



# Food Hubs Case Studies from Leeds



Project partners:



# List of Food Hubs

**Hamara**

**Health for All - Beeston**

**Health forAll - Middleton Family Centre**

**Kirkstall Valley Farm**

**Leeds North and West Foodbank**

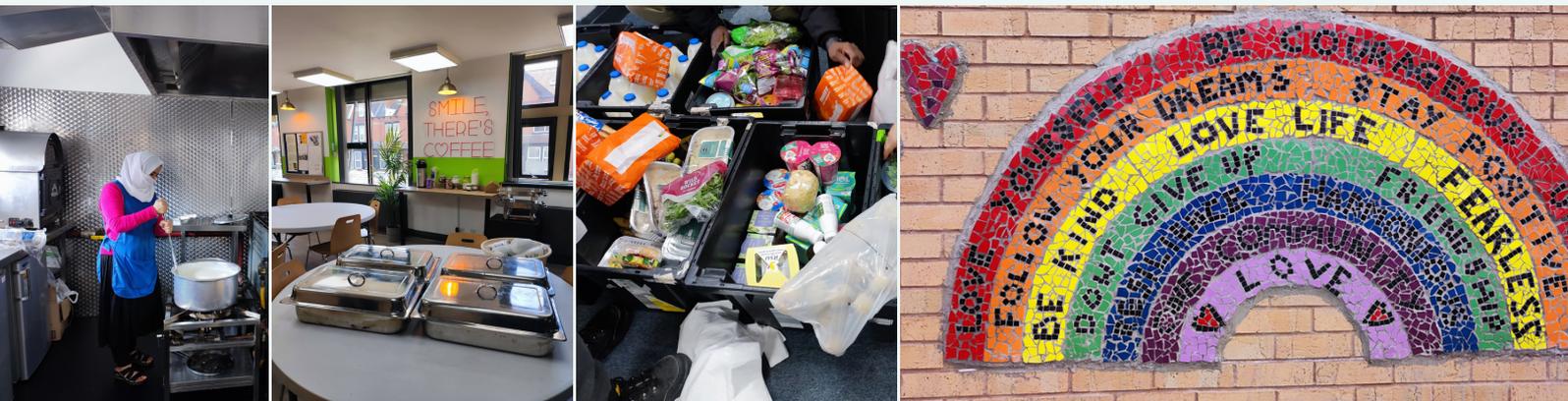
**Meanwood Valley Urban Farm**

**Neruka's Soul Food Soup Kitchen**

**New Wortley Community Centre**

**Rainbow Junktion**

**We are Seacroft**



## Description

**Hamara** has grown to be the largest ethnic minority organisation in the voluntary and community sector in Leeds. Its name (meaning 'our' in Urdu) reflects the core belief that the organisation belongs to the community. Hamara delivers several strands of work (food being one) aiming to combat poor mental health, encourage healthy living and independent lifestyle. The 'Five ways to wellbeing' framework (connect, be active, take notice, keep learning and give) underpins Hamara's work.

The Food Hub takes a family-centred approach, operating a community café, and a food bank providing food parcels and hot meals to those without cooking facilities. Education, food literacy and food skills training are also an essential part of Hamara's offering. Hamara's social enterprise model (e.g. community café income supporting other activities) secures long-term financial viability.

“ Food is an enabler for health and wellbeing. ”  
 - Food Hub Coordinator

## Activities

- Food parcels
- Community café
- Food growing on roof garden
- Hot meals take away
- Cooking classes and healthy eating education
- Advice and signposting: e.g. interpreting, citizen advice bureau surgeries, form filling clinics, advocacy
- Surplus food repurposing
- Community groups e.g. people with disabilities, women, men, youth, elderly
- Volunteering opportunities
- Health promotion e.g. community gym, health checks

## Spotlight

Responding to the need for culturally appropriate food parcels, Hamara established a Cultural Food Hub. They identified five main ethnicities in the community, African, Caribbean, South Asian, Middle Eastern, and Eastern European, and their staple foods. They tailor the food parcels around needs of each ethnic group, and work with local ethnic food businesses and green grocers to source hard to find and more expensive ethnic foods e.g. plantain, yam, sweet potatoes. They support a network of 30 grassroots organisations to distribute them to their members. Hamara also devised two 'Eat Well Guides' and other healthy eating resources tailored to African Caribbean and South Asian groups.

