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Welcome

Hello and welcome to the December update from Hull Food Partnership!

You are receiving this email because you have previously signed up to receive more information about the work of Hull Food Partnership.

It's almost the [Winter Solstice](#), which this year in the UK falls on Wednesday 21st December. Traditionally a time to hunker down and celebrate the shortest day of the year with feasting and fires. Whatever your tradition, we hope you manage to celebrate it in a way that gives you joy.

[Now is the time](#) to check over any equipment that you're going to use next year and haven't already cleaned. Shovels, spades, trowels should get a good clean, don't forget to dry so they don't rust. Empty pots and containers should be checked for slugs and other pests, then wash, dry and store.

If you know someone who would like to receive this newsletter, please ask them to email their name and contact details to anna@rootedinhull.org.uk with the subject header 'HFP newsletter subscription' and we will add them to the mailing list. All requests will be dealt with in line with our data protection and UK GDPR policies and people can unsubscribe at any time.

#HullTogether

We'll support
you with the
**cost of
living
crisis**

Hull Food Partnership News

Winter break – closing dates

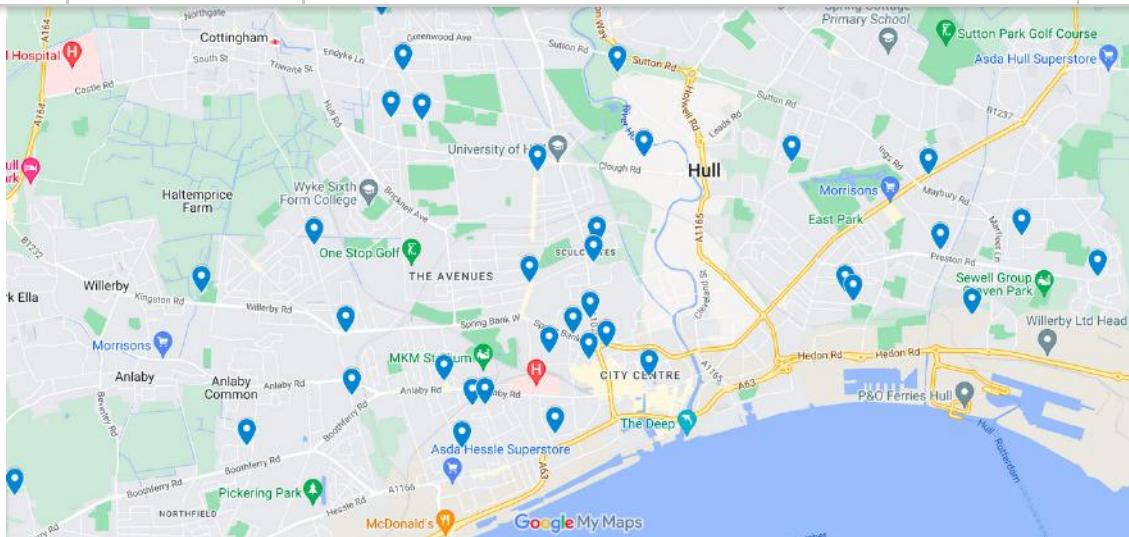
Hull Food Partnership will be closed from Wednesday 21st December until Tuesday 3rd January. Any messages sent to us during this period won't be answered until Wednesday 4th January 2023 at the earliest.



Veg Champions Festive Recipes now online!

Just in time for Christmas, we've got some new videos to help you make the most of your festive veg with a twist, including sprout soup (delicious), contemporary carrots (lovely) and two gifts you can make with mushrooms (yum) and red onions (lush)!

[Watch them all on our playlist here.](#)

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Community Food Aid directory updated for December 2022

The Community Food Aid directory is hosted on our [Nurture Hull website](#). It now lists over 40 organisations that are helping people in Hull access affordable food, such as food banks, pantries, fridges, community centres and faith organisations.

Please be aware that opening times are likely to change over the festive period and we recommend you contact individual organisations to double check when they are open over the holidays.

