

West Lancashire Community Food Growing Initiative Project Outline 2009 -2012



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Background

NHS Central Lancashire (PCT) led on and commissioned a feasibility study earlier this year on community food growing (CFG), the findings of which were presented to the West Lancashire Local Strategic Partnership Health and Wellbeing Thematic Working Group on the 8th July 2009. A multi-agency steering group (see Annex A for Terms of Reference) was established to drive forward the recommendations for West Lancashire, which impact on the Sustainable Community Strategy for West Lancashire 2007-2017; The Lancashire Climate Change Strategy (reduction in food carbon footprint) and a number of LAA indicators.

The PCT and the Local Strategic Partnership have invested resources for the next 3 years on the promotion, coordination and pump priming of initiatives that support CFG.

This programme of work is aligned to the Department of Health's World Class Commissioning programme which is transforming the way health and care services are commissioned. World Class Commissioning will deliver a more strategic and long-term approach to commissioning services, with a clear focus on delivering improved health outcomes. The PCT Commissioning Strategic Plan priorities are:

- Mental health
- Cardio Vascular Disease (CVD)
- Cancer
- Chronic Obstructive Pulmonary Disease (COPD)
- Cross cutting healthy lifestyles

Community Food Growing contributes to all of the above priorities through a range of interventions.

1. Aims and Objectives:

- 1.1 To promote CFG as a key health and wellbeing activity.
- 1.2 To encourage the wider participation and engagement of local communities and individuals in local food growing within the West Lancashire area whilst contributing to the reduction of the carbon footprint of the foods we eat.

2. Specific Outcomes:

- 2.1 To significantly increase (50% by March 2012) the number of CFG sites in West Lancashire that promote healthy lifestyles, social inclusion and tackle health inequalities.
- 2.2 To promote greater awareness of the mental and physical health benefits that can be achieved by individuals through community food growing projects.
- 2.3 To measure achievement of CFG through Key Performance Indicators (KPI's) on health as defined by the PCT as part of their active contribution toward the project (see Annex B).
- 2.4 To increase the awareness of healthy eating through the Change4Life programme, promote cooking skills and accessibility of local food produce.
- 2.5 To increase people's knowledge and understanding of the environmental benefits of growing food locally and develop their horticultural skills.
- 2.6 Through the schools settings in West Lancashire, raise the profile and benefits of food growing initiatives linked to the healthy eating curriculum to tackle childhood obesity.

2.7 To pilot a Schools Food Growing Project across the district involving up to 20 Primary Schools.

3. Outputs October 2009 / March 2010

The Project Outline has been formulated to take account of a developmental phase which will include key outputs for October 2009 to March 2010. The table below details the outputs to be undertaken against agreed milestones for 2009/10 as part of the developmental work. A further detailed plan will be revised once this developmental work has been completed.

Project Development Outputs	Links to Outcomes Section 2	Milestones
1. To recruit project team (3 part time workers) to deliver CFG programme in west Lancashire	2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7	Dec 2009
2. To establish a multi-agency Steering Group to drive forward CFG in west Lancashire	2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7	Dec 2009
3. To carry out a mapping exercise to determine the number and scope of current communal food growing projects in West Lancashire	2.1, 2.3	Dec 2009
4. To establish a network of organisations and individuals interested in promoting local food growing programmes under the auspices of a CFG Forum	2.1, 2.2, 2.3, 2.4, 2.5	Jan 2010
5. To organise and deliver one CFG Workshop across West Lancashire in 2010 aimed at promoting CFG and capacity building in the sector.	2.1, 2.2, 2.3, 2.4, 2.5	March 2010
6. To integrate a funding strategy to enable existing and current groups engaged in CFG to develop and provide the support required to enable them to secure funding	2.1, 2.3, 2.4, 2.5	Dec 2009 on going thereafter
7. To facilitate dialogue with key stakeholders on the transfer of unwanted land resources held by the statutory sector and others for use as CFG sites	2.1, 2.3, 2.5	Commence Dec 2009 on going thereafter
8. To develop a CFG resource pack and e-bulletin to be provided to those registered with the CFG Forum	2.2, 2.3, 2.4, 2.5	Feb 2010
9. In collaboration with neighbouring districts, develop a CFG website	2.2, 2.3, 2.4, 2.5	March 2010 on going thereafter
10. To work with schools to provide practical help and guidance to set up school projects including voluntary support from parents and other community members	2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7	Commence Dec 2009 on going thereafter
11. To work with CFG groups to provide practical help and guidance to set up new, or further develop and improve existing, sites so as to increase the number of CFG locations and the number of plots being worked.	2.1, 2.2, 2.3, 2.4, 2.5	Commence Dec 2009 / on going thereafter
12. To examine and develop a process of 'social prescribing' for use by GP's and others to promote healthier lifestyles and diets for those in need of such intervention.	2.2, 2.3, 2.4, 2.5	Commence March 2010