# Impacts



## Food security and economy

- Supports 100-150 people to access affordable, culturally appropriate, healthy food via food parcels, hot meals, community café
- Supports small, local food businesses (e.g. local ethnic food businesses and grocers)
- Facilitates connections between other organisations (e.g. support and coordination of smaller grassroots organisations, other food initiatives e.g. [Food Cycle](#) and [Seanonwell](#))
- Improves members' access to financial and other support
- Trains volunteers
- Employs 20 staff
- Advocates for programmes supportive of healthy eating
- Generates small income via community café to support its other activities



## Sustainability and resilience

- Uses food surplus and prevents food waste



## Health and wellbeing

- Improves health via physical activity (e.g. gym and classes) and healthy eating support
- Improves emotional wellbeing and mental health
- Improves quality of life
- Enables social connections



## Access and demand for healthy, local food

- Offers a diverse range of culturally appropriate healthy foods
- Develops food skills and food literacy

# Takeaways



The social enterprise model can generate income for other activities and hence provide financial viability and security (e.g. the community café supports financially the foodbank and provides hot meals for takeaway).



There is a strong need for a more culturally appropriate food provision. This requires Food Hubs to better understand the needs of their members and source culturally appropriate ingredients, preferably from local ethnic food businesses.



Offering a more holistic set of services centred around health (e.g. exercise classes, health awareness raising, simple health check-ups) allows Food Hubs to take a more well-rounded approach to community development.

This research was conducted by the [University of Leeds](#) in collaboration with [Leeds City Council](#), [Food Wise Leeds](#) and participating Food Hubs, funded by the Research England Policy Support Fund and supported by [Policy@Leeds](#). For more information visit the [Global Food and Environment Institute](#) or contact [Dr Effie Papargyropoulou](#) at [E.Papargyropoulou@leeds.ac.uk](mailto:E.Papargyropoulou@leeds.ac.uk).



## Description

Health for All is a Leeds-based charity tackling inequality, poverty and isolation, by building communities and facilitating real change in people's lives. Health for All has set up six food pantries, with more planned. The **Health for All Beeston Village** Food Hub operates within the community centre.

The Food Hub offers a Food Pantry and community cooking activities, and takes a community-led approach to health and social inequality, in line with Health for All's ethos. The Food Hub signposts its community members to other support and services for physical, mental and emotional health, financial, employment and housing advice.

“ We have immigrants, unemployed or homeless, but we now have a lot of working people that still can't afford the basics. We're not about luxury. ”

- Food Hub Volunteer

## Activities

Food pantry

Community support groups e.g. parents, elderly, ethnic minorities

'Cooking together' group with people with disabilities

Surplus food repurposing

Volunteering opportunities

Signposting to financial, immigration, mental health etc support

## Spotlight

Health for All has developed a very successful model for Food Pantries. They operate six (including Cranmore & Raylands Centre, Watsonia Park café, Parochial Food Pantry, and Middleton Centre) and are currently setting up one more. Food Pantries receive food surplus from **Fareshare** and **Rethink Food**, organise items in colour coded sections (including fresh fruit & veg, tinned, packaged, refrigerated and frozen items) and offer 14 items for £3.50 to clients. Food Pantries are open 1 day a week but also accommodate emergency drop ins. The Food Pantries are open to everyone, and efforts are made to accommodate culturally appropriate food e.g. Halal, vegetarian. They offer a dignified and non judgmental way to buy affordable groceries. The success of this model lies in setting up Food Pantries within established community centres that have strong links with and deep knowledge of their communities, and offer other complementary services e.g. support groups, mental health initiatives, exercise and art classes. Health for All, being an established charity can support Food Pantries to independence and long term viability by providing administrative and management support.