If you are providing community food aid (this could be a cooked/take away meal, a soup kitchen, breakfast, lunch or after school club, food parcels, or a food pantry) and would like to be listed in this publicly available directory, or would like to amend your details, please contact our Food Inequality Officer Karen Taylor via Karen.taylor@rootedinhull.org.uk

Alternatively, you can complete our online 'Community Food Aid Providers Form' by clicking the link here: <https://tinyurl.com/FoodProviders2022>

Please note, community food aid does not need to be the main focus of your service in order to be listed in this directory.

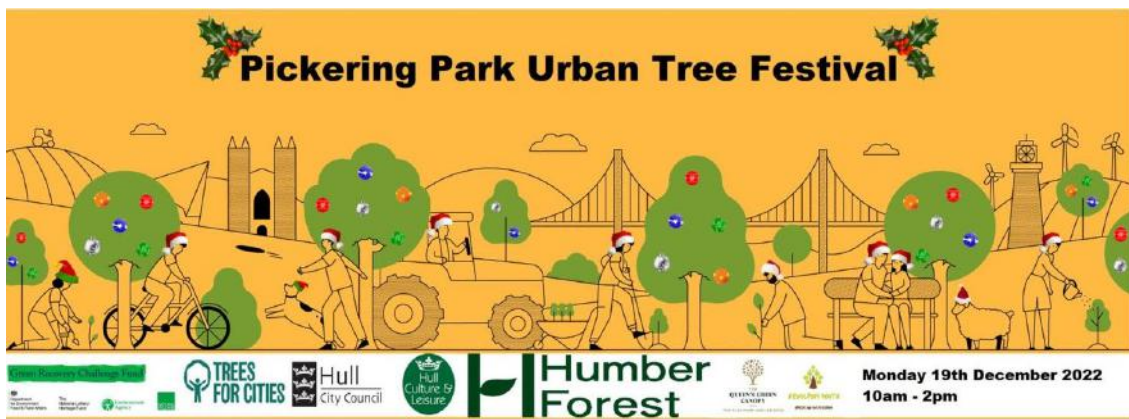
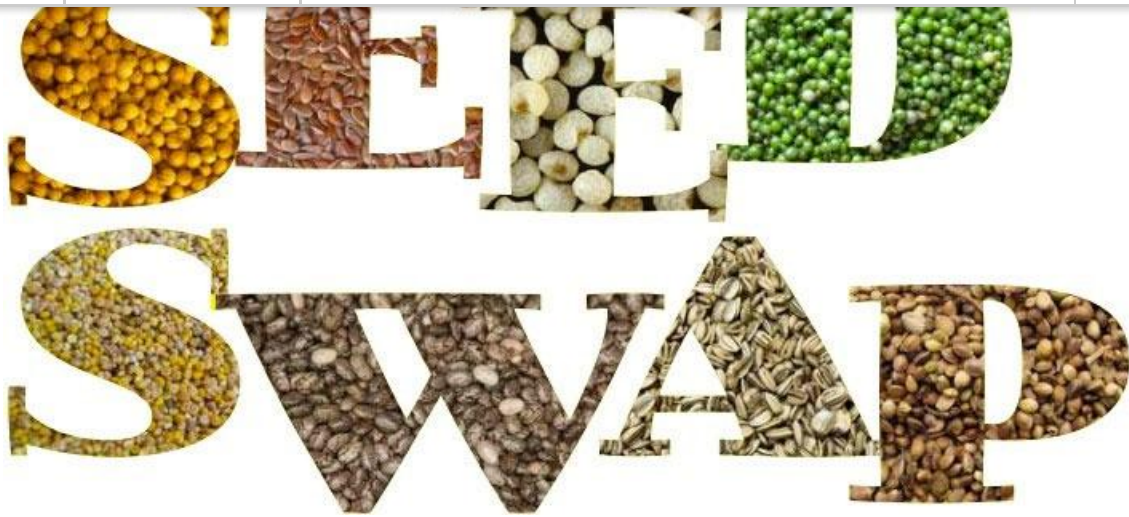
Hull Seed Swap 2023 – get ready!

