



# East Brighton Food Co-op Impact Report Annual Update May 2022- 2023

## EBFC's Citywide Daily Community Meals on Wheels Service Across Brighton & Hove



**East Brighton Food Co-op have now cooked and delivered over 250,000+ daily fresh nutritious meals citywide across Brighton & Hove, saved 500+ tonnes of surplus food and redistributed it all to community food projects across the city.**



We supply a fresh, nutritious daily meals on wheels service, maintaining social contact & welfare checks for our neighbours across the city of Brighton and Hove.

**75% of our recipients  
are using our service due to disability or ill health.  
This provision is an essential lifeline.**



Daily freshly made healthy nutritious meals from Robert Lodge Kitchen. Volunteer Adrien on top of the fresh tomatoes when EBFC were cooking and delivering 2000+ meals a week across Brighton & Hove from East Brighton at the peak in Lockdown.



Bryan and Clair at Robert Lodge Community Rooms cooking up Bryan's Mum's famous Irish Stew.

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### I. Summary

EBFC's meals on wheels service has been utilising community centres across East Brighton for the last 3 years, but we now need our own kitchen and industrial catering equipment to keep up with demand & keep the service going. We have now been given a long-term lease at 24 Baker Street, BN1 4JN so will now be fitting an industrial kitchen with commercial blast chillers.

A daily, nutritious meal is essential for health and wellbeing, yet pre-covid there were an estimated **4,000+ over 65-year-olds in Brighton & Hove are suffering from malnutrition**. These figures are rising as a result of the cost-of-living crisis & austerity and the number of individuals in need of our support is increasing. We want to be able to continue assisting people, who cannot cook for themselves for various reasons, with accessing quality, fresh and nutritious **daily meals**.

**An astonishing 87.5% of our current recipients have informed us that without EBFC's daily meal service, their health would have deteriorated significantly. This emphasises the necessity of keeping our provision going; we must look after our most vulnerable neighbours.**

## 2. EBFC Meals on Wheels Citywide Deliveries across Brighton & Hove...and counting

EBFC began making and delivering fresh healthy nutritious meals daily in Whitehawk for our vulnerable neighbours in March 2020 and we realised very quickly there was and still is a big need for daily meals on wheels for our most vulnerable neighbours across the city of Brighton & Hove.



Janet and Bryan at The House of Lords National Meals on Wheels week.

**We were invited to The Houses of Parliament last Halloween at the launch of National Meals on Wheels week, the EBFC used this opportunity to launch a national petition to make Meals on Wheels a statutory service with government funding. We also distributed our 2020-2022 Data Impact Report. This is a long running campaign, and we hope to have this in parliament within 5 years.**

You can sign our petition at: [change.org](https://change.org) - meals on wheels – East Brighton Food Co-op



Bryan Coyle, EBFC Founder, presenting EBFC's Data Impact Report 2020-2022 with Baroness Jill Pitkeathley at The House of Lords.

**“Very nice to meet you at the reception today, together with your colleagues, the report is most impressive.”**

Quote from Baroness Jill Pitkeathley 31<sup>st</sup> October 2022



Two of our elderly diners receiving healthy fresh food delivered to their door from EBFC.



Our Sue cooking up EBFC's Christmas Dinner with all the trimmings from Kingfisher Court along with our Clair and her wonderful homemade Christmas Cake. A Magnificent Christmas Citywide Meals on Wheels Service.

**Quotes from Impact Initiatives and Brighton & Hove City Council Health and Adult Social Care, who regularly refer people for our daily citywide meals on wheel service.**

Hi Janet,

“The East Brighton Food Co-op’s meal delivery service is crucial in looking after the most vulnerable people within our community. We often have people come through to our service that are unable to afford food and unable to cook for themselves due to a mobility issue or disability, and there is no other service that caters to these individuals. The meals delivered by EBFC are freshly prepared, nutritious and made with love, which is felt by the recipients. I had a client feedback that these meals literally saved her life when she was in a time of crisis with her mental and physical health, as she felt like somebody cared about her each time the meals arrived, not to mention the nutritional benefits that positively impacted her health. It is critical that the EBFC can continue to provide this service to these individuals, which will be in even higher demand as we are seeing the effects of the cost-of-living crisis arise.” **Ciara Murphy, Food Access Support Worker at Impact Initiatives**

Best wishes,

Ciara Murphy  
Food Access Support Worker  
*My pronouns are she/her*  
Impact Initiatives      Tel: 01273322950

Hi Gilliane,

Thanks for speaking on the phone with me yesterday.