# Impacts



## Food security and economy

- Supports 252 people to access affordable, healthy food
- Improves members' access to financial and other support
- Employs staff and trains volunteers
- Generates income



## Sustainability and resilience

- Uses food surplus and prevents food waste



## Access and demand for healthy, local food

- Supports purchase of healthy food
- Develops food skills (e.g. cooking)
- Enables members to cook food provided (e.g. support purchase of cooking appliances and utensils)



## Health and wellbeing

- Improves emotional wellbeing and mental health
- Improves quality of life
- Enables social connections

# Takeaways



The food pantry model offers a dignified way to buy affordable groceries.



The success of the food pantries model lies in integrating them within established community centres that have strong links with and deep knowledge of their communities, and co-locating complementary services.

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# Health for All – Middleton Family Centre



## Description

Health for All is a Leeds-based charity tackling inequality, poverty and isolation, by building communities and facilitating real change in people’s lives. The [Health for All Middleton Family Centre](#) Food Hub operates within the community centre. The Food Hub offers a Food Pantry, community café, food growing, budgeting and cooking

classes, and delivers recipe meal bags and occasionally food parcels to people affected by mobility issues. The Food Hub is a ‘gateway’ to other support available to community members, ranging from physical, mental and emotional support to signposting for financial, housing, employment, violence and other services in Leeds.

“ It’s important to be done in a way that there is no stigma. There’s no judgement. It’s really tough. ”  
- Service User

## Activities

Family food pantry

Community café

Food growing garden and composting

Healthy food education, budgeting and cooking classes for teenagers

Community activities e.g. exercise, arts and crafts

Community support groups e.g. people with disabilities, elderly, children and teenagers, women’s and men’s groups

Volunteering opportunities

Surplus food repurposing

Signposting to mental health, financial, housing, employment, violence etc support

## Spotlight

Health for All Middleton Family Centre operates a Food Pantry once a week, in line with the Health for All model (source surplus food from [Fareshare](#) and [Rethink Food](#) and offer 14 items for £3.50 to clients). The Food Hub works with people of all ages but particularly with young people to help them develop healthy eating habits, cooking on a budget and food growing skills. Through their Teen Chefs programme, they educate teenagers on how to grow food in the community garden, and then use the produce to cook fresh, healthy meals for the group, and eat together. The teenagers are involved in budgeting for the communal meal, preparing the meal and discussing how they can make it affordable but still healthy, by using more vegetables. The food growing, budgeting and cooking skills aim to empower teenagers to eat more healthy food and spread the positive impact to their families. This process and the experience of eating together gives them confidence and more importantly a sense of belonging.

# Impacts



## Food security and economy

- Supports 20-30 families and individuals to access affordable, healthy food
- Improves members' access to financial, employment, housing, support
- Employs staff and trains volunteers
- Generates income



## Sustainability and resilience

- Uses food surplus and prevents food waste
- Supports biodiversity by growing fruits and vegetables
- Improves soil quality by composting



## Health and wellbeing

- Improves emotional wellbeing and mental health
- Improves quality of life
- Enables social connections



## Access and demand for healthy, local food

- Supports purchase of healthy food
- Provides land and facilities for food growing
- Develops food growing and cooking skills
- Raises awareness for benefits of healthy diets

# Takeaways



Developing food growing, budgeting, cooking and healthy eating skills, and eating together can empower young people for long-term change and give them a sense of belonging.



Co-locating services that deal with wider socio-economic determinants (e.g. employment, housing, education, health) supports members to address the systemic causes of food insecurity.



Using food as a 'gateway' to these other services offers a more welcoming environment that is free of judgment, thus increasing community engagement.

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## Description

**Kirkstall Valley Farm** is the Community Supported Agriculture farm of **Kirkstall Valley Development Trust** (KVDT). The farm is part of the Community Supported Agriculture network (CSA), with members of the community helping to grow fresh produce.

Kirkstall Valley Farm supplies weekly fresh vegetable boxes to members through a Harvest Share Membership Scheme. The farm is also used for various KVDT community engagement and learning events and activities throughout the year.