We're delighted to confirm the Hull Seed Swap will take place at Jubilee Central, King Edward Street on Saturday 11th February from 10:30am to 2:30pm.

Even if you don't have seeds to swap – there'll be seeds to purchase on the day at ultra low prices. Please come along with your friends and families to find out about the amazing work happening across the city.

There'll be expert advice, talks and demos introducing people of all ages to a range of ways to get involved in growing their own fruit and veg in Hull, as well as family friendly activities and food!

If you would like more info, please email anna@rootedinhull.org.uk

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Local News

Hull VCSE Services and availability over the festive period

As we approach the middle of December many of us are looking at time off and a change to opening hours and service provision.

As in previous years, Forum and Hull CVS are working together to produce a directory of VCSE services and opening times over the festive period. This information will be made available to the wider sector as well as being shared on their websites and with the local authority in order to best support and signpost people over this period. This will include information about availability of Warm Spaces.

To ensure that they have as much information as possible, it would be appreciated if you could complete the survey below by 12 noon on Monday 19th December.

<https://www.surveymonkey.co.uk/r/WBWX6QH>

The directory will be made available and shared with networks on Tuesday 20th December.

#HullTogether

Hull 4 Heroes open new food donation points across the city

[Hull 4 Heroes](#), part of the [#HullTogether](#) group which is working to help people cope with the cost of living crisis, has become the logistical lead for five new food donation points across the city. The food donated by the public will be distributed to 17 community food aid organisations across the city, supporting residents from all backgrounds and communities.

Announcing the new venues, Paul Matson, CEO and Founder of Hull 4 Heroes, said; "In hard times the people of Hull have always pulled together and supported anyone who may be less fortunate than themselves. I believe they will do so again now. Our local food providers are unfortunately needed now more than ever and are struggling to source the essential items they need. If the Hull community can help in any way, no matter how small, they could make a huge difference to someone else's life."

The new donation points are:

North Bransholme Community Centre, The Paul Ingle Boxing Academy, Lothian Way, Hull HU7 5DD

Opening Hours: Monday – Friday, 10am-12noon.

Pearson Park Pavillion East Lodge, Pearson Park, Beverley Road, Hull HU5 2TQ

Opening Hours: Tuesday 10am – 3pm.

Hull KR Craven Park, Poorhouse Lane, Hull HU9 5HE

Opening Hours: 20 and 21 December, 10am – 3pm.

St Stephens Management Suite, Ground floor level (near Tesco car park), 110 Ferensway, Hull HU2 8LN

Opening Hours: Monday – Saturday, 9am – 7pm. Sunday, 10.30am – 4.30pm.

Freedom Centre 97 Preston Road, Hull HU9 3QB

Opening hours: Monday and Thursday, 8.30am – 5pm. Tuesday and Wednesday, 8.30am – 6pm. Friday, 8.30am – 6pm.

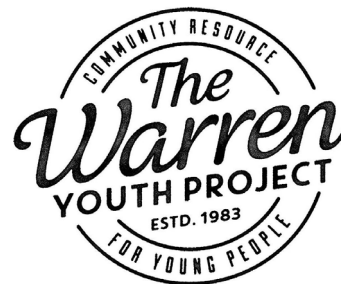
The food collection points are particularly looking for donations of ambient items such as longlife milk, tinned and packet goods, cereals, soup, pasta and cooking sauces. When times are hard and people are having to manage on a tight budget, they often have to compromise on toiletries so donations of personal care items such as shampoo, toothpaste, soap, lip balm, deodorant, baby essentials and sanitary products are very welcome.

All the food donation points and the locations for food providers in operation across the city can be found on an interactive map at www.hull.gov.uk/costofliving

offer help to people who are struggling to cope in the current cost of living crisis, and applaud their generosity. As a council, and working with our #HullTogether partners, we will be doing everything we can to support our residents in these difficult times.”

