



Kind Communities Kind Food

WARWICKSHIRE FOOD PROJECTS

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WARWICKSHIRE COUNTY COUNCIL

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Methodology

For the methodology for this project we ran an online survey initially which opened in November 2024. Access to the form was promoted through our E-Grapevine newsletters, links on our website, through social media and promoted directly by Warwickshire Community and Voluntary Action's (CAVA) frontline officers.

The online survey received 19 responses with data from representatives of VCSE organisations across Warwickshire including CIC's, unincorporated organisations and registered Charities. They represented a mix of micro, small, medium and large organisations working on a variety of different projects. For the quantitative analysis and following on from the survey we reached out to a number of these organisations directly to produce case studies which can be found at the end of this report.

Much of the research also went into identifying organisations and projects that had not completed the survey. Research was undertaken primarily online and then followed up with direct contact with groups and, if possible, project visits to gain more thorough and contextual information regarding the range of food provision projects that are taking place across Warwickshire.

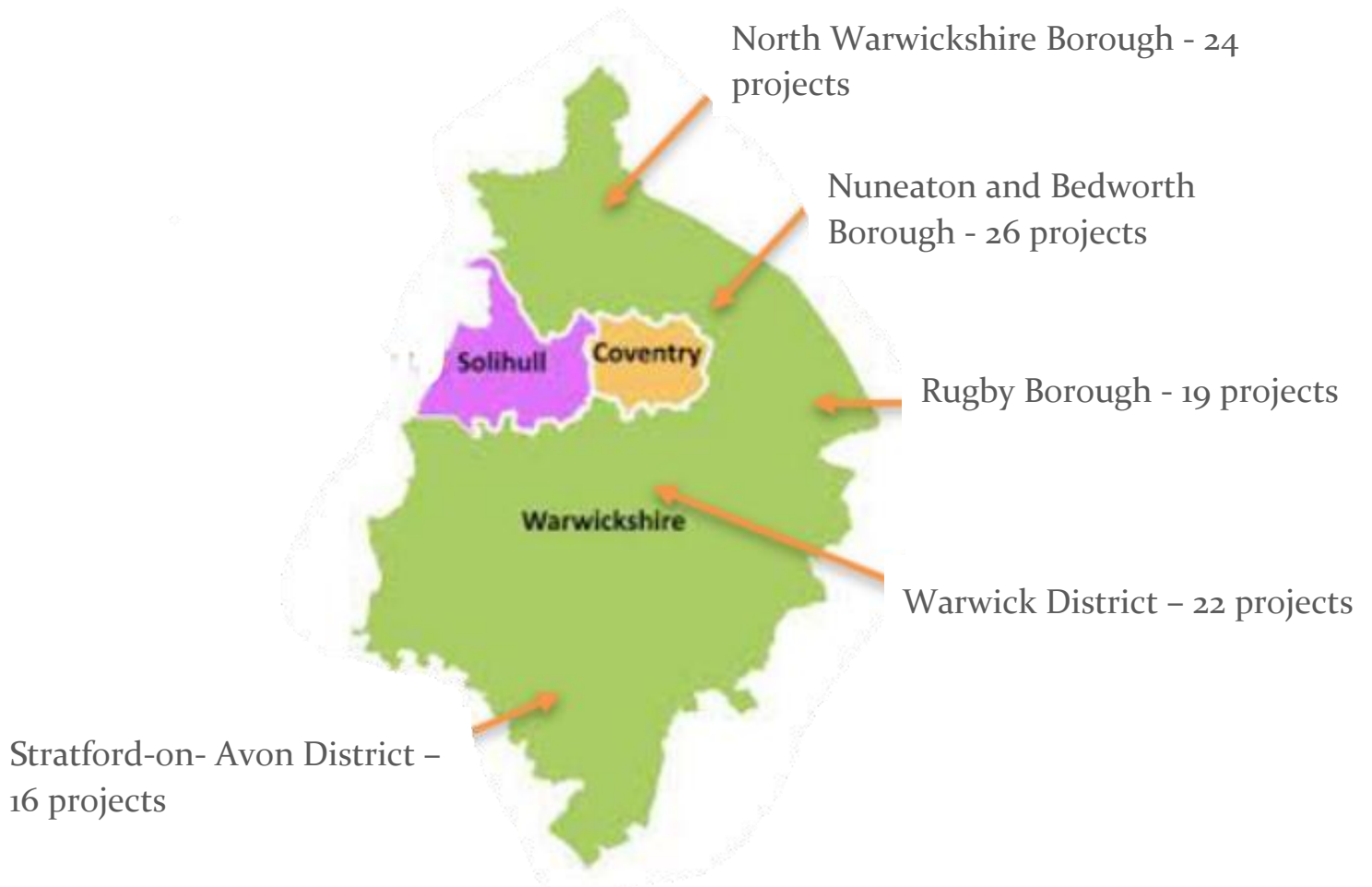
Information was also gathered from CAVA's frontline workers, Warwickshire Rural Community Council (WRCC) regarding their Warm Hubs, Nuneaton and Bedworth Grubs and Hubs group, Compassionate Kenilworth, Rugby Borough Council and North Warwickshire Borough Council. We accessed supplementary online data sources also including Warwick District Website, <https://moneysavingcentral.co.uk/kids-eat-free>, raring2go.co.uk and achurchnearyou.com.

Several questions of the survey and research were analysed to identify key themes and issues that organisations were finding within the work that they are undertaking.

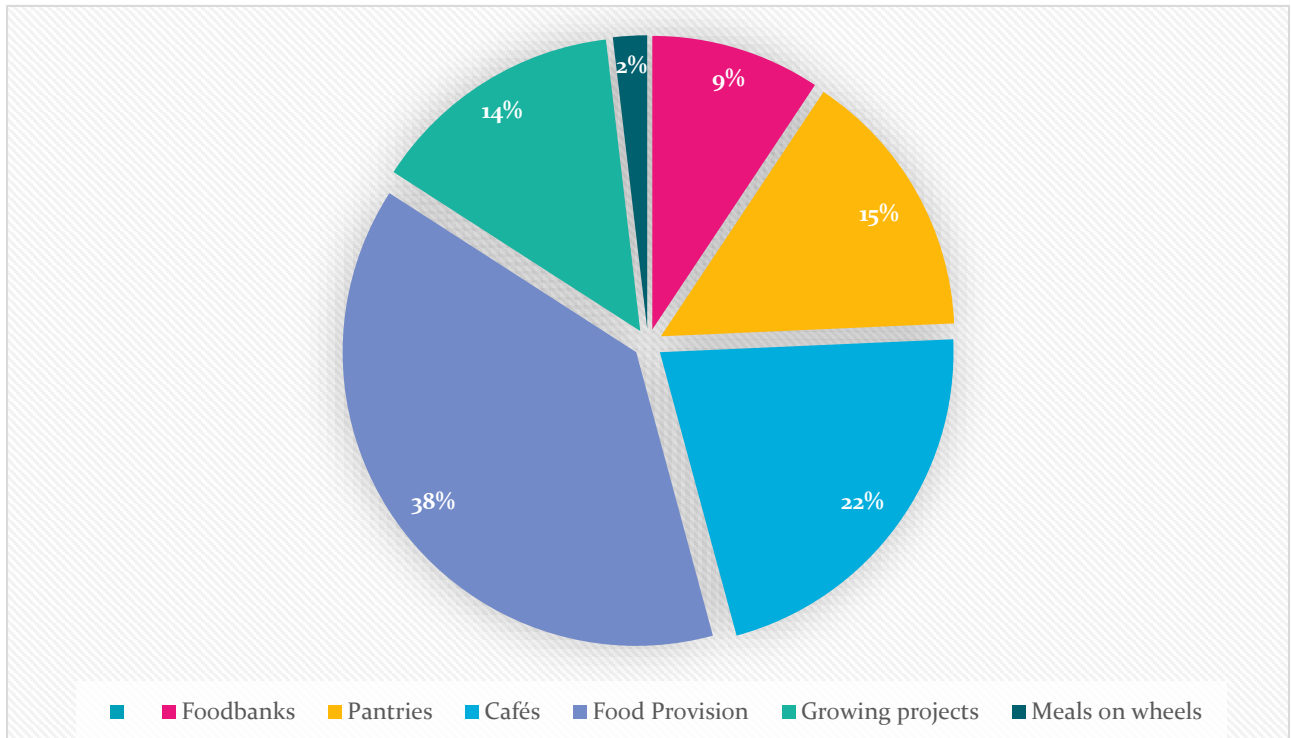
Although we are aware of the numerous and invaluable coffee/tea and chat groups that are running throughout Warwickshire for this research we were looking primarily at projects that involved food provision. Therefore, we have not included organisations and groups that provide 'light refreshments', this is something that we can follow up with at a later date.

This list of food provision is by no means exhaustive and there will be other projects, provision and retail offers that are not covered through this research. The database that has been put together should be used as a live document and therefore the information will be continually changing.