“ Growing your own food has become deeply political. ”  
 - Community grower

## Activities

- Surplus Food repurposing
- Veg Box membership scheme
- Food growing skills training
- Composting
- Educational activities with schools
- Collaborates with Meanwood Valley Farm, sharing tools, swapping seeds, and sharing knowledge
- Allotments for residents
- Food growing e.g. seasonal vegetables
- Provider of the Healthy Holiday scheme, offering enriching activities during the school holidays as well as a hot and healthy meals
- Linked to Butcher's Hill food pantry, community Hub, and café via the Kirkstall Valley Development Trust
- Promotes food growing at home (e.g. YouTube channel, My Family Garden)
- Volunteering opportunities

## Spotlight

Kirkstall Valley Farm is located just off Kirkstall Road in central Leeds. It is the community farm of Kirkstall Valley Development Trust which is an inclusive Community Benefit Society whose aims are to support the local community of Kirkstall.

The Trust has a community hub, a food pantry and the farm, which together aim to promote positive change in the area. Kirkstall Valley Farm employs five part time workers and is supported by volunteers from the community who take a significant level of responsibility for running the farm.

The farm supplies weekly fresh vegetable to members of the local community through a Harvest Share Membership Scheme, the proceeds of which cover all regular costs.

The farm also offers a range of volunteering and education opportunities.



# Impacts



## Food security and economy

- Over 100 families subscribe to the farm and receive a weekly vegetable box, promoting access to affordable, healthy food
- Advocates for sustainable, healthy food systems
- Facilitates connections between other organisations (e.g. donate surplus produce to local charities)
- Supports small, local food businesses (e.g. Yorkshire mushroom growers, local cafés)
- Employs staff and train volunteers
- Generates income (e.g. via vegetable boxes)



## Sustainability and resilience

- Donates food surplus to prevent food waste
- Supports biodiversity by growing vegetables
- Improves soil quality by composting and using rotational farming techniques



## Access and demand for healthy, local food

- Provides land and facilities for food growing (e.g. allotments, community growing areas)
- Develops food growing skills
- Supports the maintenance of the land
- Raises awareness for benefits of healthy, local food



## Health and wellbeing

- Improves emotional wellbeing and mental health
- Enables social connections

# Takeaways



Membership scheme for seasonal, local and affordable vegetable boxes can help support the financial viability of the farm whilst also enabling people to access vegetables.



Placing a Community Supported Agriculture farm within a Development Trust allows *scaling out* and reaching more people via a range of activities beyond the farm e.g. the Community Hub and the Butcher's Hill Food Pantry.



Local Authorities can enable the *scaling up and out* of community food growing, strengthen the local food system and increase its positive impact, by making land available for food growing, supporting capacity building to train the next generation of community growers, supporting the procurement of locally grown food, and providing a longer-term and steady source of funding.

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# Leeds North and West Foodbank



## Description

**Leeds North and West Foodbank** is part of a nationwide network of food banks, supported by The Trussell Trust, working to combat poverty and hunger across the UK. Leeds North & West Foodbank manages five distribution centres in five locations in North and West Leeds. They partner with a wide range of care professionals such as Citizen Advice, social workers, housing, GPs and other referral agencies to identify people in crisis and issue

them with a foodbank voucher. Foodbank clients redeem their vouchers for three days' emergency food parcels. The Foodbank also offers financial advisory services and peer support for long-term mental or physical health conditions and signposts people to agencies offering more long-term support, particularly in relation to debt, budgeting, benefits, housing etc.

“ The volunteers at the food bank were so lovely, they listened to me and made me feel human again. It was the first place I didn't feel judged. ”

- Food Bank Client

## Activities

Emergency food parcels

Volunteering opportunities

Mental health and finance advice and signposting

Surplus food repurposing

## Spotlight

**The Trussell Trust** has a well established model of emergency food provision across the UK, with a wide range of partners who can identify people in need, strong links to big corporate organisations such as supermarkets donating food, and a dedicated volunteering taskforce. The main function of this nationwide network of food banks is to provide emergency food and support people locked in poverty. However, the strength of this model lies in the research and advocacy arm of Trussell Trust, campaigning for change to end the need for food banks in the UK. Trussell Trust's vision is for a future without the need for food banks. To realise this, they advocate for a benefits system that works for everyone and secures income so people can afford the essentials like food and heating. Their research investigates the state of food insecurity in the UK, the impact of policies and social security systems (e.g. Universal Credit) on people, and provides the evidence base for policy recommendations for the eradication of poverty.