Since then I’ve got in touch with Janet from the East Brighton Co-Op and we’ve been able to start food deliveries for the gentleman starting today.

I am very impressed with the speed of their reply and how flexible they have been in supporting him. They have agreed to bring the meals up to his room due to his limited mobility.

As we discussed, there is a scarcity of support in this area. More emphasis was placed on food provision in the early stages of Covid, but as you said yesterday this has all gradually began to wind down.

The council’s Community Hub still provide food parcels but are limited on resources and can only provide these for people who are specifically shielding due to Covid.

However, there are numerous other adults in the Brighton & Hove area who are vulnerable year-round due to their care and support needs and/or financial issues and are unable to access food banks or local shops, so I think this Food Co-Op is an excellent service which is addressing a very concerning gap in service provision within the community.

I hope this is helpful.

Many thanks,

**David Irwin** | Social Worker | Assessment & Community Engagement Team Health & Adults Social Care. Brighton & Hove City Council. 2<sup>nd</sup> Floor, Bartholomew House. Bartholomew Square. Brighton, BN1 1JP [David.Irwin@brightonhove.gov.uk](mailto:David.Irwin@brightonhove.gov.uk)

### 3. Map of delivery locations and postcodes

#### Current Community Citywide Daily Meals on Wheels Delivery Maps and Numbers

Row Labels	Sum of Meat	Sum of Veggie	Sum of Vegan	Sum of Count Drops
BEVY	20	1		17
Collects	7			1
HOLLINGDEAN	7		1	8
HOVE	10	1		11
HOVE-WEST	8	1		9
KT	12	6		18
North	6			6
QP	9	4		13
ROTTINGDEAN	3	1		4
Town	8	5		11
WH	8	1		9
(blank)	1			1
<b>Grand Total</b>	<b>99</b>	<b>20</b>	<b>1</b>	<b>108</b>