The Warren Youth Project are asking for your support this Christmas

We know money is tight this year, but if you are looking to spread some Christmas cheer and donate to a charity, the young people The Warren support would be hugely grateful! They have set up an Amazon Wishlist with items that would really benefit Hull's young people.



How to donate:

1/ Click on this

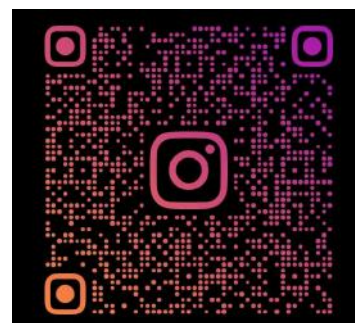
link: <https://www.amazon.co.uk/hz/wishlist/ls/13ZCXDGQWEQAH>

or scan this QR Code to be taken to Instagram and find the link that way

2/ Order something on The Warren's behalf and get it posted to:

The Warren Youth Project, 47-49 Queens Dock Avenue Hull, HU1 3DR

3/ Make a young person super happy!



Please note: If you would prefer to not use Amazon or if you could find a similar item cheaper elsewhere, please feel free to get it sent/drop it off in person before Wednesday 21st December.

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A hosepipe ban introduced in the summer by [Yorkshire Water](#) has been lifted. The ban, the first in 27 years, was brought in on 26 August after low rainfall and high summer temperatures saw reservoir levels fall below 50%. But reservoirs were now at an average of 75% capacity following above average autumn rainfall, the firm said. Yorkshire Water said it was "really grateful" to customers for helping to save water, adding that the ban had helped conserve 28m litres a day.

Neil Dewis, director of water at the company, said despite the lifting of the hosepipe ban, [Yorkshire remains in drought status](#).

He said it was "really important" people continued to save water where they could, despite the improving picture.

If you have any local news that you would like us to share with our network, please email anna@rootedinhull.org.uk with the subject header 'HFP newsletter submission' and we will consider it for inclusion in our next newsletter.



National News

What is COP15 and why is it important?

The [COP15 UN biodiversity conference \(COP15\)](#) started on 7th December in Montreal.

We've been talking about the climate crisis for many years now, but in 2019 it became apparent that it is

help mitigate carbon emissions and should be at the heart for anybody dealing with soil or farming. COP15 should have been in China in Nov 2021, was then postponed to April 2022, but because of Zero-Covid policies there, it is now happening in Montreal. COP27 was a flop, let's hope COP15 will give us more hope!

Here in the UK, we need to make it clear to our governments that [COP15 must be about action at home](#), as well as on an international level. With biodiversity in freefall and the UK one of the most nature depleted countries on the planet, the [#AttackOnNature](#) continues. Despite warm words from the UK Government we are yet to see effective, meaningful action. While plans to allow fracking and to bring in new 'Investment Zones' appear to have largely been abandoned, several big concerns remain. A major one is the impact of the Retained EU Law Bill. This new Bill intends to scrap more than 500 rules and laws that have been designed to keep our most precious and vulnerable sites and species safe and healthy. We are not alone in feeling this is a wasteful and unnecessary use of parliamentary time and energy, when the Government has missed its own deadline to produce nature targets and is yet to deliver on many other environmental promises that have been made.

Free School Meals For All Bill introduced to Parliament

There are nearly two million children in England who receive free school meals because they come from households which struggle to put food on the table. But there are at least two million more in poverty across the UK who aren't getting this support. [Labour MP Zarah Sultana](#) is on a mission to change that – to [stop children going hungry](#) in one of the wealthiest countries in the world. The Labour MP wants to change the law to [guarantee all primary school children in England receive free school meals](#). Wales and Scotland have already set the policy in motion, Sultana points out, so why is England lagging behind? "There is this cliff edge in England that stops kids from being able to have free school meals when they enter year three. The eligibility is so strict there are kids that are classed as living in poverty unable to have free school meals."