Overview of the information captured geographically



Types of projects identified



Overview of figures

107

Total number of projects identified

1,315

Total number of volunteers supporting these projects

21

Average amount of volunteers per project

36

Number of projects that have paid staff

District/Boroughs breakdown:

North Warwickshire

Emergency food

- **We Care UK** – Provides emergency food through referral from a list of registered organisations that include NWBC, Citizens Advice, Family Information Service, Act on Energy, Better Housing Better Health, Severn Trent Water and some schools. Referrals are to come directly from registered organisations only.
Structure: Not for profit
Volunteers: 22

Food Pantries

- **Edible links (Healthy Living Network)**– A Social Supermarket in Atherstone town. Individual Shop £5, Couple Shop £10, Family Shop £20. Individuals are limited to 12 visits in a 52-week period. They have fixed picking lists for 7 days of food, each based on existing Food Bank lists. The social supermarket is trying to fill the gap between food banks and budget supermarkets for short periods of time to enable people to make their own food choices, become financially independent and gain skills along the way.
Structure: Charitable Company
Staff: 5 part-time drivers
Volunteers: 39 volunteers undertaking warehouse duties and 9 volunteers within the Social Supermarket
Beneficiaries: More than 100 families each week
- **New Arley Community Pantry** - Use of a Community Pantry is available for a small membership fee of £5 per visit, and members will have the opportunity to select from a choice of food each week for 6 months, whilst being encouraged to engage with the support provided by the wrap around services available.
Structure: Charitable Company
- **Dordon Community Food Store** – The food store charge shoppers £6 for a visit and they can access over £40 worth of food and products. This store doesn't just serve Dordon it also covers an area of 4/5 miles so people from surrounding villages can also use it if they wish.
Structure: Unincorporated Association
Volunteers: 8

Beneficiaries: between 50-70 people in a week, but deliveries around 15-20 boxes of food to people.

- **White Hart Community Fridge** – The fridge has been created out of donations from Aldi, Tesco, Bookers, and more. The Community Fridge ethos is that they take food that is at its ‘best before’ date from their suppliers. The produce on the main counter in the White Hart can be taken free of charge.
Items that are donated by the community are for a minimum donation of £3 per user. The Fridge has been funded through HubBub and Kind Communities Kind Food. They have received grants from other funders over the last 2 years and are now in the third year of running the fridge.
Structure: Registered Charity
Staff: 2 part-time
Volunteers: 12
Beneficiaries: 55

Community Cafes

- **Dordon Community Café** – The café provides free community meals. They provide a monthly 2-course hot cooked meal for residents. All age ranges are present, but the diners are predominantly older people. The meals are completely free, but a donation box is available for people to give what they would like. The café is supported by the donations from the diners and supplemented by the occasional grant from different funders.
Structure: Unicorporated Organisation/Community Group
Volunteers: 8-10
Beneficiaries: 60-65 once per month with 75 being the maximum
- **Hartshill Community Café** – The café offers a range of drinks, cakes, light lunches and specials. The cafe provides low cost, home cooked, healthy food and means people can come in and have a main meal, dessert and a drink for less than £7. It is mainly a social outlet though; the regulars have been attending for years and have formed strong friendships. They look forward to their lunch every week so they can sit and chat with friends. The main clientele are over 60 but due to the Barnardos stay and play groups finishing at the time of the cafe opening they are now getting mums and babies staying for an extra hour for a drink and snack too.
Structure: Parish Council
Staff: 2 staff
Volunteers: 3 volunteers
Beneficiaries: Upwards of 40 per week

Community Provision

- **Newton Regis Community Lunch** - The Light Lunches for local people are proving a huge success. They offer delicious soups, savoury snacks, homemade cakes, tea and coffee in a warm and friendly environment throughout Autumn and Winter (Oct to end of March). The cost of each option is £2 or less and this funds the lunch.
Structure: CIO
Volunteers: 12 in total. 6 one week 6 the next on rota basis
Beneficiaries: 35-40 per week
- **Shustoke Meet and Eat Group** – Hot meals, desserts and hot drinks for just £5. It is held one Thursday a month and is open for the whole community. All ages are welcome.
Volunteers: 6
Beneficiaries: around 40
- **Fillongley Community Lunch** – The Community Lunch takes place in the meeting room of St Mary & All Saints Church on the 3rd Wednesday of every month.
The lunch is £5.00 per person, lunch usually takes the form of a main course and a dessert followed by tea/coffee.
Structure: Faith Organisation
Volunteers: 4
Beneficiaries: 12
- **Water Orton Spud Club** – It is run from the Methodist Church hall as an independent organisation. It is open 12.30-6pm every Monday and is mainly attended by the elderly but they are looking to include activities to encourage younger families. They offer jacket potato with all the fillings, cakes, fruits and hot drinks. The club has become a social hub for the community. People travel there to catch up with friends. They follow a donation-based approach to give what you can.
It is funded by the Local Welfare Scheme grant and donations.
Structure: Newly separated and has now become an Unincorporated Association
Volunteers: 30 throughout the day
Beneficiaries: Over 150 potatoes a week
- **The Link Water Orton Meet and Eat Lunch Club** - People who attend pay £7 for their meal. They occasionally apply for grants when they need it for new kitchen equipment to cook and serve the meals.
Structure: Faith Organisation

Volunteers: Approximately 14 volunteers
Beneficiaries: Approximately 35 people per week.

- **Water Orton Open Cafe in the Robert Lloyd Room** – The open café runs every Tuesday. The Parish counsellor holds a surgery corner in the room at the same time which encourages attendance. They see some of the congregation attend who take advantage of additional space interacting with others and being in a clean warm space. They fund the cafe by some donations from service users and from Church funds.
Structure: Faith Organisation
Volunteers: Around 4
Beneficiaries: Between 20-30 service users
- **Austrey Lunch Club** – The lunch club runs once a month and provides a 2-course meal and tea/coffee for £6 (cash only). They advise that people book a place in advance as it does get busy. Transport can also be provided by prior arrangement. All are welcome to attend. The lunch club is just going into its 3rd year. They received funding for startup costs from WCC Cllr grants and the meal price now covers food, room hire and other outgoings.
Structure: Registered Charity
Volunteers: 12 including supporting with transport, serving and cooking
Beneficiaries: 42 each month
- **Atherstone, Poleswoth and Coleshill Farmers Market** –
Atherstone – Last Saturday of the month in Atherstone Market Square. Includes venders such as Wood's kitchen, Ginger Spice Hut and the Woodland Fudge Co.
Poleworth - 2nd Saturday of the month 8.30-1pm in the car park at the back of the Fitness hub. Includes venders such as Wild Breads, Beadesert Park Farm and Bellamy's Bakes.
Coleshill – First Friday of the month 9am-1pm. Running from the Croft, Coleshill. Includes venders such as Laura's Cakery, Wild Breads, Brook Farm and Fodder and Chisit Ltd.
- **Mancetter Connections** - Mancetter Connections is a monthly 2 course lunch and talk. It is a £9 ticket for people to attend (£10 for Christmas). They get around 35 people a month, however they had 50 at their Christmas event. The talks include History of St Peter's Church, Mancetter Almshouses talk and 'running the London Marathon in 60 minutes' talk.
Those that attend are from Mancetter and Atherstone and more tend to be retired or not working.

Structure: Faith Organisation
Staff: 1 member
Volunteers: Around 5
Beneficiaries: Around 35 people a month

Growing Food projects

- **Woodside Friends and Family** -The project is based at a primary school in Grendon but reaches out into the wider community. They have planted over 100 fruit trees and 150 fruit bushes on the school grounds and will shortly be planting more in the local community. The fruit will be available to people in the community for free and will be used by the school to encourage healthy eating, reduce food poverty and enable children to learn about food.

They have also built an accessible allotment area and poly tunnel at the school.

In the spring they gave out 100 sets of vegetable seeds to community members. They are hoping to transform a room at the school into a kitchen where children will learn to cook food grown on site and hope to offer the room to community users too. It is bringing the community closer together and helping build bridges between children at the school and the wider community. There will soon be fruit trees around the village people can pick from and in future they plan to have a shared shed people can access.

This has all been grant funded through various small grants plus PTA fundraising events.

Structure: Registered Charity

Volunteers: 4 core volunteers, an additional 6 regular volunteers, then around 20 occasional volunteers.

Beneficiaries: 210

- **The Edible Garden (Whitacres, Lea Marston and Shustoke)** - They seek to provide a space to bring the community together; to make friends; to learn new skills; to grow, cook and share produce that has been harvested. This is an emerging group.

Volunteers: 12 + on and off

- **Fillongley Community Orchard** –Fillongley Cricket club planted more than 200 metres of hedging, 20 trees to fit in with the surrounding ancient Arden Forest, and a wildflower meadow where owl-tasty voles quickly moved in. They also cleaned out the neglected pond, which in turn was soon inhabited by coots. Deer, buzzards, red kites and a kestrel also started to make an appearance. Now they are including

fruit trees in this project which will be funded by the Community Orchard Fund. This is an emerging group.