4. 2009 Base Line and 2012 Target

4.1 As reported in the survey conducted by the Lancashire Wildlife Trust at the request of the PCT in 2009, West Lancashire sits well below the national average for allotment

provision with only 16% of the number of plots that should be available per head of population based on the national average of 15 plots per 1000 households. West Lancashire achieves just 2.5 plots per 1000 households as shown in tables 1 and 2 below.

Table 1 Comparison with National Provision

(The information set out below provides the baseline for current plots in West Lancashire, which we aim to increase by 50%, by March 2012)

Area	Households	Number of Plots (national average)	Number of Plots (actual)	% of national average
Skelmersdale	13,907	209	45	22
Up Holland	2,458	38	17	45
Ormskirk	6,976	105	30	29
Burscough	3,386	51	12	24
Other	16,859	253	3	1
West Lancashire	43,586	654	107	16

Table 2 Current Community Food Growing Sites in West Lancashire

(This information identifies all the plots currently available in West Lancashire)

Site designation	Site name	Run by	Site information
1	Houghtons Road Allotments	Allotment Society	26 plots, Houghtons Road, Skelmersdale
2	Liverpool Road Allotments	Allotment Society	19 plots, Liverpool Road, Skelmersdale
3	Little Digmaor	School	Little Digmaor Community Primary School, community based food growing scheme
4	Tower Hill	Council	Tower Hill, Ormskirk, 11 plots
5	Clucas Gardens	Council	Clucas Gardens, Ormskirk, 10 plots
6	Owen Avenue	Council	Owen Avenue, Ormskirk, 6 plots
7	Richmond Avenue	Council	Richmond Avenue, Burscough, 12 plot
8	Lawns Avenue	Parish Council	Lawns Avenue, Up Holland, 17 plots

5. Project Partnerships

5.1 As well as recruiting three part time staff to carry out the key elements of the programme, West Lancashire Council for Voluntary Service (CVS) will work with all partner organisations to harness their skills and resources to help deliver the outcomes and outputs identified. In particular, the CVS will fully utilise the expertise within the CFG steering Group for West Lancashire and work with

- a) the Red Apple Nursery and the County Council's Extended Services Team to deliver the programme with up to 20 local schools;

- b) the County, Borough or Parish Councils as the principle owners of public land and the main providers of allotment space in the borough, to see how best their land resources, either those already being used as allotments or other land they might own which could be turned to use as allotments, including allotment sites with unused plots especially where there are waiting lists for plots in place, so as to provide more and better environments for CFG;
- c) any other land owner who might have land which they might be willing to offer as land for CFG projects;
- d) the established volunteer led allotment societies in West Lancashire who are currently managing their own allotments;
- e) any other individual(s) or organisation(s) that might be able to assist with the project and contribute towards achieving the aims and objectives of the project;
- f) liaise with the other CFG initiatives in Preston, Chorley and South Ribble to share good practice within the NHS Central Lancashire Footprint.

6. Future Funding

The programme outlined in this plan can be delivered within the resource currently identified. However additional funding could be used to work quicker and over a wider area and in particular to sustain the schools programme into 2011 and 2012 and to deliver it to an increased number of schools. This could provide an opportunity for a further funding application to enable this to take place.