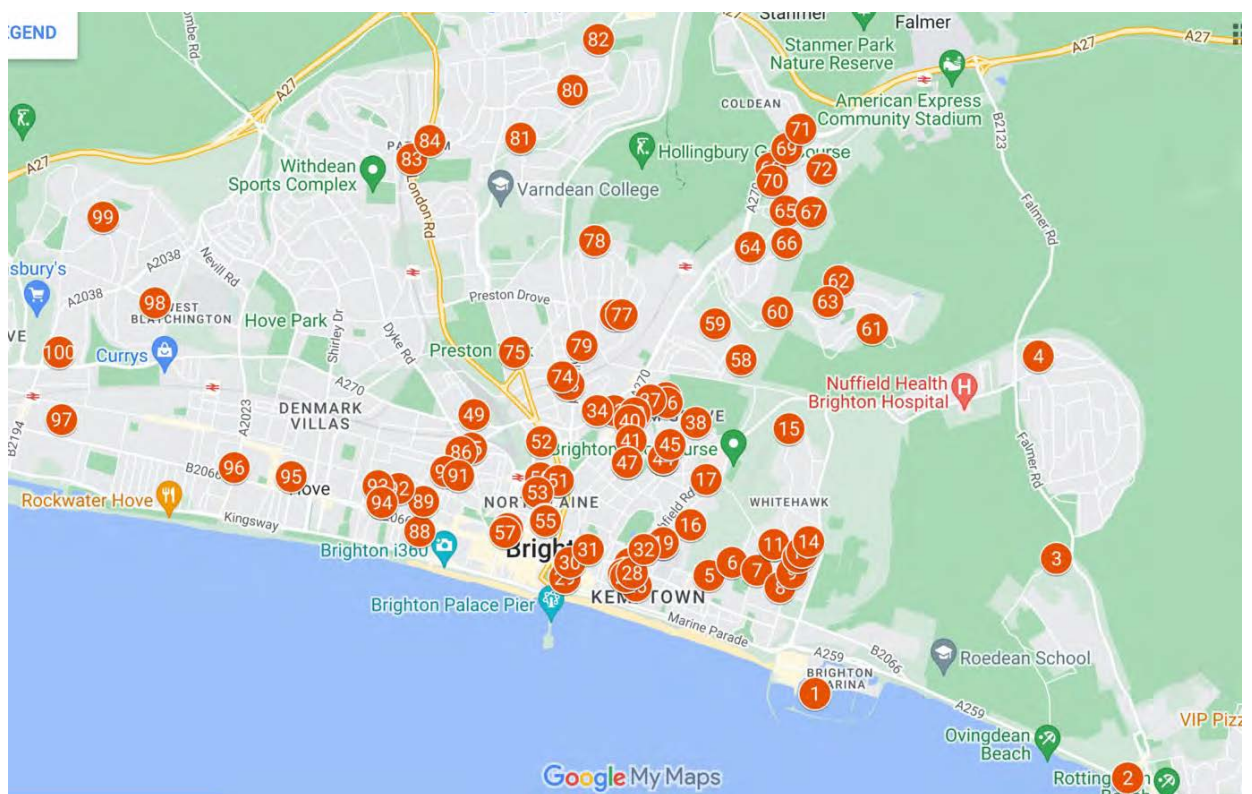
All our meals on wheels recipients are referred to EBFC through Brighton and Hove City Council, Social Services, NHS ECBPCN, Impact Initiative, Together Co, Possibility People, Red Cross and others and word of mouth referrals. Fran, The Brighton Nutritionist has assessed and been impressed by the quality and amount of nutrition EBFC are packing into our meals on wheels, Fran has also pitched in to help tub up too!





Many of our city-wide meals on wheels deliveries are to residents living on their own, many senior citizens with long term medical conditions and single middle-aged citizens also with long term health conditions.

### Delivery map for 25<sup>th</sup> May 2023 – with 108 individual addresses across the city of Brighton & Hove



### Delivering

We have 12 delivery routes crossing the city and our volunteer delivery drivers volunteer their time to help make sure our citywide daily meals on wheels arrive safely, welfare checks are carried out and friendships cultivated.

**Just Eat** have been a brilliant support to our delivery driver team. They very kindly provided 4 e-bike drivers a week for our city-wide meals on wheels delivery days. We cannot thank them enough and their wonderful team of Captains. This help has sadly come to an end as Just Eat have now changed their business model to zero hours contracts, closed their Hove Hub and are no longer able to help with our deliveries.



Chris Goss our wonderful delivery volunteer, delivers with Russell every Tuesday instigated the partnership with Just Eat to help EBFC with our daily city-wide community meals on wheels deliveries, here with Willow, our first Just Eat deliverer. on a Just Eat e-scooter.



Our Nic delivering across the city in Hove, Rottingdean, Portslade & Hangleton.

## 4. NHS Partnership – East & Central Brighton Primary Care Network - ECBPCN



Our partnership with the East Central Brighton PCN has helps us support more people with great meals, social prescribing, community outreach and so much more.

This has developed into Co-production, and we will be working together with our communities on blood pressure, diabetes prevention & living with diabetes, mental health and many other health related themes.

The ECB PCN team being based on certain days in the EBFC's new Kitchen / Community Café with a range of activities from Health & Wellbeing Cookery Classes, Creative Writing, the Arts & Animal therapy. As well as various community outreach public events.