# Impacts



## Food security and economy

- Supports people to access affordable, healthy and culturally appropriate food: over 14,000 emergency food parcels in a year
- Assist member to access financial and other support (e.g. debt and budget advice with [Money Buddies](#))
- Advocates for policies supportive of food security
- Employs staff and trains volunteers



## Health and wellbeing

- Improves emotional wellbeing and mental health
- Enables social connections



## Access and demand for healthy, local food

- Supports small, local food businesses (e.g. receiving fresh food surplus from local greengrocer The Fruit Stall, diverting any surplus food to local Food Hub Rainbow Junktion)



## Sustainability and resilience

- Uses food surplus and prevents food waste

# Takeaways



Research that provides the evidence base supporting policy change is a strength of the Trussell Trust food banking model.



Advocacy and antipoverty campaigning, for example by supporting the [Cash First](#) approach, is one way for *scaling out and up* the impact of the Trussell Trust food banking model.



Co-location of services and activities (e.g. establishing an in-house community café) can provide long-term support to people, beyond emergency food provision, after they have dealt with the immediate impacts of a crisis.

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# Meanwood Valley Urban Farm



## Description

**Meanwood Valley Urban Farm** attracts 15,000 people per year and operates a Community Supported Agriculture (CSA) scheme, located on 26 acres of borderless inner-city land in Leeds. It aims to reconnect urban people with their food via horticulture, agriculture, and conservation. Its programmes focus on providing therapeutic experiences especially to people with disabilities, skills training and employment opportunities, public awareness and education, and food growing.

Allotments are offered to local residents to grow food for self-sufficiency. The Market Garden and orchards operate in line with organic practices and supply 50% of the produce for the Veg Box scheme ran by the urban farm. The Wellbeing Garden allows adult disability groups and schools to grow edible plants mainly for therapeutic and educational purposes, via the 'Help Out On the Farm' (HooF) programme.

“ Our Veg Box scheme gives local communities a secure supply of affordable, fresh, local, seasonal food and opportunities to connect with the land and the people that grow it. ”

- Community grower

## Spotlight

Meanwood Valley Urban Farm's is an exemplar on how to grow food in a city and reconnect urban people with their food. The farm focuses on food security, using urban land to grow food (crops and animals) to feed communities, connect with nature, and teach food growing skills and the value of food. The Veg Box scheme offers its members small, medium or large Veg Boxes with a mix of seasonal vegetables and fruits for £10 £26/week. The Market Garden supplies half of the Veg Boxes produce; the rest being supplemented by Organic North. Roughly an eighth of the Market Garden's produce goes to its volunteers and Rainbow Junction, a local community café and pantry. A critical mass of roughly 170 boxes is required for the scheme to be financially viable long term. The success of this model lies in creating an ecosystem of diverse activities (focusing on food security, education, and the therapeutic nature of good growing) that support the main values of the farm and cross subsidise each other.

## Activities

Food growing: vegetables, fruits, chicken eggs

Agriculture, horticulture, conservation

Community Supported Agriculture Veg Box membership scheme

Allotments for residents

Volunteering opportunities

Educational activities disability adult groups and schools

Food growing skills training

Community café

# Impacts



## Food security and economy

- Supports 70 households to access affordable, locally grown, healthy food via the Veg box scheme
- Advocates for sustainable local foods
- Employs staff
- Facilitates connections between businesses
- Trains volunteers
- Generates small income



## Sustainability and resilience

- Reduces greenhouse gases by producing local seasonal food
- Supports biodiversity
- Improves soil quality (e.g. organic farming practices and composting)



## Access and demand for healthy, local food

- Provides land and facilities for food growing e.g. market garden and allotments
- Offers a diverse range of locally grown, seasonal, healthy foods
- Develops food growing skills



## Health and wellbeing

- Improves emotional wellbeing and mental health
- Improves quality of life
- Enables social connections

# Takeaways



Making public land available for Community Supported Agriculture (CSA) and providing financial support for further investment (e.g. zero interest loans) can enable the expansion of local food production and strengthen the resilience, sustainability and justice of local food systems.