Structure: Sports Club

- **Austrey Community Orchard** – The idea of the orchard came from feedback they received from the neighbourhood plan consultation. It was a Parish Council initiative; however they work independently now.
The community orchard was initially funded by the Kings Coronation Fund in February 2024, with 14 British variety fruit trees planted. They have also received grant aid from NWBC and Austrey Parish Council to extend the planting.
Their volunteers age from 7 upwards, with many families attending and working together at the Big Dig events they run.
Their aims for the future are to encourage wildlife and bees through wildflower planting and growing their own food, with more big digs, planting and events planned during 2025.
They have recently taken over the village planters, so will extend the growth with the help of volunteers throughout the village, once the orchard has matured, they hope to donate produce to the Austrey Lunch club.
Structure: Community Group
Volunteers: around 12
- **Hurley Community Gardens** – Open Monday, Tuesday and Friday for the community to go along and get involved. The group is running fundraising events to raise money for the garden, including a Bingo night. They are currently planting raspberry canes, strawberries and rhubarb. This is an emerging group

Meals on Wheels

- **Healthy Living Network** - Delivering 2 courses of home cooked meals for just £5. It is chilled, straight to your door so can be enjoyed anytime within 24 hours. They deliver twice a week throughout Nuneaton, Bedworth and North Warwickshire. They deliver a Meals on Wheels service to older, vulnerable people.
Meals include dishes such as roast chicken, roast beef and shepherd's pie. Dessert is optional and a lighter version is available.
Structure: Charitable Company
Staff: 3 part-time staff
Beneficiaries: 23/24 accounts show they prepared and delivered 1,130 meals to 45 beneficiaries

Nuneaton and Bedworth

Foodbanks

- **Nuneaton Foodbank** – The foodbank will provide three days' nutritionally balanced emergency food and support to local people who are referred in crisis. Part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.

Mon 10:30 - 12:00 & Thu 10:30 - 12:00 @ Manor Court Baptist Church
(with tea and toast)

Mon 13:30 - 15:00 & Thu 13:30 - 15:00 @ The CHESS Centre

Tue 10:30 - 12:00 & Fri 10:30 - 12:00 @ St Paul's Church

Wed 13:30 - 15:00 & Fri 13:30 - 15:00 @ Holy Trinity Church

Structure: Charitable Incorporated Organisation

Food Pantries

- **Wembrook Community Pantry** – Use of a Community Pantry is available for a small membership fee of £5 per visit, and members will have the opportunity to select from a choice of food each week for 6 months, whilst being encouraged to engage with the support provided by the wrap around services available.
- **Camp Hill Community Pantry** - Use of a Community Pantry is available for a small membership fee of £5 per visit, and members will have the opportunity to select from a choice of food each week for 6 months, whilst being encouraged to engage with the support provided by the wrap around services available.
- **The Makery Community Cupboard** - This initiative will work similarly to a food bank providing essential food resources to those in need. These donations will come through grants (initially) fare share and community donations. You can refer individuals or families to access weekly food parcels. The referral system is to ensure that they are not creating dependency. Once referred, individuals can collect their parcels from Monday to Saturday, 9:30 AM to 4:00 PM. This project came from feedback from the community and identified gaps in food accessibility. The Community Cupboard has been designed to complement existing services and ensure that food is available during the times they are open. The plan is to sit down with individuals to see what support

needs they have. Service will relaunch on the 1st of July on the Charities 3rd year anniversary.

Community Café

- **Wembrook Community Centre Café** - They provide a warm safe space and cafe at the Centre. The cafe is run twice a week with Oakwood students running one of those sessions. BRANCAB attends on those days as does Housing, and the Police attend monthly. The wider community know they can come and be supported as the Centre is the hub of the community. This café is supported by grant funding.
Structure: CIC
Volunteers: 5
Beneficiaries: 40
- **Stockingford The Vale Community Café** – The café provides discounted food and drink from £3-£5 a meal. Cakes are also baked freshly by a volunteer at the Community Centre.
Structure: CIO
Volunteers: 2
Beneficiaries: around 20 a week
- **Nuneaton Community Church Oasis coffee shop** - The Oasis coffee shop is run by volunteers. The coffee shop is open every Wednesday from 10:30 to 13:30 serving tea, coffee, homemade cakes, pastries and batches. The coffee shop has developed into a busy part of the Church ministry and is a wonderful opportunity to link the Church to the community in a relaxed and informal way. Everyone is welcome.
Structure: Charitable Trust
- **Old School Community Café Bulkington** – The café is run term time only. Lunch is provided for as little as £2.50. This is predominantly run by volunteers under the management of a Bulkington Village Centre (BVC) staff member. Not only does this help raise funds for BVC but the main aim was providing a safe & welcoming environment for all demographics of the local community to come, somewhere you were welcomed and made to feel a part of something, particularly if you are on your own. Booking is advisable.
Structure: Charitable Company
Staff: 1
Volunteers: 4
Beneficiaries: 25-30

- **Poppies Café, Park Lane School** – Park Lane Primary School hosts 'Poppies Café & Meeting Rooms', where people can enjoy a cuppa and groups have a space to hold meeting. The core focus is to keep the prices low. They have a breakfast menu which is served from 10-11.30am. Lunch is served from 11.30-2.30pm. Lunches are from £2.50 and include jacket potatoes, toasties, paninis and sandwiches.
Structure: School
- **The Harbour Community café** - The Harbour Centre is a 3-tier holistic hub involving the Storehouse - our Community Grocery store; The Galley coffee shop; The Cabin - a flexible space for groups to meet up, outside events etc. They have recently celebrated their 3rd anniversary of opening and estimated that 38,000 people would come through the Harbour Centre in the first year, 56,000 individuals have visited. Within the Cabin area on an average week they facilitate groups including Knit & Natter, Bereavement support, Well-being courses and a Baby Loss group.
Structure: Charitable Company
Staff: There are 4 part-time staff consisting of 1 pastoral care x 2 days a week; Warehouse Assistant x 4 days a week; A Manager of the Centre x 3 days a week and an Assistant Manager x 3 days a week.
Volunteers: over 80 volunteers on board and schools / colleges send students for placements and work experience on a regular basis
Beneficiaries: an average 100 people access the Galley coffee shop each day (Monday - Friday).
- **The Makery (Guardians Grow Charity)**– Hot meals for individuals £5. Also provide meals for those with genuine need to not create dependency. Open Tuesday- Saturday 9.30-4pm. Also supporting individuals through building connections and signposting to external services.
Structure: CIO
Staff: None, currently recruiting
Volunteers: 6 volunteers
Beneficiaries: 50-60 individuals a week
- **Saints** – They run a range of schemes including Pay it forward, Senior Winter Warmers – soup, bread and a drink for £1, parents breakfast club breakfast batch and refill drink £1.50, student lounge free hot snack and drink, free breakfast for children during school holidays, school holiday lunch clubs. There is something for everyone.
Structure: Charitable Company
Staff: 10 when at full capacity
Volunteers: 10-15
Beneficiaries: 60 a week increase number during school holidays

- People in Action Mayor's Cafe** – In 2013 People in Action fundraised as part of the Mayor's appeal and built The Mayor's Cafe in the Bedworth Garden Project.

The café provides vegetarian meals, hot drinks and desserts. The meals are prepared with the freshest ingredients grown-on-site at the Bedworth Community Gardens supporting with sustainability. In the height of summer 60-70% of the meals produced are grown in the garden project. Beneficiaries are primarily retired individuals and young mums. They also have walking groups that are led from the café. The café is self-funded as a trading arm of the Charity People in Action but have had some grants to run workshops etc.

Structure: Charitable Company
 Staff: 6
 Volunteers: 6 volunteers (1 each day link with Oakwood and Nuneaton Academy to provide catering and service experience)
 Beneficiaries: 40 each day. Up to 60/70 people on busy days
- Keresley Coffee Stop (Pit Stop)**- This venue is a place for village residents to drop in for a drink and a chat, something light to eat, and space for children to play; food and drink is available at a low cost or pay as you can.

Structure: Charity
 Volunteers: 4
 Beneficiaries: 10-20 a week
- Keresley Village Community Centre** – Looking to start up a social community café to bring the community together and into the Centre to see what else is on offer for them there. This is an emerging project.

Community provision

- Shri Guru Tegh Bahadur Gurdwara**- Supporting local people with food projects that are open to the public. The venue also hosts the Nuneaton Food and Faith festival.

Structure: Faith Organisation
- Guru Nanak Gurdwara** - Supporting local people with food projects that are open to the public.

Structure: Faith Organisation
- Gurdwara BVS** – The Gurdwara is offering free meals for the 41 Days running up to Father's Day; Gurdwara Baba Vadbhag Singh Ji will be

providing free hot meals daily from 4pm-6pm until June 15th for all individuals. This will culminate with an event on Father's Day which will be open to the public with a range of stalls, rides, bouncy castles and free food.

Alongside this they distribute food to the homeless, deliver food parcels to those in need, give shopping vouchers to those in need and provide hot meals served on-site.

Structure: Faith Organisation

- **Khair in the Community** - Meals are available at Khair in the Community, Edward Street Day Centre. Day centre provision on Monday 10.30-3pm – 6 course lunch meals for £6, also can deliver to the elderly/vulnerable. Quik curry on Tuesdays 3 courses for £5.50 and Thursday 2 courses for £4.50. Tuesday Takeaways for the Homeless 6.30-7.30pm. Their friendly team will provide a warm welcome, together with a hot, affordable and nutritious meal. They are also linked in with local Schools to provide meals for those on pupil premium.

Structure: Unicorporated Organisation

Volunteers: 15

Beneficiaries: 150/200 meals produced a week

- **Salvation Army Breakfast Club** – They run an 'Open Door' breakfast, drinks are free, beans on toast for £1, bacon or sausage batch/sandwiches for £1.50. Wednesday drop-in runs from 9.30am until 12.30pm every week.

It is a warm safe space for anyone to attend. They serve hot drinks and a light breakfast. There is no charge but do accept donations if offered. At the breakfast the homelessness Nursing team and other agencies drop in to offer support.