The Bill would guarantee a hot, healthy school dinner for every child in primary school, every day. Only 1.6 per cent of packed lunches are estimated to meet the government's standards of nutrition for school meals, according to a study from researchers at the University of Leeds. One teacher wrote to Sultana: "When the day consists of long hungry hours with no substantial meal in sight, who wouldn't struggle to learn and concentrate?"

The government is already providing free school meals to children in reception, year one and year two. A study by the Institute for Social and Economic Research found [obesity levels dropped](#) when universal infant free school meals were introduced.

It's also cost effective – with [recent research](#) finding that an expansion of the free school meals scheme would generate billions for the economy across health, education and social sectors.

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Top up the NHS Healthy Start scheme

With an **extra £2** to spend on **fruit and veg** each week when using your NHS Healthy Start card at Sainsbury's.

Coupon available every week until **11 April 2023** when using an NHS Healthy Start card. Printed in Sainsbury's superstores only. For use on fresh, frozen and canned fruit and vegetables in any Sainsbury's store in England, Wales and Northern Ireland. NHS Healthy Start card not required with coupon redemption.

Healthy Start vouchers supported by £2 top up from Sainsbury's

[Sainsbury's is reintroducing its £2 top-up coupons in England](#) to accompany the Government funded NHS Healthy Start scheme. The retailer will be providing a £2 coupon every week over the next 6 months to customers using a Healthy Start card in Sainsbury's until Tuesday 11th April 2023.

Hull Food Partnership signs open letter to Government as low income families miss out on £79million toward fruit, veg and milk

Sustain and a coalition of leading charities, Directors of Public Health and food partnerships are urgently calling on Government to publish uptake data, increase the value of Healthy Start payments and fix technical problems which are leaving hundreds of thousands of eligible families without access to the scheme. [Read the fresh analysis on the uptake shortfall and calls to action signed by 118 organisations here.](#)



BEHOLD THE LUNCH OF LEGENDS

THE PATHWAY TO A BETTER PACKED LUNCH

A NETFLIX SERIES
KUNGFU PANDA
THE DRAGON KNIGHT
NETFLIX | NOW STREAMING

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As part of the 'Simply Veg' campaign, [Veg Power](#) have produced an exciting resource in collaboration with DreamWorks Animation to support families in their quest to provide healthy, simple and affordable lunchboxes for their kids. The [Kung Fu Panda: Dragon Knight lunchbox guide and planner](#) gives parents and carers the information they need for a happy, healthy lunchbox as well as the tools to engage their children.

Research found fewer than two in every 100 packed lunches eaten in English primary schools met nutritional standards and just one in five had any vegetables or salad included.¹ In addition, with the current cost-of-living crisis it has been estimated that lunch box staples (e.g. bread, tomatoes, cheese) have increased in cost by 70% over the last 18 months, putting more strain on families' food budgets.

Consultations / Campaigns

Stop delaying legislation to protect children from junk food ads - National Campaign

Junk food companies spend millions every year keeping their unhealthy food and drink in the spotlight. This has a very real impact. Right now, the health of 1 in 3 children is at risk from the food they eat — with young people from poorest families most affected. The Government committed to end junk food advertising online and on TV before 9pm. They even wrote this promise into law which was supposed to come into force in January 2023.

Boris Johnson delayed this vital legislation until 2024 and now, Rishi Sunak has delayed it further until 2025. The Government says they want to give big food companies more time to prepare. They've already had 2 years, 4 months and 12 days since this policy was originally announced. In this time, some young people have done their GCSEs, A-levels, turned 18 and gone onto university.

Your voice can make a difference: [please email your MP today and ask them to raise this issue in parliament.](#)

VOTE sourfaux! - National Poll

We define sourfaux as: a product that is named or marketed using the word sourdough but that is made using one or more additives and/or an alternative raising agent (such as baker's yeast or baking powder) in addition to or instead of a live sourdough starter culture.

Having the word listed in the dictionary will help raise awareness of the difference between sourfaux and genuine sourdough, and of the Real Bread Campaign's work in general.



