

FOOD RESOURCES IN THE FOLKESTONE AND HYTHE DISTRICT AREA

POSITION STATEMENT - JANUARY 2022

COMPILED BY THE FOLKESTONE & HYTHE DISTRICT FOOD NETWORK
FIRST EDITION



INTRODUCTION

Background

With its significant pockets of deprivation, the Folkestone and Hythe District has always been home to a substantial minority of people who experience barriers to accessing sufficient, healthy food.

The arrival of the Covid-19 pandemic in March 2019 led to a sudden increase in the numbers and diversity of people at risk. Existing services were modified and new services were developed by voluntary organisations and community enterprises as well as by the council and other statutory bodies. This was often through new partnership arrangements.

This included the setting up of Community Hubs to meet the needs of vulnerable people obliged to isolate for long periods during the various lockdowns and restrictions imposed. Anecdotal evidence of overlap in services and service users was generated by these different groups, but reliable data from which to estimate need accurately became harder to find.

The Folkestone and Hythe District Food Network (DFN)

The DFN was set up in 2021 to gain a better understanding of need across the Folkestone & Hythe District Council (F&HDC) area and to enable everyone to know who is delivering what food services to which groups of service users.

It is open to all organisations that provide food services and provides a forum in which they can communicate, share information and coordinate their activities. Members of the network can lend their different areas of expertise to identify barriers that prevent access to good food and to work together to address gaps in service provision.

The DFN also enables understanding to grow in relation to national, regional and local developments around food poverty, relevant initiatives and possible funding sources to develop projects. In addition the network can act as a task and finish group for input to strategic aims and ambitions to address food poverty.

The first action of the DFN was to research and map food services provision across Folkestone, Hythe and Romney Marsh. This work brought to light the very wide range of successful, small-scale community-based projects that are operating in the District.

Many of these are primarily focused on reducing food waste and keeping supply chains local rather than specifically addressing food poverty, but by increasing access to affordable, fresh food (thereby helping people to eat more healthily) they complement the work of the better-known, larger voluntary organisations and statutory agencies.

There is considerable consensus across the network about what the needs are:

- Families who are struggling are the focus for many
- Cooking skills, or the ambition to provide cooking sessions, are a priority for everyone. Understanding how to make cheap, tasty meals with unfamiliar

ingredients and working to overcome the effect of too much sugar on young palates

- Strong sense of moving away from a model of food donations, though they have their place for some client groups, to one of strengthening communities and inviting people to be involved in projects that interest and benefit them
- The opportunity to boost socialisation and offer additional support, in the context of single or regular cooking/eating/shopping events has suffered over the last two years

This document provides a Folkestone and Hythe District food provision position statement as of January 2022. It shows where services and food-related support are available across a number of sectors, and how they can be accessed. It also describes the ambition of the DFN to learn from good practice in other areas and to collaborate in new approaches designed to fulfil the vision that no one in this District should go hungry and everyone has the right to eat well.

The document also allows partners to share this work more widely. In particular at a strategic level the health sector are looking at food poverty in Kent driven through the Integrated Care Partnership (ICP) and the East Kent Health and Wellbeing Partnership (EKWHIP).

These important partnerships have a work stream on food poverty and all East Kent Districts have been asked to carry out an exercise to map food provision in their areas. Therefore this document fulfils this request and shows where provision currently lies across a number of sectors in the F&HDC area, for example food banks, community settings, churches, supermarkets etc. and will be reviewed from time to time.



1.0 FOODBANKS

Shepway Food Bank. Supported by the Trussell Trust, this operates from the Rainbow Centre, and takes referrals from a variety of organisations to help people with low incomes, delayed benefits, or facing food poverty. Clients can also call the 'Help through Hardship' Freephone number (0808 208 2138) to obtain a referral voucher, or if this is not possible, they can call the food bank on 0791 357 3403.

The food bank is based at three locations, and currently delivers parcels on the following days:

- Lydd – Fridays
- New Romney – Tuesdays
- Folkestone – Tuesdays and Fridays

The food bank intends to resume a collection service as soon as Covid measures permit.



The Rainbow Centre (69 Sandgate Road, Folkestone, CT20 2AF) also holds emergency food parcels, which can be collected from the centre during opening hours (10am – 1pm, Monday – Friday).