There will be a need to review the additional funding needs of the project in 2010 with a view to identifying a funding strategy to help sustain and develop the project in 2011 to 2012 and beyond. Annex C details CFG Project Funding for 2009 to 2012.

7. Time / Activity Plan October 2009 to March 2012

See Annex D for CFG West Lancashire Project Targets

See Annex E for Action Plan April 2010 / March 2012

The Action Plan set out in Annex E will be subject to variation in agreement with Commissioners and Project Steering Group.

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March 2010

<p>West Lancashire Community Food Growing Steering Group Terms of Reference 2009</p>

Purpose

To support improvements in target health pathways and in social inclusion, community cohesion and environmental sustainability in West Lancashire through the development of opportunities to engage in community food growing.

To monitor progress, identify barriers, and provide solutions, towards the achievement of community food growing initiatives.

Objectives

- To organise, secure resources and implement the proposed community food growing strategy through the Local Strategic Partnership.
- To support and promote the development of community food growing initiatives which will lead to positive changes in the incidence of, among others, cardiovascular disease, cancer, weight management and mental ill health.
- To support and develop community food growing initiatives which have capacity to generate wide ranging community engagement.
- To encourage environmental regeneration, enhancement of biodiversity and reductions in greenhouse gases through the implementation of community food growing projects.
- To develop an action plan to achieve community food growing initiatives in West Lancashire.
- To establish a referral pathway into the Community Food Growing initiatives.
- To identify and contribute to the achievement of related targets from the Local Area Agreement and West Lancashire Community Strategy.
- To link with other Community Food Growing Steering groups across Central Lancashire.
- To establish an evaluation framework

Membership

Membership is as agreed by the steering group and the chair. Members are asked to send a deputy in their absence. Others may be co-opted onto the group to share their expertise as and when required.

The core members of the group shall be from the following organisations:

- West Lancashire CVS - **Chair**
- NHS Central Lancashire
- West Lancashire Borough Council
- Red Apple Community Trust
- Lancashire Wildlife Trust
- Help Direct
- Groundwork

- Moving On Lancashire
- Lancashire County Council Extended Services.
- Community Health Worker
- Community representative
- Disability / Advocacy representative
- West Lancashire CPRE
- Schools
- Food Distribution Services

Meeting arrangements and frequency

Meetings will be held quarterly and agenda items and papers will be circulated at least two days prior to the meeting. Agenda item requests should be submitted one week prior to the meeting. Minutes will be available after two weeks of meeting date.

The Chair retains the authority to sign off activity outside the Core meeting arrangements and is able to call extraordinary meetings as and when required.

One third of the group must be present for a quorum.

Accountability and Governance

The group will report to the West Lancashire Health & Wellbeing Thematic Group and in turn, the West Lancashire Local Strategic Partnership Executive Committee and NHS Central Lancashire Public Health as the lead commissioners.

The minutes will be placed on the West Lancashire Local Strategic Partnership Website as a subgroup of the Health and Wellbeing Thematic Group.

The group will interact and share good practice with Community Food Growing Steering groups from neighbouring authorities.

Review arrangements

The Terms of Reference will be reviewed annually or as necessary.

Active Contribution and Key Performance Indicators (PCT)

National Indicators (Nis)

NI 1	People from different backgrounds getting on well together
NI 6	Participation in regular volunteering
NI 7	Environment for a thriving third sector
NI 50	Emotional Health of Children
NI 52	Take up of school lunches
NI 53	Prevalence of breastfeeding at 6 – 8 weeks from birth
NI 55	Obesity amongst primary school aged children in reception year
NI 56	Obesity among primary school age children in Year 6
NI 57	Children and young people’s participation in high-quality PE and sport
NI110	Young people’s participation in positive activities
NI 117	16 to 18 year old NEET
NI 119	Self reported measure of people’s overall health and wellbeing
NI 124	People with a long-term condition supported to be independent and in control of their condition
NI 152	“out-of-work” benefits
NI 153	“out-of-work” benefits in worst performing neighbourhoods
NI 163	Number of people of working-age with level-2 qualification
NI186	Per capita CO2 emissions in the LA area
NI188	Planning to adapt to Climate Change
NI197	Improved local biodiversity – active management of local sites