They also run a Thursday evening drop-in from 6.30pm until 7.30pm where they serve a hot meal at no charge. The homelessness nurses' team are present for this also.

The finance for all of this is provided through donations and the Nuneaton Salvation Army community fund.

Structure: Charity

Volunteers: Currently have 24 volunteers on rota system. Wednesdays 5 on shift and Thursday 8 on shift.

Beneficiaries: Average 18 clients on a Wednesday and 25-30 on a Thursday some people come to both sessions.

- **Cosy Community Camp Hill** - The venue is the Church hall of Camp Hill Church, and they open weekly on a Wednesday from 10-12 noon. They have a variety of activities ranging from visits by outside agencies, activities that draw on the skills within the group such as jewellery making and stone art to just talking and sharing.

One of the volunteers is the Curate at the church so offering a spiritual dimension to those that need it. The attendees range from mothers with small children to those of pension age.

In terms of food, they serve hot drinks, cakes, biscuits, fresh fruit and toast. They do not charge nor overtly appeal for donations.

There is a real commitment to the group and sense of community for those that attend.

Structure: Faith Organisation

Volunteers: 3

Beneficiaries: average of 20 (core group of 30 if all were to attend)

- **St Paul's Church Lunch Club** – For 65 plus. Warm venue and friendly atmosphere. For £5 you can get a hot drink, meal and dessert followed by a game of bingo.

Structure: Charity

Volunteers: 10 food and transport volunteers

Beneficiaries: Maximum of 30

- **Bedworth Community Meal (Edible Links)** - Open at All Saint's Church from 10:30am for coffee, then a 2-course lunch is served at 12:00 noon. All for £7:00.

It is run specifically to minimise social isolation and to give older, vulnerable people somewhere warm and safe to go and enjoy a balanced, traditional meal.

Structure: Charitable Company

Staff: 2 part-time cooks

Volunteers: 1

Beneficiaries: 20-30 each week

Growing Food Projects

- **The Harbour Grocer and allotment project** – Information above. £5 membership, £5 for 12 items plus extras. Individuals can shop daily. The allotment project supplies fresh veg to the grocer.

Structure: Charitable Company

Staff: There are 4 part-time staff consisting of 1 pastoral care x 2 days a week; Warehouse Assistant x 4 days a week; A Manager of the Centre x 3 days a week and an Assistant Manager x 3 days a week.

Volunteers: over 80 volunteers on board and schools / colleges send students for placements and work experience on a regular basis

Beneficiaries: On average 100 households access the Storehouse each day (Tuesday - Friday)

- [Ash Green School from Plot to Plate](#) - This is an initiative where students and volunteers from the community collaboratively engage in gardening and use its produce in cooking. This project aims to help young adults develop skills for life by engaging in gardening and cooking to live healthier lives and create sustainable communities. Another aim of this project is to tackle loneliness. AGS coffee mornings and 'Plot to Plate' dinner evenings bring young ones, families and communities together promoting their health and wellbeing. Lastly, they use this initiative as a platform to strengthen local food systems. By collaboratively working with local shops and supermarkets they will reduce food waste.
Structure: School/Friends of group

Meals on Wheels

- [Healthy Living Network](#) – same as above

Rugby

Foodbanks

- [Rugby Foodbank](#) - They provide three days' nutritionally balanced emergency food and support to local people who are referred to them in crisis. They are part of a nationwide network of Foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK. They are also linked to the Financial Inclusion Service and Campaigns and Community Organising which look at projects that can be undertaken in the community to prevent food poverty. They work to reduce hunger and signpost people to other services who can help and support with issues. This foodbank is run in partnership with local churches and facilitated by Hope 4.
Structure: Registered Charity
Staff: 4
Volunteers: 80
Beneficiaries: 60

Food Pantries

- The Chapel Pantry Newbold** -Providing food through a food pantry. Members pay £5 and choose 10 items of food/toiletries. The pantry buy in food and collects surplus food from supermarkets and restaurants so avoiding good food going to waste. They provide a community space to access a variety of foods at low cost including fruit and vegetables and food that is not available at the local shop. They offer a warm place to socialise and have refreshments together. Access to other activities is provided by The Chapel such as cafe, chair exercise, cooking and cost-of-living courses. This is funded by grants from local councillors, NOACP and memberships.
 Structure: Registered Charity
 Staff: 1
 Volunteers: 7
 Beneficiaries: 12 members and 12+ people take leftover food
- Rugby CLC FoodAid** - They link with 7 supermarkets to collect surplus food and along with grant funding to purchase additional supplies and provide fresh fruit and vegetable hampers to households in need. This is to help address food inequality as well as food insecurity. The supply of fresh fruit and vegetables helps address the food inequality where impoverished households are reliant on cheaper foods that are high salt and high sugar. The fruit and veg offers a more balanced diet which will support better health outcomes as well as helping their budget. This is funded through various grants and Church funds.
 Structure: Registered Charity
 Volunteers: 16
 Beneficiaries: 120
- Dunchurch Pantry** – The pantry was set up to support with the cost of living rising and benefits reducing as some individuals may struggle a little. Dunchurch Pantry is a place where you can get free food to feed you and your family. No questions asked, discreet and confidential, individuals can just take what they need. It is open on Tuesday 10:00 - 17:00, Thursday 10:00 - 17:00, Friday 10:00 - 17:00 and Saturday 10:00 - 12:00.

Community Cafes

- Dunchurch Route 41 Community Café** - The café is open every third Tuesday of the month. Tea, coffee and light refreshments are available. Donations cover the cost of running the café generally.
 Structure: Registered Charity
 Volunteers: 2/3

Beneficiaries: 30 to 50 people

- **The Thirteen Bells Café** –The cafe is open 6 days a week in the centre of Rugby—Monday to Saturday from 10-2pm. On Mondays and Tuesdays, it is run by Brooke School, on Wednesdays it is run by New Directions and on Thursdays it is run by Integrated Support Solutions—all the organisations are connected to learning disabilities in some way. On Fridays and Saturdays their own volunteers run the cafe. It provides tea, coffee, hot chocolate and cake at a very reasonable cost. They also provide simple food such as teacakes, jacket potatoes with various fillings, toasted sandwiches and soup and a roll. They aim to provide a warm welcome with food/drinks at a reasonable rate for all.
Structure: Faith Organisation
Volunteers: 20
Beneficiaries: 50-100 each week

Community Provision

- **St John the Baptist Hillmorton**- They provide a Winter Warm Hub during the Winter months - people are welcome to come along for refreshments and a warm lunch. The Winter Warm Hub has only been running for the last few weeks, but attendees are enjoying spending time together and enjoying a warm lunch. This is funded through the Church and with some support from external grants.
Structure: Registered Charity
Staff: 1
Volunteers: 6
Beneficiaries: 13
- **The Brownsover Family Winter Project** - hosted at Christ Church, Brownsover. The aim is to provide support to young families in need over the winter period when home energy costs are high. It also aims to encourage a friendly atmosphere and build a sense of community. The project is open 2 nights per week from November 3rd to March 30th, serving hot 2 course meals free of charge. It is targeted at (but not limited to) families whose children receive free school meals. Meals are provided for the whole family, with take-outs for those who cannot attend. The project is funded by a combination of BCA funds, donations, and grants from various sources.
Structure: Registered Charity
Volunteers: 20
Beneficiaries: 70

- Christ Church Brownsover BF Lunch Club and Men's breakfast-** For the BF Lunch club the main meal and pudding are £3 per person with free tea and coffee. The project was intended to tackle isolation and loneliness particularly among the elderly members of the community. It is very well attended so booking is essential.

The Men's Breakfast is held at 8:30 on the 2nd Saturday of the month. A cooked breakfast is followed by a short discussion around a question on Christianity. There is no charge for the meal and donations help support the Church's work in the community. It is open to any male over the age of 16. Non-Christians are welcome and joining the discussion is not compulsory. Attendance is by invitation so that they are aware of numbers.

Structure: Faith Organisation

Volunteers: BF Lunch club has 6 volunteers and Men's Breakfast 4 volunteers

Beneficiaries: BF Lunch Club has around 40 beneficiaries and Men's Breakfast has around 20 beneficiaries
- United Reformed Church Hillmorton Community Lunch** – This group has been running for over 30 years. The cost is currently £6 for a 2-course meal which also includes tea / coffee. This weekly lunch has become a social occasion with primarily older people attending. They also link with other groups/activities that are taking place at the Church. It is funded through the payments from meals and any deficit the Church covers.

Structure: Registered Charity

Staff: Paid cook

Volunteers: 24 volunteers, 4 teams of 6 people from the community as well as the church

Beneficiaries: 40-50 people
- Benn Partnership Meet and Eat** – They provide a free community lunch which includes a hot meal and a dessert every Friday. They have a mix of attendees, but anyone is welcome. This project is currently run through grant funding.

Structure: Charitable Company

Staff: 1

Volunteers: 4-8

Beneficiaries: 30-40 people each week.
- St Oswalds Church Connexions** – This project runs on Tuesday mornings. They have a programme of speakers and then at 12.15 lunch is served for those who want to stay. There is no charge but

donations are welcome. They provide a safe, warm environment for guests to meet and provide a hot meal. Many of the beneficiaries live alone and find that it is a great place to chat with like-minded people who are of a similar age.