Donation collection points for the Shepway Food Bank can be found at the following locations:

- **Asda**, Bouverie Place, Folkestone, CT20 1AU
- **Sainsbury's**, Park Farm Retail Park, Park Farm Road, Folkestone, CT19 5GA
- **Tesco**, Cheriton High Street, Folkestone, CT19 4QJ
- **Waitrose**, Prospect Road, Hythe, CT21 5NH
- **Halifax**, 70-72 Sandgate Road, Folkestone, CT20 2AA
- **Nationwide**, 77 Sandgate Road, Folkestone, CT20 2AQ

- **Hawkinge Pharmacy**, 97 Canterbury Road, Hawkinge, Folkestone, CT18 7BS
- **One Stop**, 380-382 Cheriton Rd, Cheriton, Folkestone CT19 4DX
- **Rainbow Charity Shop**, 366 Cheriton Rd, Cheriton, Folkestone CT19 4DX
- **Sainsbury**, Dymchurch Rd, New Romney TN28 8GU
- There is also a collection point at the Eurotunnel terminal for staff

Salvation Army

Hythe Salvation Army Foodbank is open on Wednesdays from 10am - noon at the Salvation Army Hall, Hythe CT21 6EG.

No referral is needed.



2.0 COMMUNITY SETTINGS

This section lists organisations and support groups based in the community and offering a range of food-related support or projects and includes Community Hubs, community gardens, allotments, alliances, Incredible Edibles, Hythe Environmental Group etc.

Folkestone Community Hub. Operates from Age UK Folkestone, 65 Shaftesbury Road, Folkestone, CT19 4NS. Provides support with shopping (a £5 delivery charge applied), and access to emergency food (and other essential goods and services) for those affected by Covid-19. Open 9am – 4pm, Monday – Friday.

Hythe Community Hub. Operates from Age UK Hythe & Lyminge, Sanford House, Stade Street, Hythe, CT21 6BD. Provides support for those affected by Covid-19, providing financial assistance towards food and other essential goods and services. Open 9am – 3.45pm, Monday – Friday, and 10am – 2pm Saturday and Sunday (phone line only).

Romney Marsh Community Hub. Rolfe Lane, New Romney, TN28 8JR. Provides a range of services:

- Community Hub providing information, advice and support for the over 50s. Open Monday – Friday 9am – 4pm
- Tuesday to Thursday the Sunflower Café is open and lunch can also be booked
- Hot meal delivery service for the over 50s, seven days a week
- A personal shopping service is available on Tuesdays and Thursdays
- The hub can also provide a referral for domestic fuel support or to a food bank for those in need.

Age UK South Kent Coast. The Marigold Centre, 65 Shaftesbury Avenue, Cheriton, CT19 4NS. Provides a lunch club for the over 50s, serving fresh and nutritious meals, at a cost of £6.50 for two courses. Open Monday – Thursday, 12pm – 1.30pm. The centre also offers two-course meals for delivery, seven days a week, at a cost of £7.



Age UK Hythe. Sanford House, Stade Street, Hythe CT21 6BD. Provides a range of services:

- Day centre providing information, advice, and support for the over 55s, as well as a café open to all members of the community. Open Monday – Friday 9.30am – 3pm (café also open Saturday and Sunday 10am – 2pm)
- Meal deliveries to vulnerable members of the community based in Hythe, Lyminge and Sellindge, 365 days a year
- Bespoke shopping services for vulnerable members of the community available Mondays, Wednesdays and Fridays

Age UK Lyminge. 63 Station Road, Lyminge, CT18 8HQ. Provides a range of services:

- Day centre providing information, advice, and support for the over 55s, as well as a café open to all members of the community. Open Monday – Friday
- Dementia day care, including lunch provision

MIND South Kent. The Beacon Plus Café at Abercrombie's, Mill Bay, Folkestone, CT20 1JS. Provides coffee, cakes and lunches at low cost, as well as fresh bread sold separately, for all members of the community. Café also runs classes on Coping with Life, and Food and Mood, as well as general wellbeing activities. Open Tuesdays and Thursdays 10am – 3pm.

Shepway Youth Hub. Grace Hill, Folkestone, CT20 1ET. Runs a free rolling six-week programme of life skills sessions, including budgeting, cooking, and CV writing for 11 – 18 year olds. Thursday evenings, 6pm – 7pm for 11 -13 age group, and 7.30pm – 8.30pm for 14+.

The Rainbow Centre Food Stop. A mobile service located behind the Folkestone Magistrate Court at 5pm and the Harbour at 5.20pm. Providing sandwiches, snacks, bread, water, toiletries, socks and sleeping bags. Available to all members of the community, with a focus on hard to reach clients who do not engage with other services, and those who are homeless without access to cooking facilities. Runs Tuesdays, Thursdays, and Saturdays.

Action on Homelessness. Methodist Church, Sandgate Road, Folkestone, CT20 2BL. Provides hot meals and takeaway bags of sandwiches, as well as sleeping bags to street homeless and others in precarious accommodations. Also provides advocacy and practical support. Open Tuesday and Thursday lunchtimes.