#FeedTheFuture - Free School Meals for all children in primary school: National Campaign

As the worst cost of living crisis in a generation takes hold, MPs, mayors, unions, charities, faith leaders and medical bodies urge the government to take action to ease the pressure for every family. This year [over 4 million children in the UK](#) are living in households that are short of food. With food costs soaring and bills skyrocketing, families are under immense pressure – whether it's to find the time or the money to put together a nutritious packed lunch. A hot, healthy school dinner every day is the difference between a child going hungry and thriving in school.

In England, for the first three years of school, every child gets a Free School Meal and no child wants for food while they are at school. This stops after Year 2. In 2020, Scotland pledged to extend Free School Meals to every child in primary. In 2021, Wales promised families they'll do the same. Why are children in England still waiting?

Share your [support for the campaign here](#).

Write to the [Prime Minister here](#).

Winter Solstice
 wednesday 21st December
 wrap up warm!
 2-4pm: scavenging stuff
 for a winter installation
 bring stuff! pine cones, branches, old clothes, tinsel, anything!
 4-5pm: Zham Zuang:
 standing meditation in
 Queens Gardens as the sun sets
 5-late: party/jam

HARI: 47 King Edward Street, Hull City Centre, HU1 3RW
 www.hullartistresearchinitiative.wixsite.com/hari @hari_artsresearch

Offers / Resources

20% off BioD Soap Bars

In the spirit of Christmas, [BioD are giving you 20% off their Soap Bars](#). They're an ideal stocking filler, too. Leave your skin feeling fresh and moisturised this Christmas with scents, Lime & Aloe Vera, Mandarin, and Plum & Mulberry.

Be eco-friendly and go zero waste this season

Have a holly jolly Christmas without the avoidable waste that often comes with it! From homemade decorations and wrapping paper, to leftover food, [the Eden Project have several easy ways](#) to make the festivities a little less wasteful this year.

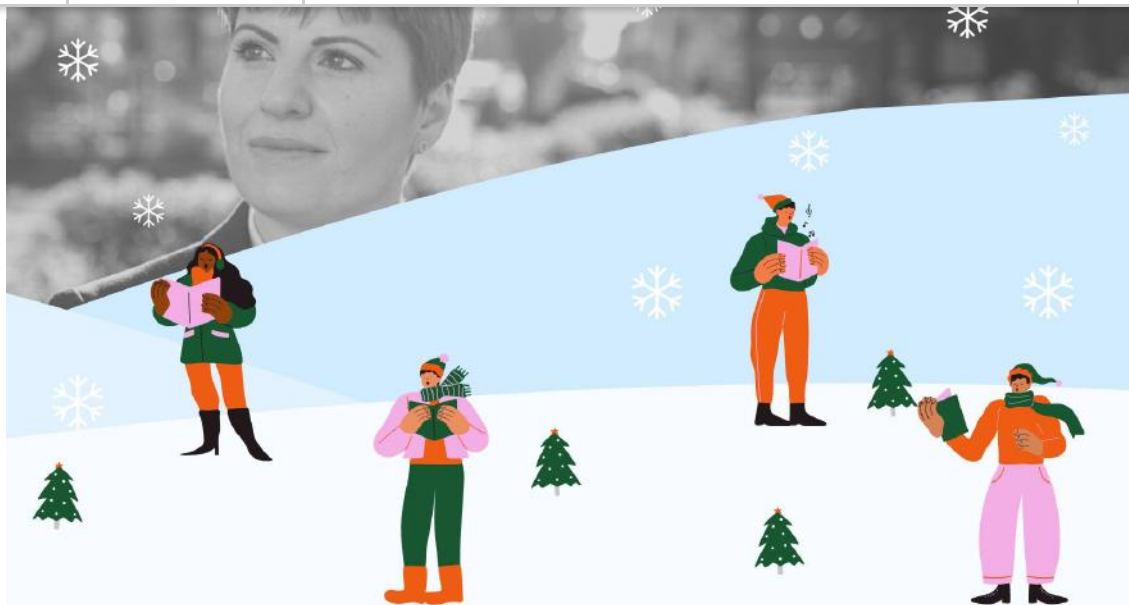
the big lunch
 AT CHRISTMAS

Share friendship, food
 and festive fun!