They enjoy participating in singalongs, quizzes, listening to guest speakers and playing boccia.

The project has grown mainly word-of-mouth as members invite their friends. It is currently funded by two grants and St Oswald's Church also has a small fund which Connexions can use.

Structure: Registered Charity

Staff: 7 team members

Volunteers: 13

Beneficiaries: 35-40 each week

- **Refresh Light Lunch at Long Lawford Methodist Church** – The lunch provides hot drinks and cake followed by a light lunch at 12pm. There is no charge for attending but donations are welcome. This runs every Wednesday from 9.30-12.30pm.
Structure: Faith Organisation

Growing Food Projects

- **Five Acre Community Farm** – The project focuses on growing local organic food alongside developing individual skills around growing your own food. They supply vegetables to members who pay monthly for a weekly veg subscription. They have volunteer days 4 days a week which also includes working with Dunchurch park hotel to bring residents to the farm every week. Some of the benefits include having access to fresh local organic veg, having the opportunity to learn about seasonal food and growing, having access to green space, nature and meeting friendly volunteers.
Structure: CIC
Staff: 2
Volunteers: 25
Beneficiaries: 20 volunteers 90 members
- **New Bilton Community Garden Project and Orchard** – This project allows the community to plant and pick ingredients like fruit, vegetables and herbs from around the neighbourhood. The aim is to also teach children how to grow their own fruit and vegetables. Fruit trees planted for the orchard include cherries, apples, apricots, pears, plums and quince, with residents encouraged to help themselves to produce once the trees bear fruit. This is an emerging group.

- **Christ Church Brownsover Community Garden** - Brownsover Community Garden aims to offer a safe place for all generations to meet and socialise. It hopes to support the growing of fruit, flowers and vegetables which can be used by the whole community. They have also run workshops including planting window boxes with herbs to encourage pollinators into the gardens.
- **May Blossom Farm** - May Blossom Farm has opened its doors as a community farm, where people can spend time working with the animals and growing plants for food, learning new skills, building confidence, and improving their physical and mental health and wellbeing.
 Their five and a half acres of ancient meadowland are home to a small flock of sheep, goats, a vegetable garden, an orchard, a pond and wilderness areas. There is a big green barn with a kitchen, bathroom, workshop and indoor chill-out space, and a garden area for outdoor games and activities. It is a place to relax, connect with nature and feel refreshed.
 Their indoor and outdoor spaces can be used for music, art or theatre projects and are available to rent by voluntary and community groups.
 Structure: CIC
- **St Peter's Farmers Market** - with 6 regular stallholders selling their fresh produce (freshly baked, home reared or home grown). The Farmers' Market is held on the 1st Thursday of each month, except January, from 10.00 am - 12.00 pm. The market started in June 2012 and was a huge success.
 There is a real buzz and community spirit at the market, and they feel that they have achieved what they wanted to do in bringing the Church and the local community together. Some vendors include the Jam Lady, the Lost Farm and North Country Pies and Cheese.
 A number of customers and stallholders have commented on the friendly atmosphere of the market.
 They also have a very welcoming cafe where you can enjoy a friendly chat, whilst enjoying a cup of tea or coffee, cheese scones or a selection of homemade cakes. Tea, coffee, scones and cakes are only £1.50p each.
 Structure: Faith Organisation
 Beneficiaries: Around 100
- **Garden Organic** – Through campaigning, advice, community work and research, their aim is to get everyone growing 'the organic way'. They run a range of projects, one of these being the Rugby Community Champions project. This project provides support to volunteer

Community Champions, who will offer training and advice to residents around growing their own food, composting, preventing waste and using natural methods to promote healthy, productive and sustainable gardens and green spaces. The intention is to connect local people with green spaces in the borough. They would love more people to have knowledge and skills, and feel inspired, to grow their own food, help biodiversity and prevent waste. Garden Organic, Rugby Borough Council and the Community Champions will work together to nurture land, inspire growing and greenspace activities, embed sustainability in gardening practices, and impact positively on biodiversity.

Stratford on Avon

Foodbanks

- **Stratford Upon Avon Foodbank** - They provide emergency food parcels for 3 days for people in crisis. Not only do they provide emergency food, but they also offer advice on housing issues, debt and benefit entitlement. This is trying to support people to move on from their situation so that they don't need to visit a foodbank in the future. This project demonstrates that there is food insecurity within Stratford upon Avon to the extent that a food bank is needed and that it feeds over 500 people a month. Funded through grants, individual donations and corporate donations.
Structure: Registered Charity
Staff: 7
Volunteers: 170
Beneficiaries: Approximately 120
- **Shipston on Stour Foodbank** – They provide emergency food parcels for 3 days for people in crisis. Not only do they provide emergency food, but they also offer advice on housing issues, debt and benefit entitlement. Distribution area St Edmund's Church
- **Fosse Foodbank** – Distribution area: The Methodist Church Wellesbourne, St. Peter's Church Kineton, Graham Adams Centre Southam, St. Michael's Church Bishops Itchington
- **Arden Foodbank** - Distribution area: Eric Payne Community Centre Alcester, Studley Methodist Church

Food Pantries

- **Net Zero Community Kitchen Ken Kennett Centre** - Volunteers use surplus food donated from local supermarkets, to produce tasty, healthy 3 course meals. These meals do depend on what food is donated so it is often planned the night before. The project is run on a pay as you can basis, if you can't afford to pay, you don't have to, but donations are welcome. They have grants to pay for the staff salaries, but the voluntary donations cover the supplementary food and other costs associated with running the project.
Structure: CIC
Staff: 1 part time
Volunteers: 30 volunteers (3 roles including collecting food, cooking the food and serving the food)
Beneficiaries: 20-23 each week
- **Alcester Community Fridge** – Currently running two Community Fridges. Alcester Baptist Church has launched a second 'Community Fridge' in Alcester. This new 'fridge' is located in the grounds of the Baptist church on church street and is open to everyone, whilst the first one is run by St Nicholas Primary School and is open to the school community only. They stop good food going into landfill. They collect from 7 different supermarkets in the area, take it back to the Fridge and people can come and help themselves to what they want. They are not particularly focused on food poverty but helping food budget go further and also helping people connect in the community.
Structure: Registered Charities
Staff: 2
Volunteers: 30
Beneficiaries: 150
- **Bidford Community Fridge** - They collect food from supermarkets that is destined for landfill and distribute it to the public free of charge. They work with Marks & Spencer's, ALDI and Lidl.
Beneficiaries: 100 weekly

Community Cafes

- **Community Hub and Café Galanos House** - The Community Hub and Cafe has been open since May 2022 and offers a range of community events and groups, such as AFVBC sessions, Silver Sundays, Chatty Café Table, Warm Hub, Dementia Café, Sporting Memories, and Nosh

and Natter sessions. The Community Hub & Café serves a selection of hot drinks and homemade food, including roast dinners, all-day breakfasts and a daily 'specials' board with vegan and gluten free options.

Structure: Charitable Company

Staff: 10-15 employees in the catering and front-of-house teams.

Volunteers: 60 volunteers

Beneficiaries: 50-150 customers a day

- **Ilmington Community Café and Shop** - Ilmington Community Café is a hub for village residents and visitors alike. They are a volunteer-run operation. Their aim is to provide a friendly community space for people to meet, eat and relax. Owned by the community and staffed by volunteers, Ilmington Community Shop is more than just a shop... it's a place to meet friends and neighbours, to welcome newcomers and visitors to the village and to engage in the social side of village life. The café can seat 80 people inside and 20 people outside. They also run different community activities including a Monday lunch for people that live alone, a knit and knatter club and book club.
Structure: Ltd Company (not for profit) and Cooperative
Staff: 1 full time 1 part time
Volunteers: 100 plus on a rota system
- **Entrust Community Café** – New café every Friday 10-2pm. The café supports people with additional needs into paid employment. It offers drinks, hot food (including soup, baps and jacket potatoes) and freshly baked treats. Running from Escape Arts and Heritage Centre in Stratford town centre this is a new café.
Structure: CIC
- **Preston Village Shop and Café** –The shop offers locally sourced quality meats, eggs and organic milk in reusable bottles, fresh baked bread and veg boxes to order, frozen vegan, vegetarian and meat pies. The aim is to cut down on plastics and so staff weigh out some staples such as rice, nuts seeds and legumes. The cafe has freshly ground coffee from local artisan coffee roasters & suppliers, Monsoon Estates, Pukka teas, a hot meal of the day, homemade cakes with additional choices as pre orders, such as veg or meat fry ups and sandwiches. It is a cosy pit-stop for drinks and food. Ideal for leisure visitors and small informal business gatherings. It is accessed by local villagers and visitors.
Structure: Sole trader
Beneficiaries: 15 a day