East Kent College, Shorncliffe Road, Folkestone, CT20 2TZ. Provides free meals for 16 – 19 year olds from low income households, as well as grants for 19+ students.

Thoughtful Food Lyminge. Lyminge based volunteer-led group, centred around a community allotment at the heart of the village. Thoughtful Food promotes growing and using local, seasonal, organic and sustainable food supplies. TF runs vegetable

growing workshops, and organises plant and produce share events. Open to all members of the community.

Locavore Group. Martello Primary School, The Warren, Folkestone. Community garden based at the school, focused on encouraging people to eat locally-grown food, as well as offering regular sessions and community events teaching about growing food through the seasons. Open Monday – Thursday afternoons (term time only).

Kent Food Hubs. Quarterhouse, Tontine Street, Folkestone, CT20 1JT. Sells organic produce from local suppliers directly to customers, as part of the Open Food Network. Orders placed online, collection on Tuesdays.

Touchbase. 19 Tontine Street, Folkestone, CT20 1JT. Social enterprise catering company which employs and supports young people and adults with disabilities. Runs a range of activities including cooking and nutrition. Also renting a plot at Pent Farm.

Napier Friends. Napier Barracks. Runs a drop in centre including food parcels. Open Wednesdays.

Hythe Environmental Community Group. hytheenvironmentalcommunity.com. Runs various projects in and around Hythe including:

- Community Kitchen
- Gleaning of produce from local farms, distributed to Streetz2Streetz, Folkestone Women's Refuge, KRAN, Action on Homelessness, Home Farm Trust
- Community Fruit Press available to borrow by anyone who wants to juice their fruit
- Network of hop growers who donate hops to local brewers in exchange for beer
- Seed, plant, and produce swaps twice a year on the Hythe High Street.



Custom Food Labs. customfoodlab.org. A collaboration of local artists, activists, and environmentalists linked to various initiatives including Locavore and Kent Food Hubs.

Streetz2Streetz. www.streetz2streetz.com. Mobile fish and chip van with strong social values that donates hot meals to homeless people during its rounds, and delivers a weekly supply of sandwiches.

Incredible Edibles. www.facebook.com/incredibleediblecheriton. National network that promotes locally produced food and encourages people to grow and harvest vegetables, fruits and herbs in small community spaces. The local group is based in Cheriton and Broadmead and volunteers support community gardens from Cheriton to Sandgate.

Feeding Folkestone. A WhatsApp group of local independent businesses and organisations (including Action on Homelessness, Locavore, Incredible Edibles, and Hythe Environmental Group) providing community gardens, educational initiatives, gleaning, food waste initiatives etc., as well as provision of fresh food



Example event illustrated above

3.0 FAITH-BASED SUPPORT

South Kent Community Church. The Cornerstone Centre, Castle Avenue, Folkestone, CT20 2QR. A drop-in centre for all adults (18 years and above), providing social interaction, hot snacks. Open Mondays and Wednesdays 2.30 – 4.30pm.

Folkestone Baptist Church. Hill Road, Folkestone, CT19 6LY. Provides a drop-in service offering conversation and hot meals for all members of the community. Open Thursday and Saturday mornings.

Holy Trinity Church. Sandgate Road, Folkestone, CT20 2HQ. Provides free lunches for all members of the community. First Friday of the month only.

All Saints C of E Church. Park Street, Lydd, TN29 9AS. Provides three-day food parcels from the Shepway Food Bank through a referral system. Open Fridays 6.30 – 7.30pm. Also provides emergency food boxes to any member of the community in need, available 24 hours a day.

The 101 (Open Door) Project, a new drop-in centre run by **St Leonard's Church**, Hythe, is in development, and due to open on the Hythe High Street in the coming months. For further information contact stleonardshythe@gmail.com.

In addition, several of the Romney Marsh churches run small-scale mini-pantries that provide a variety of tinned and fresh groceries and toiletries, open to all.

4.0 SUPERMARKETS

The following supermarkets are signed up to the Neighbourly platform (<https://www.neighbourly.com>), through which they redistribute surplus food and other products:

Aldi

- **Aldi Hythe**, Dymchurch Road, Hythe, CT21 6HJ
Redistributing unsold food locally through Hythe Salvation Army & Community Centre, Hf Trust Limited, Dymchurch Primary School, Petham Primary School, Palmarsh Primary School, and Fairlawn Short Break Unit. To date, more than 19,500 meals donated.

Lidl

- **Lidl Folkestone**, Shellons Street, Folkestone, CT20 1BP
Redistributing unsold food locally through Emmaus Dover, Hythe Bay Children's Centre, Harcourt Primary School, and Castle Hill Community Primary School. To date, more than 3000 meals donated.
- **Lidl Hawkinge**, Haven Drive, Hawkinge, CT18 7RH
Redistributing unsold food locally through Home-Start Dover District, Palmarsh Primary School, Pensioners' Tea Afternoon, Mundella Primary School, Harbour Church. To date, more than 10,000 meals donated.