**EAST & CENTRAL BRIGHTON**  
Primary Care Network

ALBION PARK DRESSENT  
ARCH  
ST PETERS  
BROADWAY  
REGENCY PAVILION  
BRIDGELY  
WELLSBOURNE

**EAST BRIGHTON**  
**FOOD**  
CO-OPERATIVE  
eastbrightonfoodcoop.uk

**EAST & CENTRAL BRIGHTON**  
Primary Care Network

**FREE CREATIVE WRITING CLASSES**

UPSTAIRS @ EAST BRIGHTON FOOD  
CO-OP CAFE, 24 BAKER ST, BN1 4JN

STARTING FROM THURSDAY 15TH OF JUNE,  
EVERY THURSDAY 10:00 - 12:00

**NO EXPERIENCE NEEDED!**  
DROP IN AND GIVE IT A TRY

REFRESHMENTS PROVIDED!

**NHS**

In partnership with our Local NHS ECBPCN, addressing health inequalities with great meals & social prescribing.

EBFC's pioneering work has been recognised nationally through multiple awards, with the most recent being listed in the 2022 Top 100 Social Enterprises in the UK. It's been a busy 3 years.



**East Brighton Food Cooperative**

**Bryan Cole – Founder**

East Brighton Food Cooperative (EBFC) uses food to bring communities together by learning, sharing and eating. It hosts free cookery classes and lunch clubs and offers a citywide daily meal delivery service.

[eastbrightonfoodcoop.uk](https://www.eastbrightonfoodcoop.uk)



“I started the EBFC to address the appalling health and education my area suffers from with the healing power of food and good company.”



Volunteers Paul, Sue, Amy, Maggie & Tash with our British Heritage Local Hero's Blue Plaque presented to the EBFC by Robert Lodge residents honouring East Brighton Food Co-op for feeding the communities of Brighton & Hove during lockdown.

This has only been possible due to the brilliant support of our local council, community, local businesses, funders, individuals and most importantly the incredible volunteer team's dedication to ensuring that our vulnerable neighbours are provided with fresh, nutritious daily meals in a sustainable manner.

## Free Blood Pressure Checks with the East Central Brighton Primary Care Network at Whitehawk FC

EBFC were alongside hand pressing apple juice for everyone with a variety of local delicious Sussex apples.

Our local football club had a successful season getting promoted to the Isthmian Premier League this year, massive congratulations! The EBFC are proud to be the official first team caterers ensuring our local footballing heroes are eating healthy balanced fresh nutritious meals.



Our local ECBPCN Team on match day at Whitehawk FC taking blood pressure checks with fans while EBFC work with the smaller fans making fresh apple juice.



Bryan, Ricky Perrin and Sue at Whitehawk FC's league winning game.



Here are two of our most enthusiastic volunteers making their own free fresh nutritious fruit smoothies – on the famous smoothie bike and the players tucking into some healthy nutritious EBFC after match meals. Win win!

To make a smoothie one must use pedal power to generate electricity to power the machine. The faster you pedal the more electricity you generate. It's a great interactive way of bringing science food and fun together.

Great for the planet and the tastebuds especially the yummy raspberry flavoured ones.

### **Stand Up for Whitehawk**

A fantastic night of Comedy, Music and EBFC Curry, raising money for East Brighton Food Co-op at the Whitehawk FC Clubhouse in December, a superb night! £1,400 raised by this fantastic lot who have supported EBFC from the beginning.



The Whitehawk Isolators and Mark Thomas rocking it in Whitehawk.

## 5. Surplus Food & Climate Action

Since 2020 EBFC have saved 500+ tonnes of surplus fresh food from going to waste & redistributed it across the city. Surplus fresh food is incorporated into our meals on wheels service, events, workshops, cookery classes and lunch clubs as well as being shared with our community.



Fantastic fresh red peppers, 3 tonnes of top quality surplus fresh peppers all collected and shared on one day with our neighbours and cooked into fresh healthy nutritious meals for our meals on wheels service. Peppers last well and these nutritionally packed peppers were extremely popular with everyone. Vitamin C anyone?



Bryan with Andrew from UK Harvest preparing to pick up a bounty of fresh nutritious raspberries to redistribute across Brighton & Hove.

These fresh food surplus donations are always picked up and redistributed to other local food organisations, schools, youth clubs, churches and our neighbours on the same day and there will be at least 1000+ people per week enjoying some surplus food somewhere in Brighton & Hove thanks to the EBFC food heroes.



