for making a difference.	Can't think of anything.	Yes. Make new connections. Pursue some of the ideas I came across.	It is important that the partnership keeps working away and keeps us informed of progress.
Learning about other local activities and meeting other people working in the area.	Possibly more time at round table discussion but generally no issues – good event!	Feed back discussion to colleagues. Use conversations to kick start internal agency discussions on food poverty.	Feedback from event. Partnership charter.
Roundtable discussions.	The conversation hubs – couldn't hear and too fragmented.	More of what I am doing already.	Develop a strategy approach that puts food at the heart of regeneration policy.

I learned a huge amount about the causes of food poverty – shocked!		Yes.	To move the discussion from anecdotal to strong arguments to challenge the causes of food poverty to be a catalogue for its amelioration.
Sharing our community development/empowerment work.	Those who were 'hosting' the hubs getting a chance to go to the other stalls! (Teasing!)	Yes….	I do hope key partners can help find/ help enable central support for grassroots community food joining up/ collective approaches.
Networking – opportunity to share our story.	Set a challenge – could have asked delegates to consider how they could work together as a result of the day – could have created some meaningful partnerships.	Link in with new contacts to consider how we could maybe work together.	Circulate slides and any outputs. Follow up email asking about the impact of the workshop – what did you take back to your organisation.
Good networking.	The hubs too vague.	Continue to work with community organisations and do food work to empower people.	A follow-up event.
Hearing from all organisations/ individuals about their views. The final table discussion was really insightful.	The noise was annoying during the small group discussions.	Have gained a couple of ideas for research, got contacts.	Keep an eye on the evolution of the partnership (GFPP). I will be happy to know what else is happening.
Networking!	More emphasis on round table discussion. Maybe some mixing up – get people to move around to different tables and have different tables tackle different issues.	Follow up my contacts.	More chat, more concrete plans. How do we remove barriers?
Opportunity to meet people involved in food poverty policy at a national level.	At conversation hubs less time being talked at – more time to hear views of other participants.		Formal links between national policy coalitions e.g. Scottish Food Coalition; GFPP; Church of Scotland Food Poverty Group etc.
Good to hear what was going on and looking to establish new links.	Raise profile of group.	Yes, going to circulate information.	Co-ordinate approach to reduce not just food poverty but poverty in general.

Contacts.		Follow up contacts to deliver food focus. Follow up contacts to campaign causes of poverty.	
Finding out about the great services already in the different areas working to help reduce issues faced and how to take it forward.		Take back information from today to the services we link into to make them aware of this event and further events.	More events to see what is happening next and how it is impacting on making changes so people can see these events do make a difference.
The conversation hubs were great.	Maybe more space for conversation hubs.	Yes, do more research about this issue.	I would like to see connections continue so that they can be strengthened and that more progress can be made through joined up approaches.
Knowledge and information sharing.		Yes. Connections and contacts made. Site visit to Concrete Garden.	
The conversation hubs were a novel and interesting way to learn more about what is already happening to address food poverty.		Yes. Visit lots of the organisations websites and send emails to relevant contacts.	
Lots of useful connections and discussion.	More time!	Re-join Food Policy Group.	Action!
Fleshing out the bigger picture. Encouragement, challenge.	Not much – very good balance i.e. not information overload but much 'food for thought'.	Some practical ideas to take back to feed back.	Develop network – formally and informally.
Conversation hubs – a really good model for small group discussions and moving around made it more dynamic.			

Appendix 4: Draft manifesto on Food Poverty

Draft GFPP manifesto on Food Poverty

Food poverty is a symptom of wider societal issues, including socioeconomic and environmental factors and the impact of welfare reforms. It is widespread and growing in Glasgow although we don't yet have accurate ways of measuring the exact scale. Those experiencing food poverty have different challenges and find solutions in different ways.

Our vision is a Glasgow where everyone can routinely access and enjoy sufficient healthy, affordable food.

Key messages
- Food poverty is one dimension of poverty and should not be viewed in isolation. It is preventable.
- Addressing food poverty requires actions to support those in crisis, provide pathways out of food poverty, and tackle the root causes of food poverty.
- Emergency food aid is currently part of the response to food poverty but should link to broader strategies to lift people out of poverty and prevent future crises.
- Community initiatives and local enterprise must play an important part in any response to food poverty, but they cannot do it alone.

Our approach:
Working with partners, stakeholders and the wider Glasgow community our aims are to:

- Raise awareness of the relationship between poverty and food and fuel poverty.
- Build links between approaches to food poverty and wider work on tackling poverty in Glasgow.
- Identify opportunities to streamline and improve funding for the city's food projects.
- Improve links between food poverty projects, including emergency food aid and welfare advice.
- Make connections between organisations and projects that can help prevent crises through improving access to affordable food, developing skills and building resilience in our communities.
- Improve information sharing and collaboration, including mapping existing food projects.
- Highlight the wide ranging benefits of food projects, such as improvements in skills, confidence, social interaction, social capital, and local access to food, as well as making links to other services.
- Explore opportunities to support communities seeking to improve local access to affordable food.

We endorse the joint statement on food poverty from the leaders of Glasgow and Edinburgh City Councils (January 2015) and support the work of joint Glasgow/Edinburgh working group on food poverty established as a result of the statement.