Community food Provision

- **Stepping Stones** - Feeding the homeless in Stratford Upon Avon and surrounding villages (Stratford on Avon). Open for hot food, chat & support offer from the United Reformed Church. They run twice a week on Tuesdays and Thursdays providing home cooked meals, which bring people together. They offer a 2-course dinner with fresh fruit and hot drinks. This is an opportunity to informally support the homeless and vulnerable in their community. They don't give advice but instead just listen. They also offer takeaways to the homeless. Another extension of this project is teaching people to cook with the limited facilities they may have access to, i.e. using kettles to cook with. This Charity is funded by grants from Trusts and Foundations.
Structure: CIO
Staff: 1 part time staff member
Volunteers: 10 volunteers
Beneficiaries: 16-18 per session
- **The Fred Winter Centre** - The Fred Winter Centre is a community hub supporting local people in Stratford-upon-Avon, with a focus on providing housing plus a range of services which address homelessness and hardship.
The Breakfast Club at the Fred Winter Centre is open from 9.30am – 11am Monday to Friday. They offer free tea, coffee, cereal, toast and donated pastries/cakes from a selection of local businesses such as Pret a Manger, Cornish Bakery and Gails.
The Club is managed by a dedicated team of volunteers and their customers' circumstances range from rough sleeping to those with no/limited means of cooking and those who simply want to come along to a friendly, sociable space where they can meet up with their friends for a chat over a cuppa and some breakfast.
Feedback from their Breakfast Club attendees is overwhelmingly positive. They provide a warm, safe, non-judgmental space with friendly staff and volunteers. Customers may come to them in crisis through rough sleeping or be in temporary accommodation. They provide a signposting service, advice and support to those who need it along with our shower/laundry/Clothes Bank facilities which are all provided free of charge. They help with a diverse range of issues and have regular visits from both physical and mental health nursing teams on certain days of the week. In addition to this, they have a weekly programme of clubs and activities such as Garden Club, Graffiti workshop and Bingo.
Whilst they cannot solve every issue presented to them, they believe their service provides help, advice and signposting to those who need it. If someone leaves the Fred Winter Centre feeling a little better than

when they arrived, they consider this a positive outcome for the customer.

Structure: Charity

Volunteers: 2 volunteers per morning

Beneficiaries: 30 a day

- **Ettington Village Breakfast** - The Ettington village breakfast runs four times a year, generally, in Feb/March, June, Sep/Oct and December. This is an opportunity for people from the village to come together and share a proper breakfast in great company. These events are always popular and manned by a dedicated team of volunteers with proceeds going to causes in the village (Pre-school, Scouts etc.). A range of full English breakfasts are on offer including vegetarian options and even build your own breakfast. There is a set cost for whichever option you choose. Everyone welcome faces new and old. There is a core group of regulars from the village, but they also get new people at each breakfast.
Structure: Charitable Trust
Volunteers: 5 in the kitchen and 5 serving
Beneficiaries: 100 to each
- **Welford-On-Avon over 60's Luncheon Club** – The club runs on the first Thursday of the month at the Bowling club (using the chef at the Bowling Club also). This is volunteer based project, and the club has a long history of running for over 60 years. Attendees pay £12 for lunch and this covers the cost of the chef, room hire and other expenses.
Structure: No formal structure
Volunteers: 3
Beneficiaries: 20-23

Growing Food Projects

- **Stratford Town Trust Community Orchard** – The Orchard includes a range of heritage fruit trees including apples, pears, damsons, cherries and plums. This is a space where the community can come together. There is also a space for community picnics and for local schools to use as an outdoor classroom. The Orchard is funded through Defra's Coronation Living Heritage Fund.

Warwick

Foodbank

- **Warwick and Leamington Foodbank** – Runs from Heathcote Parish Church, Southorn Court, St Mary's Church & Community Centre, St Paul's Church, Westbury Centre, Saltisford Church, and Kenilworth (Delivery service for Kenilworth town only)
Kenilworth Foodbank - Trussell Trust foodbank delivers to Kenilworth homes directly on a Friday between 10am and 12pm. Referrals can be obtained through GP surgeries, the Kenilworth Centre, Compassionate Kenilworth and the churches.
Structure: CIO
- **Brunswick Hub Chilled Foodbank** – Currently runs as £5 get £20 pack or free with a community café gift card. Referral or needs assessment. They have surplus items from supermarkets and/or local growers kindly donated. On Thursday and Friday, they have a 'Free Food Table' where those from the community can come and pick up some extra items. The aim is to reduce food waste as well as providing for those who may need it.
Structure: Charitable Company
- **Ahmadiyya Muslim (Leamington Branch) Community Food Bank** – Provide weekly food Parcels & Cookbook "Cheap and Easy Cooking". Referral forms are available for those who would benefit from access to the Foodbank. This operates from the local community centre, Ahmadiyya Muslim Association – Leamington Spa.
Structure: Faith Organisation

Food Pantry's

- **Your Farmer Mobile Farm Shop / Transforming Communities Together**
- Supporting with food poverty through a mobile farm shop van providing high quality frozen meat & fresh fruit & veg hampers for low or no cost to those referred by schools and community locations. The project acts as a way for locations to develop relationships with people in need and to then signpost and offer them other support services. Promote healthy eating and cooking from scratch. This is funded by grant funding.
Structure: Registered Charity
Paid staff: 2
Volunteers: 5
Beneficiaries: 60

- **Packmores Community Centre** - At Packmores Centre, the Food pantry is open Tuesdays and Fridays from 11:30am to 1:30pm. The pantry is open to all members of the community, with a focus on those experiencing financial difficulties or food insecurity. It helps meet immediate needs, improve the overall wellbeing and help build connections with the community.
Structure: Registered Charity
Staff: 2
Volunteers: 12
Beneficiaries: Between 40 and 60 families each week.
- **Lillington Community Pantry** –Food, essential items and advice. You can visit the Pantry once a week. It costs £5 each time you shop at the Pantry.
Structure: Charitable Company

Community Cafes

- **Chase Meadow Community Cafe** – They offer a selection of cakes, biscuits, crisps, and savories available from the counter at reasonable prices.
Structure: Company
Staff: 3 part-time
Volunteers: 4
Beneficiaries: 90 a week
- **Crown Routes Lillington – Brunswick Hub** - provide hot drinks and lunches three days a week for older residents and for people in the wider community who may be experiencing social isolation.
Structure: Charitable Company
Volunteers: 3 volunteers
Beneficiaries: 15-20 on the days that it is open
- **Entrust Open Door Café** - The Open-Door Café every Tuesday and Thursday at Budbrooke at St Michaels Church Warwick from 9am – 12 noon and at Brunswick Hub, Leamington Spa every Friday 9am -1pm (term-time only). Their staff and trainees (on the Pathway to Employment) serve hot & cold drinks and food, such as bacon baps, soup and sausage rolls (as well as some tasty homemade treats). Disabled Trainees are supported to learn the skills needed to secure gainful employment. During our community Cafe sessions Trainees can learn skills to become work ready, complete Food Hygiene courses and receive support.
Structure: CIC

- Sydenham's Community Café** - Visit the café and you'll find a warm, welcoming environment where you can relax, meet new people and enjoy delicious healthy food prepared by friendly staff. Hot and cold food, daily specials and free Wi-Fi available. A community cafe offering affordable healthy food is open Monday-Friday 9.30am to 1pm.

Also offer affordable veg bags and eggs. These need to be ordered by Tuesday for collection on Thursday afternoon. Small bags are £5 and large bags £7. They contain staples such as carrots, onions and potatoes each week plus other in season veg that varies from week to week and at least 2 fruits. It is believed that they cost a half to a third of the price of supermarkets.

Also have a free food table every Tuesday at 12 noon. People can come in and help themselves to free surplus supermarket food

They run a warm hub each Tuesday from 12 till 1.30ish. They provide a free homemade soup lunch with bread, tea, coffee and cakes. It's a social opportunity for people living locally who are struggling with the cost of living to get together. They also invite guest speakers or do activities at the group. Guest speakers tend to talk about local cost of living or wellbeing services.

It is funded by various grants including Kind Communities Kind Food, Sainsburys, WRCC and Co-op.

Structure: Registered Charity

Staff: 1 for the warm hub and free food table, 2 staff members for the café and 1 staff member for the veg bags

Volunteers: 5 vols for the warm hub and free food table, 15 for the café and 10 for the veg bags

Beneficiaries: 20-25 to the hub and free food table, around 100-150 a week access the cafe and 75 access the veg bags each week

Community Food Provision

- Westbury Lunches** – Runs from Westbury Community Centre on Tuesdays from 12.15pm-2pm during term time. People enjoy a free lunch and a chat. There are 14 volunteers in total though each Tuesday there will be 4/5 there each week. The regulars' comment on how much they enjoy coming along not just for the free food but especially for the company. It is donation based and there is a grant from Morrisons which covers the cost of running the lunches.

Young People First (YPF) started it as a Community Café and then back in September 2023 when they could no longer carry on Myton Church took it over calling it the Westbury Lunches. YPF received a generous grant from Morrisons for the café and Morrisons very kindly

allowed Myton Church to carry on using the money for the Westbury Lunches.