Another 3-tonne collection by EBFC of fresh surplus food to be given away in Brighton & Hove. Sweetcorn, cucumbers and raspberries, all turned into healthy meals, healthy snacks and healthy fruit smoothies. Sweetcorn, cucumbers and raspberries on this day.



Ali from Cornerstone Foodbank in Hove picking up some fresh raspberries for the foodbank the following day. Perfect.

We redistribute the surplus food we collect to community food projects & our local primary school's breakfast and after school clubs. Parents collect their children and the freely available surplus fresh seasonal produce, lately raspberries, cucumbers, corn on the cob at the same time.

Through our collaborative Climate Action work with the National Lottery and Brighton & Hove Food Partnership, EBFC have been part of the Climate Action Food Use Places Pilot Project with other food groups in Brighton & Hove, weighing and measuring our food waste as well as recycling and composting it.





Our Compost Tumbler, the Joraform Compost Tumbler JK400, came from our work with Climate Action over the last year. It's a brilliantly simple machine and perfect for our Allotment. All our kitchen food waste goes to our wellbeing allotment for composting to grow our own food, herbs and fruit for our community meal service and for our community wellbeing workshops, wellbeing allotment, and Cookery Classes at our Baker Street kitchen, plus EBFC Cookery Classes & Lunch Clubs at 100 Kingfisher Court every Friday afternoon.



We recycle all our waste ourselves and grow our own food, not enough for all our needs as the scale of our community meals on wheels service is growing due to the Cost-of-Living Crises on top of what were already big pressures on those already isolated and struggling to cope.

EBFC have been operating as a circular mini economy since we started in 2020 and all our food waste went to the Community Allotment in Whitehawk. Our plastic meal tubs have been kept, they are used at the allotment and earmarked for a larger recycling arts project in the future. We are 100% committed to Climate Action and are part of a 2<sup>nd</sup> stage of the Climate Action Lottery funding to continue this work.



EBFC's Wellbeing allotment with a sea view.



Here are the Golden Girls – Our Brenda, Val & Christine having a nice cuppa at the Whitehawk Hill Allotments Food Project on Whitehawk Hill.



Paul from Made in Whitehawk helping redistribute some fantastic surplus cucumbers with Bryan at the local primary school.

**The EBFC believe that the healing power of a great meal can do wonders and we are involved in the process of a great meal from seed to plate.**

**We plant grow harvest cook & then deliver.**

**We have no waste as any veg peelings or anything that people or animals do not eat can be composted into lovely soil so we can start the cycle of life again & again & again.**

**Happy Days**

## 6. Baker Street Community Kitchen and Cafe



A well-earned cuppa for our kitchen volunteer team after cooking and dispatching over 350+ healthy fresh nutritious meals to the city of Brighton & Hove.

EBFC are in critical need of funds. Donations will help us to pay for key supplies at our Baker Street kitchen. We urgently need funding to pay for commercial fridges and freezers, a commercial blast chiller, meal packaging, rent & utilities, building repairs, transportation, staff & volunteer costs to bring our service up to commercial standards. We are constantly raising funds to keep this essential community meals on wheels service going.



Volunteers Sue and Maria getting fresh fruit organised at Baker Street for our Meals on Wheels desserts.



Anthony and the boys fixing the place up.

Thank you, Infinity Foods Wholesale, for donating to our cause every year. This year we finally got to meet these wonderful people and bought along some EBFC vegetarian lunch to share with them.



The fabulous Infinity Food Wholesale Superstars with a giant cheque for £2,500 towards our city-wide community meals on wheels service.



Baby sweetcorn, carrot, roast parsnip, sweet potato & maris piper potato mash with onion gravy and magnificent sausages from the local butcher. Daily fresh nutritious meals freshly cooked and delivered to our neighbours across the city.



Our local Kemp Town Co-op regularly collect food donations for EBFC.



EBFC collaboration with Sussex Bakedown is an ongoing cake fest of baking love. This gorgeous lot make cakes for our meals on wheels service once a week and have done for over 2 years. it's a huge treat for everyone.