CSA plays a crucial role in training the next generation of community growers, which is essential for the long-term viability of local food production.



Expanding CSA beyond just horticulture into animal production requires investment in local networks of processing facilities (e.g. abattoirs), however it could provide a more holistic local food production model and support a local circular economy.

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# Neruka's Soul Food Soup Kitchen



## Description

**Neruka's Soul Food Soup Kitchen** was founded by Neruka herself in 2009 with the mission to offer "a wholesome meal to anyone who was willing to accept it". The Food Hub receives food surplus from Fareshare and Rethink. It offers food parcels and take away hot meals once a week to anyone in need, for a token contribution of £1. The ethos of the Food Hub is grounded in Christian values but serves people of

all faiths. Neruka's Soul Food Soup Kitchen also hosts women's support groups focusing on isolation and domestic violence. These are safe spaces of peer support without judgment. It also hosts a 'Listening Service' offering a welcoming, safe, culturally sensitive, and confidential space for anyone over 18, to talk and the volunteers to listen.

“ We realised they don't need just food. They need companionship. They need someone to talk with. ”

- Food Hub Founder

## Activities

Food parcels

Hot meals take away

Surplus food repurposing

Community (women's) groups

'Listening' service

Signposting to other services and support

Volunteering opportunities

## Spotlight

Neruka's Food Hub is a 'Soup Kitchen for the Soul'. It operates with very limited financial support and relies heavily on volunteers. It has operated for over a decade, weathering changing political landscapes, and building up slowly from the ground. Its longevity is a testament to Neruka's value based leadership and determination that is fully embraced by the local community.

The success of this model lies in its hyper local and value based nature. Although the Food Hub accepts everyone, it operates on a neighbourhood level which allows a deep knowledge of its members. This model is highly adaptable and responsive to the needs of the community as they arise. When Neruka's Kitchen was first set up, it served a predominately African Caribbean community. Currently, it serves a growing Eastern European demographic. Some of its volunteers previously relied on the Food Hub's food parcels. Now they help translate for community members new to the UK.

# Impacts



## Food security and economy

- Supports 70-100 people to access affordable, culturally appropriate, healthy food
- Improves members' access to financial and other support
- Supports small, local food businesses (e.g. local ethnic grocers)
- Trains volunteers
- Generates small income



## Sustainability and resilience

- Uses food surplus and prevents food waste



## Health and wellbeing

- Improves emotional wellbeing and mental health
- Improves quality of life
- Enables social connections



## Access and demand for healthy, local food

- Offers a diverse range of culturally appropriate healthy foods

# Takeaways



Hyper-local/neighbourhood-based models of food provision are adaptable and agile, responding to the needs of their communities as they arise.



This model lends itself to *scaling out* not *up*, for example as a network of small-scale neighbourhood-based initiatives.



The value-based nature of this food provision model that is built around a strong community leader, ensures continuous support from the community and volunteers, who are central to its long-term viability.

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# New Wortley Community Centre



## Description

**New Wortley Community Centre** is a community-owned and community-led centre located in inner city West Leeds. The well-established community centre offers a wide range of services and activities, aiming to empower

local residents to lead happier and healthier lives. It is a multi-purpose, community anchor organisation that responds to the local context and needs and supports other grass roots groups and initiatives.