Structure: Faith Organisation

Staff: 1

Volunteers: 14 altogether

Beneficiaries: Between 20-40

- **Chase Meadow Community Fridge** - For a £2 donation those in need can attend and buy a bag of food. A mix of fresh and ambient food, mostly in date and some close to best before but generally a good range of things to choose from.
Structure: Charitable Company
Staff: 3
Volunteers: 2
Beneficiaries: Approximately 20 people come and collect food - but the average household size worked out to be 4 - so about 80 people a week benefit.
- **St John Baptist Food Kitchen and Larder** - On Wednesdays they have a Food Kitchen that provides a cooked meal either to eat in or to take away. This is a free service, just come along - no questions asked. It is open 5.30pm to 6.30pm. They also run a Food Larder on Wednesdays and Sunday mornings; there is a table in the front porch of Church stocked with basic provisions for anyone to come and help themselves to which includes food and toiletries. There is no charge for this.
Structure: Faith Organisation
- **Sunday Dinner Hub and Community Kitchen @The Kenilworth Centre-** Compassionate Kenilworth is a group of local volunteers who first rose to face the challenge of the pandemic, keeping people safe at home. Their focus is to reduce social isolation and loneliness to improve health outcomes and help make the town a happier place to live. They work alongside The Kenilworth Centre to run a range of food projects to support the local community. The Sunday dinner hub is run on the last Sunday of the month and was designed to support individuals and families with a delicious dinner provided by 'Cook' and to also give people the opportunity to socialise without worrying about the bill. There is no charge, but donations are welcome.
A four-week Youth Cooking course will also be running in April and May this year. There would be a cost associated with this, but some free spaces are available.
They also provide an Emergency CK & tKC Supermarket voucher scheme which is designed to provide short term, emergency support with access to food during a crisis period.
All of these projects are funded by various grants and foundations.

Structure: Charitable Company

Staff: 2

Volunteers: 43 across the various projects they run

Beneficiaries: 35 attend the community dinners

- **Helping Hands Soup Kitchen and Breakfast service** - This service runs from Althorpe Street centre in Leamington. It is powered by donations from supporters, and served by a team of volunteers, they provide hundreds of hot meals every year for those who need them most. But the breakfast services and soup kitchen are about much more than food - they are about connection. They offer a sense of community where individuals are warmly welcomed. Their clients feel they belong in the Helping Hands family where they can build trusting relationships as a platform for a positive future.

The Soup kitchen is open Monday to Thursday 6.30-7.30 and the Breakfast club is open Monday- Thursday 10.30-11.30 with a cooked breakfast provided on Monday. There is also a Men's and Ladies group running on Tuesday and Wednesdays. From the Ladies group they have taken part in Resin workshops and are now selling bits from this. They have a real range of people accessing the projects with ages ranging from 18-80. They are now offering mentoring also to support clients to build themselves up into applying for jobs or volunteering. They run a range of projects alongside this, including the House to Home project where they can offer furniture and white goods for people with new accommodation through donations. They also signpost clients to other support services. This is a Help Out/Hand Up not a Hand Out. They are funded through donations and previous grants/sponsors but also the Corporate Kitchen Take Overs.

Structure: CIO

Volunteers: 110 volunteers

Beneficiaries: 30-50 for the soup kitchen, 15-25 for the breakfast service

- **LWS (Leamington Winter Support) Night Shelter** – Support food poverty and homelessness. They provide hot meals for people who are homeless or vulnerably-housed, as well as fortnightly food parcels for this cohort. They are a lifeline for people who are really struggling and would otherwise be unable to access food. They ensure as much as possible that their hot meals are nutritionally balanced, and that they provide a small food parcel to help cover for times when the soup kitchens are not available. They signpost to other organisations and have a very important role in reducing social isolation.

Structure: Registered Charity

Volunteers: 50

Beneficiaries: 50

- Brunswick Healthy Living Centre food project** - They offer an Emergency Chilled Food Parcel for households in crisis which includes fresh and frozen food. For £5, a family will be provided with items such as milk, bread, eggs, butter, cheese and meat products to the value of £20.00.

Families can be referred from any professional agency, such as Health visitors, GPs, Foodbanks, Schools, Citizens Advice, Social Services, etc.

Families can also self-refer for this service– subject to a Needs Assessment. Recipients will need to register with Brunswick Hub.

In addition, they run a Free Food Table with food surplus from supermarkets. They have surplus items from supermarkets and/or local growers kindly donated that would otherwise be thrown away. On Thursday and Friday, they have a 'Free Food Table' where those from the community can come and pick up some extra items. The aim is to reduce food waste as well as providing for those who may need it. The bulk of items are available from around 9.00am and due to the numbers that use this service, they operate a queue system. On arrival you can join the queue and take up to 6 items.

Funded through charitable grants.

Structure: Registered Charity

Staff: 1

Volunteers: 6

Beneficiaries: 60
- Gurdwara Sahib Leamington & Warwick** – Outreach Langar providing food for the local community of Leamington Spa to make fresh, prepared meals to anyone in the community who needs it. This takes place outside All Saints Parish Church.

Structure: Faith Organisation

Growing Food Projects

- Canalside Community Food** – The basis of share membership is simple; you pay a monthly amount and receive a share of the harvest each week in a chosen share size:

Large: Price (per month) produce + membership fee £94.50, Cost per week for produce on the basis of at least 50 shares per year £21.96, Membership fee £3

Medium: Price (per month) produce + membership fee £71, Cost per week for produce on the basis of at least 50 shares per year £16.32, Membership fee £3

Small: Price (per month) produce + membership fee £49, Cost per week for produce on the basis of at least 50 shares per year £11.04, Membership fee £3

Collection is on your chosen day. If collecting from the collection point near Leamington train station, monthly share price is as listed above, plus £6 per month packing and delivery charge.

Share members also have the opportunity to contribute to the work at the farm; each household is encouraged to do 3-4 mornings per year. You can help on any of the mornings of work throughout the year (on Wednesdays and Saturdays, between 10am and 1pm). This mainly involves manual work in the vegetable fields and fruit orchard, e.g. weeding, harvesting etc. If, however, you do not feel you would be able to do such physical work, there are other options open to you.

This is a CSA (Community Supported Agricultural Scheme). The land is farmed by Canalside Community Food owned by the community and held in perpetuity for the purpose of growing food for local people.

Structure: Co Operative

Advantages

Some of the themes identified include:

- Offering high quality UK products for low prices in the heart of communities
- Using locally grown produce
- Bringing the community together in ways they would not usually have opportunities to link
- Supporting with social cohesion
- Supports to combat social isolation and loneliness
- Building and maintaining friendships as people come back week after week
- Providing a warm, welcoming and safe space to offer food, warmth and friendship
- A dedicated WhatsApp group being set up which allows the project to inform people what will be the focus of each week's session. People use it to notify of their absence, people offer things they might be disposing of or ask for things that they need
- Reducing mental health issues
- Recruiting clients as volunteers to help give back to the community, giving value to the benefit they have received
- Supporting volunteers to build skills towards employment and watching them develop and build for their own future
- Supporting attendees to develop skills for future career opportunities
- Developing a network of referral partners, building networking team
- Working with partners to signpost and refer to other services
- A point of reference for many agencies, supporting people who are presenting with multiple problems physical, emotional and spiritual
- Bringing local people together including volunteers, donors and local businesses to build community cohesion and community networks
- Linking with local businesses to support community projects
- Supporting people with cost-of-living crisis through offering affordable produce
- Opportunities for those that do have the finance, to 'pay it forward' or support the costs of those that cannot afford the service
- Keeping children entertained and fed at an affordable price, for example, parents working remotely while having to take care of child. Bringing children to projects allows them to receive a free breakfast and activities meaning they can get work done whilst their child was occupied

Issues

Some of the themes identified include:

- Fostering dependency from beneficiaries
- Issues around defining 'eligibility' and helping people who 'really need it' or are they creating dependency
- Attracting the 'hard to reach'
- Cost of living – membership fee difficulty
- Project waiting lists as cannot accommodate all those that are interested
- Increased demand from those affected by changes to the Winter Fuel Allowance
- Increase in working families accessing support
- Ongoing food poverty is a major issue
- People struggling to access support are those who are working but find themselves on the breadline but do not receive any benefits.
- Individuals feel they should not access the support available as they believe there are many other people worse off than themselves

Issues for some of the projects moving forward:

- Sustainability of the projects for the future without ongoing external funding
- Ongoing sustainability is always a concern. There is very limited access to wholesalers to purchase food supplies at cost price
- Recruiting and retaining volunteers
- Dependency on volunteers
- Volunteer capacity
- Recruiting new trustees to help lead and shape strong VCFSE organisations for the future
- Venue not being fit for purpose
- Resources
- Capacity to develop a coordinated approach across local services for the campaign and Community work.

Conclusions from findings

The report highlights the importance of food projects for communities. Individuals can access, predominantly, home cooked, low cost/free food in a safe warm space. Alongside this, attending these projects also create a sense

of community, friendship and social network building. Social isolation is a real issue, especially among the elderly population and accessing provision such as this can be a lifeline for many. It also highlights the fortuitous benefits for beneficiaries and volunteers. Through the support and training they have been able to access many have advanced into volunteering opportunities or jobs.

Despite the many successes, the report identifies key challenges moving forward. Through the research undertaken it has demonstrated the issue of sustainability for many groups looking towards the future. Many of these groups are grant reliant to ensure they can keep the meals/food at an affordable price for individuals to access. This is also demonstrated in the increasing need of core cost funding, the capacity of groups to fundraise and the demand on the funding available. Another issue being faced is for those projects that are donation based and the impact the cost-of-living crisis is having on those contributions that beneficiaries can give.

There is an issue not only in terms of the cost of the continuation of these projects but also the reliance on volunteers and capacity issues. Volunteer capacity and retention remain crucial as the demand for support continues to rise.

It is felt that this demand for these services will only increase due to the cost-of-living crisis. Alongside this we have the increased complexity of need and demand from the service users. Careful attention must be paid to the long-term sustainability of many of these essential projects.