...mmmm bit of something special for our diners from Clair



A perfect pud - Fresh strawberries and stewed apples



...and some tasty salami pasta with olive oil, roast mixed peppers, onion and spinach for our carnivores.

A text from Tahsan who was referred to EBFC for meals on wheels in April

Hi Janet, this is Tahsan.. Here are my thoughts about the food on wheels, please feel free to use my name.

Food on wheels has been a life changing experience for me. As a disabled person, I am not able to make my food every day. For a lot of the time, it meant either to order food which is really expensive and unhealthy or not eat. Some days I ate as much as I could take in and other days I would starve. Meals on wheels provide me with nutritious food which I can just microwave and since getting help from them, I haven't gone through any day without any food. I always know that I have healthy food to eat so it would be okay if I failed to cook, I don't have to starve.



A text from one of our meals on wheels diners who lives alone has had two hip replacements since lockdown ended, and a very poor diet over a lifetime.



Most of our Meals on Wheels are vegan or vegetarian and our meat eaters, who are much larger in number, are enjoying the vegan meals as much as the meat. Our meals are nutritionally packed with fresh vegetables, protein for meat eaters, vegetarians and vegans alike and carbohydrates.



Basil Pesto, brown pasta, black olives, fresh tomato and cheddar cheese.  
Bananas and pears for pud.



A rare moment at Baker Street catching some of the EBFC team in the same place at the same time.



Vegetarian Squash stuffed with pearl barley, lentil, kidney bean, garlic & tomato.

## 7.Kingfisher Court – Whitehawk



Bryan & Gill on top of the hot dogs at EBFC's Free Friday Barbecue at Top Park



Volunteers Sue & Amy setting up the Fresh Friday Fruit for Top Park Barbecue.



Chicken Mark's ducklings ready for gentle introduction with spellbound local children



From April to October 2022 EBFC held a Free Friday Barbecue at Top Park in North Whitehawk. Burgers, hot dogs, fresh fruit, tea, coffee, hand pressed local apple juice soft drinks all provided by surplus food & the EBFC and EBFC volunteers. Over 150+ residents of all ages attending each Friday. Bouncy castle, chickens, ducks, geese & dogs along with arts & outdoor games were hugely popular.



Tiny tots happily working out giant Connect 4 together at Top Park



Maggie, Woody & Amy at Kingfisher Kitchen celebrating a big tidy after the barbecue.

Kingfisher Court Community Room & the EBFC's kitchen team were recently featured as part of Brighton Festival's – Our Place photography project (May 2023).



Brighton Festival & Art Club events through May in Whitehawk, thanks to the wonderful Maggie Anderson.



Two talented little ladies enjoying Maggie's Art Club

**Brighton Festival's Vivek Vadoliya's photographs on a prep day Wednesday at Kingfisher Court with our Wednesday Crew in April.**



Judith, The Spicer and Kate dancing through a 350 meal Prep day at Kingfisher Court.



Sue and Maggie cooking up some sauce.



**Sue & Amy at Kingfisher Court Community Rooms in Whitehawk BN2 5FX after a Tuesday Meals on Wheels service. Sending out over 350+ fresh healthy nutritious meals to over 120+ residents in Brighton & Hove.**

**...and Happy Birthday Sue!**







Karen the EBFC'S very own Spice Girl on the Chop Chop Chop while Judith, Jojo & Angie are on Christmas card duty.

## 8. Smarter Uniforms

**EBFC gave local residents over 200 tickets through Smarter Uniforms Summer Give-away last year and will be doing the same again this summer.**