“ People are more likely to talk to us about their health issues, because of our relaxed, non-clinical setting. ”  
 - Operations Manager

## Activities

- Food pantry
- Surplus food repurposing
- Cultural café
- Healthy and affordable recipe packs (including food ingredients and recipe card)
- Mental health and finance advice and signposting
- Exercise, arts and crafts classes, youth clubs
- Emergency food parcels
- Cook and connect 6 week course
- Volunteering opportunities
- Climate action (active travel hub)
- Food growing in allotments and raised beds
- Community café

## Spotlight

The Food Store offers healthy and affordable recipe packs including the food ingredients and recipe card for meals for up to 6 people for £2 (Halal options available). The centre also operates a food pantry (the Market Place) offering 10 grocery items for £3.50. There is a package deal including the recipe packs and grocery shopping. Once a week the centre runs a Cultural Café, a volunteer led activity. Volunteers design and cook menus from a variety of cultures in the in house kitchen facilities. The traditional meals are then sold in the community café. The social enterprise activities e.g. repair bike shop, clothes charity shop, laundry service, café etc, subsidise other activities and support the centre’s financial viability. The success of this community anchor model lies in its collaborative approach supporting other groups and having a greater reach and impact via its partners. Also, New Wortley Community Centre delivers change through its programmes and by integrating its activities in the health and care system via the **Local Care Partnership**.

# Impacts



## Food security and economy

- Supports people to access affordable, healthy and culturally appropriate food: around 4,000 recipe packs via the Food Store and the food pantry, 420 hot meals via the Cultural Café, and 450 emergency food parcels in a year
- Facilitates connections between other organisations (e.g. via the community anchor model)
- Supports small, local food businesses
- Employs staff and trains volunteers
- Generates income (e.g. via social enterprise activities)



## Sustainability and resilience

- Uses food surplus and prevent food waste
- Supports biodiversity by growing fruit and vegetables



## Access and demand for healthy, local food

- Supports purchase of healthy food e.g. food pantry, recipe packs
- Provides land and facilities for food growing (e.g. allotments, raise beds)
- Develops food growing and cooking skills (e.g. cooking courses)
- Enables members to cook food provided (e.g. slow cookers and recipes)



## Health and wellbeing

- Improves emotional wellbeing and mental health
- Enables social connections

# Takeaways



Co-location of services, assets, and programmes increases the long-term financial viability of the Hub, and offers added social value to community members and other co-benefits e.g. environmental benefits via the active travel centre, climate action etc.



The Community anchor model (e.g. community-led, multi-purpose, responsive to local context, support and coordination of a network of smaller grassroots organisations) offers greater reach and impact via partner organisations.



Successful integration of activities in care and health systems via Local Care Partnership collaboration reduces health inequalities (e.g. physical, mental, emotional and planetary health).

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## Description

**Rainbow Junktion** aims to address food waste and food insecurity while promoting inclusivity within the community. Rainbow Junktion intercepts surplus food from supermarkets, restaurants, and various other sources and transforms the food into healthy and nutritious meals. The community café operates a pay-as-you-feel/can donation system, ensuring that everyone, regardless of their financial situation, can

enjoy a meal. Rainbow Junktion also offers a food share program, acting as a pay-as-you-feel/can food pantry. Recognising the growing struggles faced by members of their community, this program combines surplus and purchased food to provide further support to those in need. Importantly, all of Rainbow Junktion's services operate on a non-referral basis, without judgment, and are open to absolutely everyone.

“ Any income that we make at Rainbow Junktion goes straight back into our services. ”  
 - Food Hub Manager

## Activities

Surplus food repurposing

Pay as you feel food share/pantry

Pay as you feel community café

Mental health support

Housing and financial signposting

Volunteering opportunities

## Spotlight

Rainbow Junktion offers a pay as you feel community café and food pantry. Operating as a community café two days a week, and as a food share/pantry once a week.

Rainbow Junktion partners with other community organisations to offer a range of support services to the community, including budgeting and housing advice, English language lessons and mental health support. Rainbow Junktion is embedded in the community, offering the services and support needed by the community.

Rainbow Junktion delivers change through its food programmes, advocacy and partnership work.



# Impacts



## Food security and economy

- Supports a diverse range of members of the community to access affordable, healthy food through the food pantry and community café
- Advocates for more support for people experiencing food insecurity and financial hardship
- Employs staff and offers volunteering opportunities
- Generates income (e.g. via café)



## Health and wellbeing

- Partners up with organisations to offer services that help to improve emotional wellbeing and mental health
- Enables social connections



## Access and demand for healthy, local food

- Supports purchase of healthy food (e.g. food share)



## Sustainability and resilience

- Uses food surplus and prevents food waste

# Takeaways



Food hubs that are embedded in the community and have good relationships with community spaces such as churches, local organisations and residents, can deliver support services that are tailored to those that need them, in spaces that are accessible.