NHS World Class Commissioning (PCT key priorities)

- Mental Health - self esteem, confidence building, relationships, social inclusion
- CVD – primary prevention and healthy lifestyles
- Cancer - primary prevention and healthy lifestyles
- COPD – primary prevention and healthy lifestyles
- **Cross cutting** - Healthy lifestyles

Lancashire Climate Change Strategy

- Adapting to Climate Change
- Reduction in carbon footprint

PSA Targets Delivery Agreement

- Improve the health and well-being of children and young people
- Increase the number of children and young people on the path to success
- Address the disadvantage that individuals experience because of their gender, race, disability, age, sexual orientation, religion or belief
- Tackle poverty and promote greater independence and wellbeing in later life
- Promote better health and wellbeing for all
- Build more cohesive, empowered and active communities. Stronger communities and better quality of life

West Lancashire LSP Sustainable Community Strategy Key Objectives

- Safer communities
- Stronger Communities
- Improved health for all
- Sustainable Development
- Young and Older People
- The economy and jobs
- Better Environment

West Lancashire LSP Sustainable Community Strategy Cross cutting themes:

- Sustainable communities
- Reducing deprivation in the local community
- Social Inclusion, Equality and Diversity
- Prevention and Intervention
- Funding and value for money
- Partnership
- Access

CFG Project Funding 2009-2012

Funding Approved 2009 / 2010 - Planned 2010 / 2011 and 2011 / 2012

Activity	Funding Source	Lead Organisation	2009/10	2010/11	2011/12
Project Management and Evaluation	NHSCL	WLCVS	£6000	£6000	£6000
Schools Support	NHSCL	WLCVS	£3000	£6000	£6000
Community Support	LSP 2 nd Homes Fund	WLCVS	£6000	£6000	£6000
West Lancs Schools Food Growing Project	Red Apple	Red Apple	£10,000	£0	£0
	LCC Ex Schools	Red Apple	£10,000	£0	£0
Capacity Building Programme	NHSCL	WLCVS / Grant Fund Pot	£11,000	£8000	£8000
Training (Train the Trainer Programme and AQA Accreditation)	Income to be generated	To be identified	£0	£0	£0
Total			£46,000	£26,000	£26,000

CFG West Lancashire - Project Targets

	@ Project Start October 2009 Baseline	@ October 2010 (Year 2)	@ October 2011 (Year 3)	Total Target for 2012 (Year 3)
<i>(All values given are cumulative unless stated. The values in brackets reflect year on year target numbers)</i>				
Plots				
Community food growing plots in West Lancashire [as per WLT report to PCT prepared 2009]	107	140 (+33)	180 (+40)	214 (+34)
Total no. plots in use	93	125 (+32)	165 (+40)	200 (+35)
Plots per 1000 household in use	2.5	3.2	4.1	5.0
Groups				
No. of pre-established groups involved in scheme*	2			
No. new groups** established specifically to take part in scheme [cumulative]		3	5	7
No. schools engaged with the project [cumulative]	0	18 (+18)	18 (+0)	18 (+0)
Events / Workshops				
No. community food growing workshops delivered	0	1	1	1
No. community food growing events delivered	0	1	1	1
CFG Small Grants				
No. CFG small grants available for local schemes [cumulative]	0	15 (+15)	20 (+5)	20 (+0)
Value CFG small grants available [cumulative]	£0k	£11k (+11k)	£19k (+£8K)	£27k (+£8K)

Community Food Growing (CFG) Action Plan April 2010 / March 2012

Abbreviations

CFG	Community Food Growing	SRBC	South Ribble Borough Council
PCT	NHS Central Lancashire	RACT	Red Apple Community Trust
WLCVS	West Lancashire Council for Voluntary Service	LCC	Lancashire County Council
WLBC	West Lancashire Borough Council	VCFS	Voluntary, community and faith sector
WLT	Lancashire Wildlife Trust	WLLSP	West Lancashire Local Strategic Partnership