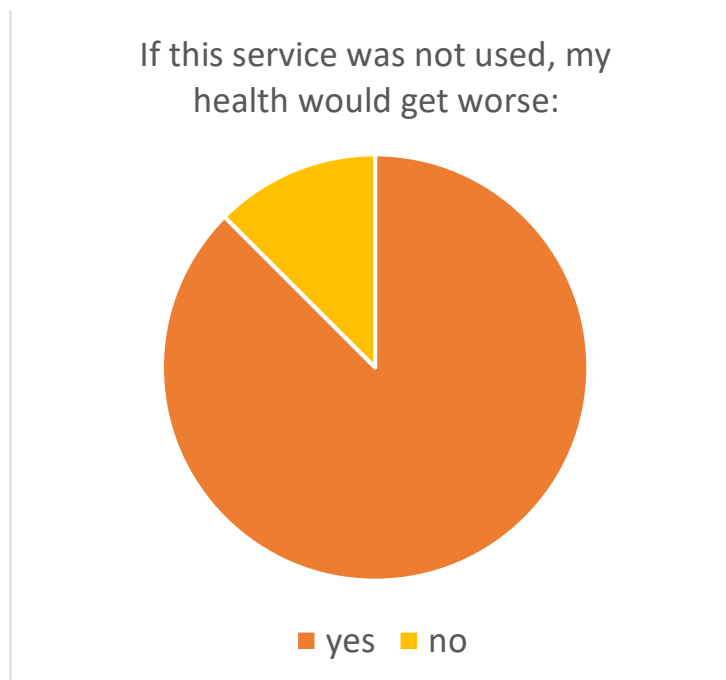
## 9. Survey

A.

**88% of our respondents said their health would get worse without the EBFC meals on wheels service.**

If this service was not used, my health would get worse:

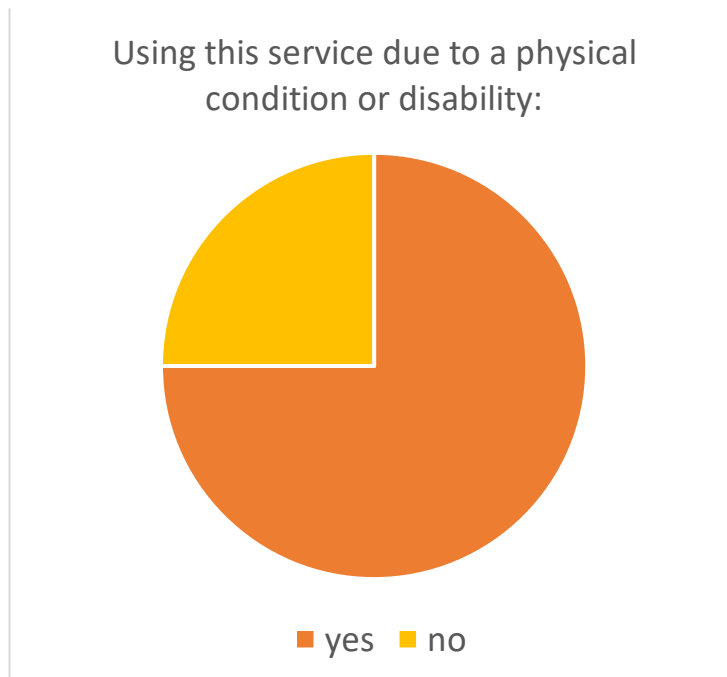
yes	88 %	no	12.5%
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**B.**