What we are seeing is the emergence of community food growing projects including orchards and community gardens. There is a growth of interest in sustainability and community ownership developing in these areas. There is a plethora of benefits of these types of projects. These include encouraging healthier eating patterns through eating fresh produce, the health and wellbeing benefits of being outdoors, both physical and mental health and bringing the community together for a common purpose to name a few.

There are many gaps in provision across Warwickshire and work to be identified but I hope what this report does show is the invaluable and important work of staff, volunteers and individuals in their community that want to help and make a difference to people's lives and are doing just that.



Five Acre Community Farm

The farm began life in 2012 when Transition Coventry were offered the opportunity to help set up a Community Supported Agriculture scheme at Ryton Organic Gardens. Following an open meeting, they found others who would subscribe to the scheme and help with initial start up funds.

Thanks to the help and support of friends, they started growing veg. The regular income pays for the growers and all the costs of running the farm (seeds, compost, rent, water, fuel, electricity, admin, finances, repairs of equipment, etc). All the rest of the work of running the farm is done by volunteers.

To provide a regular income to run the farm, the members pay in a monthly amount and collect a weekly share of the veg from the farm. The veg is seasonal, there are peaks and troughs in the volume of veg during the year, but to keep admin costs down, the members pay the same per month to provide a consistent income throughout the year.

At the farm they also work in partnership with Foleshill social supermarket. Members of the public can donate to the farm through the website and that enables the provision of vegetables to the social supermarket for use in their cafe every week.

The farm provides a range of incredible benefits to the community. This includes working to combat climate change and supporting local biodiversity. Another surprising outcome of the farm has been the value of building connections. The farm enables direct connections between consumers (the members), the growers and the soil. Stories are told through regular newsletters to enable members to understand the joys and trials of growing veg.

The structure of the organisation is a Community Interest Company – a social enterprise set up for community benefit and not private profit. They have 20 volunteers, including a group of volunteers from Dunchurch park hotel who support every Wednesday, and 90 members who benefit from local, organic fresh veg all year round.



Brownsover Family Winter Project

The winter project originated in the winter of 2022 and it ran for 7 nights a week over a 5 month period. Originally they were based at Boughton Leigh Infants School during the week and at Christ Church at weekends and school holidays. In total they were open for 126 nights and served 2081 meals. The project attracted over 40 volunteers from all areas of the community. In order to provide cooked meals they also financed online Level 2 Food Hygiene courses for all the kitchen staff. For all their hard work they received a WCAVA volunteer award for the project, and later found out it was some of the families that had nominated them.

For 2023/24 they moved to solely using the Christ Church venue. Open for 3 nights a week they still served 2005 meals over 56 nights. The average cost per 2 course meal was around £3.20 after adding an allowance for utilities costs. By decreasing the nights they were open it reduced the workload on volunteers but still ensured that families were well, and regularly, supported. They also had previous attendees offer to volunteer to cook and the project was able to fund the Food Hygiene course to support her with this.

As a separate project they distribute hampers of food and household essentials to the same families that access the meal provision as well as some elderly/vulnerable people in Brownsover. This took place at the beginning of December and delivered 40 hampers in total.

They are not open for Christmas Eve and New Years but provide each family engaged in the project with a £40 Tesco voucher to support them during the Christmas period.

Through engaging with the project individuals and families have not only received a warm healthy meal they have also made friendships and support networks that extend outside of the project. They have been supported to access other support services and, as previously mentioned, some have even began volunteering at the project itself. The project started again in November 2024 and they hope to be able to continue and grow the project for years to come to support those that need it within their community.



Newton Regis Light Lunch

The Newton Regis Light Lunch set up over 3 years ago as a warm hub. With £300 initial startup costs from WRCC. It started as a warm space to go with coffee and cake on offer and has evolved over time to become something that the community really values.

It is run through Newton Regis Village Hall committee with 10 volunteers supporting on a rota basis, 6 one week and 6 the next on a rota basis. It runs over the winter months from October to the end of March with alternative activities running through the Spring and Summer.

There is a range of food on offer that is sourced locally from, for example, the local butchers and homemade cakes made by the volunteers. Soup with a roll is free and there is a minimal charge for the other food on offer. The lunch is attended by 35-40 people per week. These individuals include young mums, the local Vicar and the local Warwickshire County Council Councillor. They have also had other organisations in to talk to attendees including the CAB, the Fire Brigade and Neighbourhood Watch. The local primary school has also staged short choir concerts for attendees.

The benefits for people attending include building local networks, having some social interaction in what can be a rurally isolated area and just having a place to meet and chat. There is also the opportunity to engage in a weekly raffle.

This lunch is not only accessed by people from Newton Regis but also from surrounding villages.

The service is self-funded by donations. Any deficit is covered by the Village Hall and any occasional surplus is put back into the lunch group to buy equipment and other resources.

The lunch is part of a series of community-based events run at the village hall. Others include line dancing and a women's choir, Diamond Harmony.



Running from the Ken Kennett Centre the community kitchen is open every Friday evening. Volunteers use surplus donated food from local supermarkets, to produce healthy 3 course meals for individuals as they make a voluntary contribution based on what individuals feel they can afford. They have around 30 volunteers taking on 3 different roles including collecting the food from supermarkets, cooking the food and serving it to beneficiaries. The food donated usually consists of fruit, vegetables and bread so some supplementary food is needed to be purchased to cook the meals. With any excess food the attendees can take away with them.

The volunteers cook 100 portions of food a week providing meals for an average of 20-25 people. These individuals come from all walks of life, from the homeless, builders and families.

Three quarters of attendees are regulars, primarily older people, who attend due to loneliness. They have created friendships and for some this is the only time during the week that they interact with others.

They have also run pizza nights through which they are able to teach volunteers how to make dough from scratch therefore upskilling those that support the kitchen.

The main aim of the project is to stop food going to landfill and reduce food waste to align with their aims of creating spaces for climate awareness and action in Stratford-upon-Avon. The food that is cooked is vegetarian/vegan to ensure they are offering individuals a carbon-friendly diet.

Net Zero Stratford run various projects alongside this, including a repair café, all with the aim of reducing carbon footprint and supporting the challenge of climate change.





Compassionate Kenilworth & The Kenilworth Centre

Compassionate Kenilworth (CK) was created by a group of local volunteers who first rose to face the challenge of the pandemic, keeping people safe at home via the Covid 19 Kenilworth Support Group. Their focus was to reduce social isolation and loneliness to improve health outcomes and help make the town a happier place to live.

the Kenilworth Centre (tKC) is a large community centre in the town of Kenilworth. The centre offers room hire, runs a community recording studio and radio station and delivers a comprehensive program of youth and community activities at the centre.

Both charities work together on multiple community projects with a specific focus on food and social isolation.

Compassionate Kenilworth currently delivers the following social activities/cafes:

The Bereavement Café takes place monthly on the last Monday of the month at tKC, 10.30 - 12, with the aim of bringing a little happiness to your day. They offer a relaxed, safe environment to talk with others who are going through similar circumstances. No need to book, just drop in!

They also run a free to access Monday Hub at tKC. A regular hub with table tennis, pool, crosswords, chat, tea and coffee and opportunity to meet others and make connections. This runs term time only from 2 - 4pm. No need to book.

A Technology Support Café offers free technical support and guidance for your phones, tablets and laptops with a cup of tea or coffee which runs from the centre. This is delivered on Wednesdays during term time between 2 - 3.30pm at tKC. Booking is required - 07737 511215

CK run in partnership with St Vincent De Paul, a Tuesday Hub at St Francis of Assisi which is a free to access social space for a cuppa, snack and opportunity for a chat. This happens each Tuesday between 10 - 12 noon. No need to book.

CK work alongside tKC to run a range of food and social isolation projects that aim to support the local community.

The Sunday dinner hub is run on the last Sunday of the month between 4 - 6pm and was designed to support individuals and families with a delicious dinner provided by 'Cook Ltd' at a reduced cost and to also gives people the opportunity to socialise without worrying about the cost. There is no charge for these meals, but donations are welcome. Booking is essential - you can do this via tKC at 01926 855205.

Board Games Hub is run on the third Sunday of every month between 3-5pm at tKC. This is an opportunity to play board games with others with a donations-based cafe.

Other joint projects include breakfast provision at Kenilworth School for hungry students who come to school hungry for a variety of complex reasons, not simply financial. They also provide an Emergency CK & tKC Supermarket voucher scheme which is designed to provide short term, emergency support with access to food during a crisis period. They relieve immediate pressure by providing the means to purchase a small number of essential items to supplement any other food support already offered. They are in no way a replacement for accessing existing supports such as Food Bank parcels or access to Social Supermarkets. Ideally, the recipient will be referred by a professional who understands the current circumstances they are in and supports them by referring them into the scheme.

Historic food support includes the delivery of several Slow Cooker Courses where participants have attended demonstrations at tKC and learned how to use a slow cooker to make various low cost, healthy recipes. Attendees have received a free slow cooker and energy support as well as valuable social connection. These have been free to access courses funded by National Grid - Communities Together and supported by Kenilworth Lions. They will seek additional sources of funding to run this program again in 2025.

They have also run Community Kitchen (a space for locally placed asylum seekers to cook and share a meal together).

All of these projects are funded by various grants, donations and sponsorship and are supported by a number of wonderful volunteers.

More information can be found on the Kenilworth Centre website and the Compassionate Kenilworth website.