THEBIGLUNCH.COM

Join The Big Lunch at Christmas!

The Big Lunch at Christmas is all about sharing friendship, food and festive fun in your community. It could be as simple as inviting the neighbours in for tea, [this free guide and resources](#) make it easy to get started.

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**EMMA HARDY MP & SKINT DAD
PRESENTS**

REVERSE ADVENT CALENDAR APPEAL

Food poverty is worsening, especially in Hull West and Hessle. That's why I'm encouraging businesses, families and schools to take part in a Reverse Advent Calendar and take their donations to one of the three foodbanks

LAUNCHING 14TH NOVEMBER

HULL FOODBANK

JUBILEE CENTRAL, KING EDWARD STREET, HULL, HU1 3SQ
CALL 01482 224783 TO ARRANGE DROP OFF

HU4 HUB FOODBANK

18 SIBELIUS RD, HULL HU4 7NH
DROP OFFS TUESDAY, WEDNESDAY & FRIDAY 10AM-2PM

THE UNITY SHOP

113 SPRING BANK, HULL, HU3 1BH
CALL/ TEXT 07709064386 TO ARRANGE COLLECTION OR DROP OFF

Funding

Hull Maritime Community Grant Scheme – Deadline 6th January

Hull Maritime are awarding micro grants up to £500 and small grants up to £2000 to community groups, small VCSE organisations, freelancers and partnerships in Hull. Funding can be used to explore the area's maritime story through heritage, wellbeing, or environmental-themed activities, in a range of creative and community-based ways. Applications are open until 6 January 2023.

More information on the scheme and how to apply can be found here: www.maritimehull.co.uk/get-

Hull Neighbourhood Fund - Grants up to £30,000 - Deadline 9th January

The Hull Neighbourhood Fund is a 3 year programme. Grant expenditure for this first round must be complete before 31st March 2023. The fund is prioritising work that increases volunteering and reducing loneliness and isolation. This first round will be quick, groups will only have around 11 weeks to spend. The fund can support community development work, staff costs, overheads, project work, befriending, small capital items, research work - anything that supports you to meet the priorities. [More info.](#)

Cost of Living Crisis Fund - Grants up to £2,000 - Deadline 11th January

This fund will enable you to provide direct support to individuals affected by the Cost of Living Crisis. This may be through food parcels, fuel support, providing items like blankets, hot water bottles and slow cookers. The application is short - they just want you to tell us how you will spend the grant and who the beneficiaries are. [More info.](#)

Hull Activity Grants - Grants up to £1,000 - Deadline 31st January

Grants are available to help groups undertake activities which will help to strengthen local communities and build connectivity between people (community capital). [More info.](#)

National Garden Scheme Community Garden Grants – Deadline 31st January

Applicants must be a fully set up community group, charity or Community Interest Company (CIC) with a functioning non-personal bank account. An application must relate to an existing or proposed community garden or similar site. There must be no query over access to the space (such as restrictions imposed by ownership by another body).

Grants will only be made to bodies in England, Wales and Northern Ireland. The following bodies are not eligible:

- Local authorities (including parish councils)
- Schools

Individual grants are between minimum £500 and maximum £5000. Each application must itemise the details of the costs they are planning to cover. Eligible costs could include, for example, site preparation (including hire of small mechanical tools such as rotavators), hand tools, plants, trees, shrubs, containers and seating.

The following items are not eligible for funding:

- Salaries or wages
- Volunteer expenses
- Promotional costs (e.g. production or printing of leaflets)
- Hire of large mechanical tools (e.g. large shredder, JCB etc.)
- Transport to visit gardens
- Insurance
- Educational course fees or training costs.