Sainsbury's

- **Sainsbury's Folkestone**, 5 Bouverie Road West, Folkestone, CT20 2SB
Redistributing unsold food locally through Emmaus Dover, and Hythe Bay Children's Centre. To date, more than 50 meals donated.
- **Sainsbury's Folkestone West Park**, Park Farm Road, Folkestone, CT19 5GA
Redistributing unsold food locally through Hythe Salvation Army & Community Centre. To date, more than 400 meals donated.
- **Sainsbury's Hythe**, 19 Military Road, Hythe, CT21 5AS.
Redistributing unsold food locally through the Hythe Salvation Army & Community Centre, Hf Trust Limited, and Hythe Bay Children's Centre. To date, more than 1,500 meals have been donated.
- **Sainsbury's New Romney**, Dymchurch Road, New Romney, TN28 8GU
Redistributing unsold food locally through Hf Trust Limited. To date, more than 500 meals donated.

Other supermarkets and organisations in the District may be signed up to FareShare Kent, part of a national network (https://faresharekent.org.uk/?page_id=415).

5.0 OTHER FOOD RELATED SUPPORT

Plastic Free Folkestone. www.facebook.com/PlasticFreeFolkestone. Produces online videos on making use of leftovers and avoiding food waste and heavily packaged ready meals.

Community Fridges

The DFN is aware of the Community Fridges concept and is actively looking to develop some local community fridge points by working with partners and wider contacts across the District.

Where there are bid opportunities the DFN will lead on these.

Pop-up Events and Services

From time to time, various pop-up events take place across the District, for example, extra meals provision at Christmas. There was also a Disco Soup event run by Feeding Folkestone in winter 2021, and teams taking part in a local netball tournament in spring 2022 will be donating tinned and packaged food.



6.0 WIDER LINKS AND GOOD PRACTICE EXAMPLES

There is strong consensus in the DFN about food-related needs that are not being fully met by the current range of services and activities on offer in the District. These include better access to fresh, healthy food, the confidence and skills to cook with unfamiliar ingredients and social opportunities for families and others to eat together in safe, friendly environments. There is a strong desire to invite people to be involved in community projects that interest and benefit them and to reduce dependency on food handouts.

Members of the DFN are aware of projects established to meet similar needs identified in other Kent Districts and have ambitions to collaborate in setting up similar models for Folkestone and Hythe.

In Dover, an affordable supermarket opened in the Charlton Shopping Centre in January 2021 under the My Local Pantry franchise. Membership increased rapidly through the year so that by May 2021, 200 people were using the shop regularly. For a weekly contribution of £5 each person can purchase £25 - £30.00 of food, including fruit, vegetables, fresh meat and dairy products.

In Thanet, Our Kitchen has built food clubs around its two affordable supermarket shops, one in Ramsgate and one in Margate. Our Kitchen replaced an earlier, council-funded scheme that had funded a network of foodbanks for two years. The new model was designed to enable people to choose healthier meals by making food affordable, improving cooking skills and giving people opportunities to meet and eat together.

At Repton Community Centre, Ashford, there is a Community Fridge that is open to all. Community Fridges focus on reducing food waste as much as on improving access to fresh food for those on a low budget by encouraging individuals and businesses to donate items that might otherwise be unused and thrown away.

Other new opportunities continue to arise and the Produced in Kent initiative have recently launched a new Food Loop project for a trial period. This constitutes the development and testing of an app that will connect suppliers of surplus food and food waste with 'takers' (businesses, charities and community initiatives) so that more surplus food ends up on the table and less in the anaerobic digester or landfill and all businesses, charities and community initiatives dealing with surplus food and food waste in Kent and Medway are encouraged to get involved in the trial period.

Learning from and adapting these and similar initiatives could form sustainable responses to identified gaps in food provision and skills and also help to address some of Folkestone and Hythe's Local Children's Partnership Group (LCPG) priorities for 2022 – 2023, especially to:

- Support and empower families to have a better understanding of how healthy relationships, healthy eating and healthy lifestyles supports individual physical and mental wellbeing and positive engagement in family, school and community life.

Finally, there are links across some key strategic partnerships as described in the background at the start of this document. In addition to strategic ambitions to address food poverty and obesity, there are programmes of work on health and wellbeing both physical and mental and this touch access to healthy food.

Projects such as those led by the LCPG, wider health sector and the EKWHIP also look at deprivation and obesity levels and healthy weight. The work of the DFN will be important in supporting these agendas. KCC is also embarking on a healthier Kent initiative and this resource will feed into that too.