This model of food provision and empowerment can be *scaled up* and *out* by offering shared eating opportunities alongside financial, housing and mental health support in community spaces in other communities and neighbourhoods.

This research was conducted by the [University of Leeds](#) in collaboration with [Leeds City Council](#), [Food Wise Leeds](#) and participating Food Hubs, funded by the Research England Policy Support Fund and supported by [Policy@Leeds](#). For more information visit the [Global Food and Environment Institute](#) or contact [Dr Effie Papargyropoulou](#) at [E.Papargyropoulou@leeds.ac.uk](mailto:E.Papargyropoulou@leeds.ac.uk).



Chapel FM Arts Centre

## Description

**We are Seacroft** is a collective of local residents, groups, and 9 organisations, charities and community trusts who share a passion for Seacroft and aim to create social change and sustain a safer environment for everyone.

Organisations include LS14 Trust, Fall Into Place Theatre, Seacroft Community on Top, Kentmere Community Centre, Seacroft Churches, Chapel FM Arts Centre, Seacroft Friends and Neighbours, Seacroft and Manston Cluster and Climate Action Seacroft.

“ We’re a development Trust, effectively trying to create an ecosystem that is beneficial to as many people as possible within this community. ”  
 - Director of Operations

## Spotlight

We are Seacroft runs a number of food related programmes ranging from food growing, food pantry, community café, and cooking courses, having a significant impact on the community.

Key to its success is the ‘power’ that lies in the collective model built on strong partnerships amongst its member organisations.

These organisations are united under the mission to look after each other by giving everyone the same opportunities to live well, look out for each other by celebrating diversity in our communities, and look after Seacroft by caring for our planet.

We are Seacroft delivers change through its programmes, activism and advocacy, and by integrating its activities in the health and care system via the **Local Care Partnership**.

## Activities

- Food pantry
- Pay as you can hot meals Seacroft Parish
- Healthy and affordable recipes
- 6 week energy saving and healthy cooking course Kentmere community centre
- Youth and elderly clubs and cafés
- Communal meals with **Foodcycle** Chapel FM Art Centre
- Community composting
- Food growing at Killingbeck Community Allotment & Orchard Climate Action Seacroft
- Volunteering opportunities
- Mental health and financial support and signposting
- Community café
- Food parcels at East Leeds Food Bank and Parish Larder Seacroft Parish
- Surplus food repurposing



# Impacts



## Food security and economy

- Supports 100 to 140 households to access affordable, healthy food
- Advocates for sustainable, healthy food systems (e.g. climate action, doughnut economics approach)
- Facilitates connections between other organisations (e.g. partner organisations within the collective, Foodcycle)
- Supports small, local food businesses (e.g. local bakers)
- Employs staff and train volunteers
- Generates income (e.g. via café)



## Sustainability and resilience

- Uses food surplus and prevent food waste
- Supports biodiversity by growing fruit and vegetables
- Improves soil quality by composting



## Access and demand for healthy, local food

- Supports purchase of healthy food (e.g. food pantry)
- Provides land and facilities for food growing (e.g. allotments, Forest Garden, communal kitchen)
- Develops food growing and cooking skills
- Enables members to cook food provided (e.g. slow cookers and recipes)
- Raises awareness for benefits of healthy, local food



## Health and wellbeing

- Improves emotional wellbeing and mental health
- Enables social connections

# Takeaways



The collective model of community action, built on strong partnerships amongst local residents and member organisations, can deliver social and environmental change through an ecosystem of cross-fertilising activities, activism and advocacy.



Successful integration of activities in care and health systems via Local Care Partnership collaboration reduces health inequalities (e.g. physical, mental, emotional and planetary health).



This model of food provision and empowerment can be *scaled up* and *out* by integrating more aspects of community action, and by replicating successful approaches in other communities and neighbourhoods.

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