Outputs	Lead	YEAR 1 Oct 2009 – Mar 2010	YEAR 2 Apr 2010 – Mar 2011	YEAR 3 Apr 2011 – Mar 2012
To recruit project team (3 part time workers) to deliver CFG programme in west Lancashire	WLCVS	3 part time workers recruited		
To establish a West Lancashire CFG Steering Group	WLCVS	Quarterly meetings held	Quarterly meetings held	Quarterly meetings held
To carry out a mapping exercise to determine the number and scope of current communal food growing projects in West Lancashire [as per WLT report to PCT prepared 2009]	WLCVS Steering Group	Establish baseline from PCT Feasibility Report, undertake mapping exercise to identify 3 new sites	Work to establish 2 new sites	Work to establish 2 new sites
To establish a network of organisations and individuals interested in promoting local food growing programmes under the auspices of a CFG Forum	WLCVS Steering Group	CFG Forum established consisting of 100 organisations/ individuals	Actively recruit 50 new members to CFG Forum	Actively recruit 25 new members to CFG Forum
To organise and deliver CFG Workshops across West Lancashire aimed at promoting CFG and capacity building in the sector.	WLCVS Steering Group	Delivery of 1 CFG Workshop	Delivery of 1 CFG Workshop	Delivery of 1 CFG Workshop
To organise and deliver CFG Events across West Lancashire aimed at promoting CFG and capacity building in the sector.		Delivery of 1 CFG Event	Delivery of 1 CFG Event	Delivery of 1 CFG Event

To integrate a funding strategy to enable existing and current groups engaged in community food growing to develop and provide the support required to enable them to secure funding	WLCVS Steering Group	Establish CFG Small Grants Scheme, support community groups to secure funding and integrate funding strategy	Small Grants awarded (No. to be determined)	Small Grants awarded (No. to be determined)
To facilitate dialogue with key stakeholders on the transfer of unwanted land resources held by the statutory sector and others for use as community food growing sites	WLCVS, WLBC, LCC, Steering Group	N/A	2 groups	2 groups
To work with the local authority and undertake a scoping exercise using the allotment waiting list to identify individuals willing to participate in neighbourhood / school based CFG schemes	WLBC	No. to be determined	No. to be determined	No. to be determined
To develop a CFG resource pack and e-bulletin to be provided to those registered with the Community Food Growing Forum	WLCVS	CFG resource pack and e-bulletin produced Quarterly	CFG resource pack and e-bulletin produced Quarterly	CFG resource pack and e-bulletin produced Quarterly
In collaboration with neighbouring districts, develop a CFG website through PCT maintenance of webpage for central Lancashire	WLCVS, PCT, WLT, SRBC	CFG website established	Ongoing maintenance of CFG website	Ongoing maintenance of CFG website
To promote CFG and social inclusion in West Lancashire	Steering Group, WL LSP	Statutory & VCFS partners actively promoting CFG		
To provide the schools on the West Lancs Schools Food Growing Project with the necessary resources, guidance and training to establish and sustain their food growing after schools clubs. Encouraging schools to work in collaboration with parent volunteers and community members.	WLCVS, Extended Services, RACT	18 school projects		
To work with CFG groups to provide practical help and guidance to set up new, or further develop and improve existing, sites so as to increase the number of CFG locations and the number of plots being worked.	WLCVS, Steering Group	Work with 20 individuals from two separate groups	Work with an additional 8 groups (total of 80) individuals over the two year period	

To examine and develop a process of 'social prescribing' for use by GP's and others to promote healthier lifestyles and diets for those in need of such intervention.	PCT, Steering Group	Scheme to be determined		
To establish training opportunities to develop food growing skills for community leaders/activists through the Train the Trainer Programme and AQA Accreditation.	WLCVS Steering Group	N/A	1 training course per year per training scheme	1 training course per year per training scheme
To undertake an evaluation of the CFG Programme in West Lancashire and provide recommendations	Steering Group, PCT, WLLSP	-	-	Evaluation Report Produced