Lord Mayor's Christmas Tree Festival at Hull Minister



**Tuesday 29th November -
Saturday 17th December 2022**

Free Entry

**Hull Minister South Church Side, Hull HU1 2JJ
Opening Times Tuesday - Saturday 10am - 4pm**

**For more information please contact Alison Henderson on
01482 615093 or Karen on 07523 947495**

Donations to the Lord Mayor's Charity Appeal Fund/Hull Minister



Dates for your Diary / Events

[HARI Exhibition 19th November-21st December](#)

[Lord Mayor's Christmas Tree Festival 29th
November-17th December](#)



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[Unity in Community AGM & Xmas Party 16th December](#)

[Rewilding Youth YULE Go Wild! 17th & 18th December](#)

[Trinity Market Christmas Festival 17th & 18th December](#)

[Pickering Park Urban Tree Festival 19th December](#)

[This Place Winter Solstice event 21st December](#)

[Oxford Real Farming Conference 4th-6th January](#)

[Plough Monday 9th January](#)

[Forum AGM 10th January](#)

[Brew Monday 16th January](#)

[Big Garden Birdwatch 27th-29th January](#)

[FoodCycle FREE Community Meals every Thursday at 6:30pm Marfleet Community Centre, Rear of 22-24 Swanfield Road, Hull, HU9 4PX](#)



FREE Webinar: Local Government training session for food partnerships [16th January](#).

Transforming the food system at a local level requires the full backing and involvement of local authorities. All food partnerships, regardless of whether they are hosted by the council or hosted by a separate organisation, work closely with their council. But how well do we know how local government works and how to influence it?

FREE webinar: Cost of Living Crisis What does it mean for UK diets? [18th January](#).

Registered Nutritionist, Rebecca Tobi from The Food Foundation will share information on what is causing the rising prices in food, what this means for UK households and the structural changes that are urgently required to improve food security and diet quality for families and individuals across the country.

FREE webinar: RHS Roots to Wellbeing webinar [2nd February](#).

To celebrate the Spring launch of their new CPD course, Roots to Wellbeing, in the lead up to Children's Mental Health week, RHS are marking the occasion with a webinar focused on supporting wellbeing in schools through growing and nature connectedness.



The poster features a pink and white background. On the left, the text reads: 'Webinar', 'Local Government training session for Food Partnerships', 'Mon 16th January', and '10am - 11:30am'. At the bottom left are logos for 'Sustainable Food Places' and 'sustain'. On the right, there is a stylized illustration of a government office building with the word 'GOVERNMENT' arched above and 'OFFICE' below.

Webinar
Local Government training session for Food Partnerships
Mon 16th January
10am - 11:30am

GOVERNMENT
OFFICE

courses to choose from



Founded in 1903, the Workers' Educational Association (WEA) is a charity dedicated to bringing high-quality, professional education into the heart of communities.

Due to the COVID-19 pandemic, they have had to move most learning online, and as a result have refreshed their offer for 2022. Many courses are FREE or discounted (subject to eligibility). Some courses we think you'll find interesting include:

- Christmas Food [20th December](#)
- British Countryside "Where have all the flowers gone?" [Starts 5th January](#)
- Coming Clean About Water [Starts 9th January](#)
- The Sustainable Garden in Spring [Starts 11th January](#)
- Budgeting Confidence [Starts 11th January](#)
- Quick to Crop Spring Planting Starts [16th January](#)
- Indian Cookery [Starts 17th January](#)
- Making Sense of What's Going On: Britain's Current Economic Challenges [Starts 18th January](#)
- Thursday Night Dinner [Starts 19th January](#)
- International Cookery [Starts 20th January](#)
- Cookery Through the Ages [Starts 20th January](#)
- Introduction to Green Solutions [Starts 20th February](#)
- Supporting your immune system [Starts 20th February](#)
- Cooking on a budget: Microwave Cooking [Starts 18th April](#)

For more information about WEA Yorkshire & Humberside courses, click here: www.wea.org.uk/yorkshire-and-humber



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