**75% of our respondents are using the EBFC Community Meals on Wheels due to a physical condition or disability:**

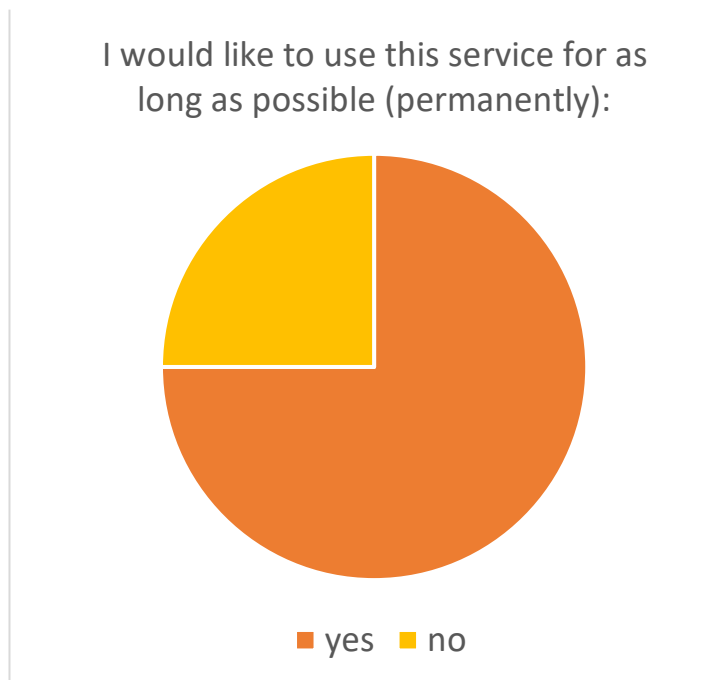
yes 75%      no 25%



C.

**75% of our Meal recipients would like to receive our service long term. I would like to use this service for as long as possible (permanently):**

yes 75% no 25%

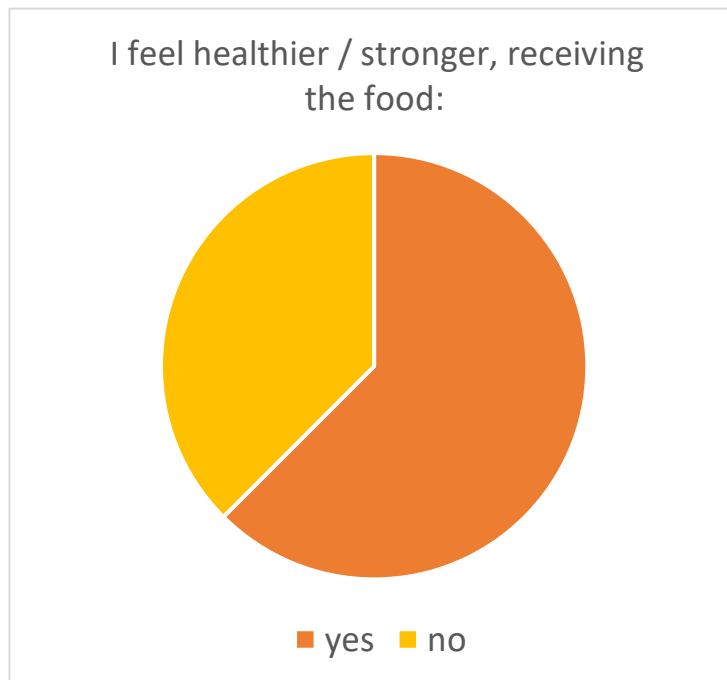


D.

**62.5% of our Meal recipients feel healthier receiving our meal service.**

**I feel healthier / stronger, receiving meals:**

yes 62.5% no 37.5%



E.

**75% of our Meal Service users have a long-term health problem. My day-to-day activities are really limited due to a health problem or disability which has lasted or is expected to last at least 12 months:**

Yes	75%
No	25%



Data compiled by Amy Knowles

## 10. Our Supporters











**PALEY TRUST**



**University of Brighton**

Active Student  
Volunteering Service





Robert Lodge Residents Association



EBFC's first ever sponsors, Hove Park Colt's, now in the under 14's Sussex League - how they've grown!



Sue Mechen's wonderful dancers Tantrums Kestrels and Mini Tantrums, super supporters of EBFC and Whitehawk FC.

**A MASSIVE THANK YOU TO ALL OUR SUPPORTERS & VOLUNTEERS**

## Teamwork makes the Dream Work





Congratulations to East Brighton's local Councillor, Gill Williams, supporter of EBFC and the new Deputy Leader of the Council in Brighton & Hove.



Report by Janet Cronin and Bryan Coyle



**Please see all our latest updates and news on our social media and our website**

**Twitter@EBFoodCoop**

**Facebook @East Brighton Food Co-operative**

**eastbrightonfoodcoop.uk**

If you would like to donate or arrange a regular direct debit our details are:

East Brighton Food CIC  
Account Number: 38650998  
Sort Code: 23-05-80

All donations of money, time and in kind are very welcome.

**Thank You.**

**Fresh Nutritious Food Made with Love is Medicine**



