

Gloucestershire County Council

Access to food during the school holidays

Information for families



Issue 3:
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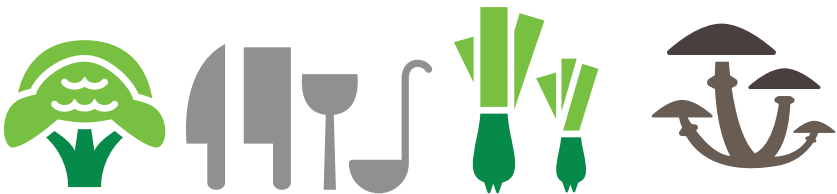
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Introduction

Welcome to this access to food during school holidays information leaflet. We have produced this helpful leaflet to guide and signpost you to access available food.

If you need help to access food

Gloucestershire's Community Help Hub has created a hub that can help with food assistance. If people are unable to use the online form they have a phone line available, please call **01452 583519**. This is a priority telephone line for people who need help or who are volunteering. This number should not be used to report other issues.



The lines are open;

- ➔ Monday – Friday 9am–5pm
- ➔ They will pass on the information to the relevant district or borough council to connect people who can help each other, or if appropriate refer individuals to an existing service <https://www.gloucestershire.gov.uk/gloucestershires-community-help-hub/>

The Covid-19 Winter Fund is a strand of the Welfare Fund that the County Council provides for individuals in need. The Fund supports vulnerable children, young people, working age adults, older people and their families during the challenging and unprecedented times of the Covid - 19 pandemic. Individuals and families can self - refer or a professional can refer on their behalf.

The individuals and families must be a resident in Gloucestershire and be 16 years old or over. Applications will be considered from a wide variety of priority groups.

Types of support available includes food deliveries, supermarket vouchers, essential household equipment, gas / electricity, furniture, rent in advance (only when all other options have been explored), removal expenses, cash when necessary and The Children's Fund can provide clothes when necessary.

More information on the fund and how it can provide short term support for food and other areas can be accessed in the link below.

<https://www.gloucestershire.gov.uk/health-and-social-care/gloucestershire-welfare-support-scheme/>

Application form: <https://www.gloucestershire.gov.uk/media/2097744/emergency-assistance-grant-form.pdf>

If people are unable to use the online form they have a phone line available, please call
01452 328518



Free and low-cost food

Food banks

- There are seven Trussell Trust Food banks in the county, some are now offering home delivery options and are operating an electronic referral systems.
- If you feel you are struggling to put food on the table, agencies can work with and support you by issuing you with a foodbank voucher which is the most important step to getting access to the food bank. Agencies that can issue food bank vouchers will include: Citizens Advice, housing support officers, children's centres, health visitors, social services and some local charities.

There are also independent food banks which you can find out about at:

<https://www.foodaidnetwork.org.uk/independent-food-banks-map>

Cheltenham Food Bank Main Centre

Cheltenham Elim Church, 115- 117 St George's Road, Cheltenham, GL50 3ED

Open Wednesdays 11am - 3pm

St Paul's Distribution Centre

St Paul's Church, St Paul's Road, Cheltenham, GL50 4EZ

Open Fridays 11am - 3pm

Website: <https://cheltenham.foodbank.org.uk/>

Facebook: <https://www.facebook.com/cheltenhamfoodbank/>

If you do not have enough money for food, you can call free on

0808 2082138 to

speak to a trained and independent Citizen's Advice agent.



Alternatively, speak to Cheltenham Citizen Advice on **01452 327202**, a referral agency partner of Cheltenham foodbank about getting a foodbank voucher.

Gloucester Food Bank

107 Great Western Road,
Gloucester GL1 3NF

Phone: **01452 309683**

Website: <https://gloucester.foodbank.org.uk/>

Facebook: <https://www.facebook.com/GloucesterFoodbank/>

This service is currently offering a delivery only service.

Providing 7 – day emergency food parcels (providing 21 meals per person) rather than the normal 3 – day’s parcels.

If you do not have enough for food, you can call free on

0808 2082138 to

speak to a trained and independent Citizen’s

Advice agent. Alternatively, speak

to **GL Communities** on **01452**

5055444 will be able to issue a food bank voucher to you or

contact **Gloucester City Council**

Customer Services on **01452**

396396 or email heretohelp@gloucester.gov.uk



Forest of Dean Food Bank

Newland Street, Coleford
GL16 8AN

Phone: **07775 265263**

Website: <https://theforest.foodbank.org.uk/>

Facebook: <https://en-gb.facebook.com/theforestfoodbank1/>

This service has now moved to providing a delivery service.

New contact arrangements

→ If you live in postcode GL15 please phone **07391 001217** only from 2pm-4pm on Wednesdays

→ If you live in postcode GL16 please phone **07387 502240** only from 2pm-4pm on Mondays

→ If you live in postcodes GL14 & GL17 please phone **07553 611294** only from 9.30am -11.30am on Fridays

If you do not have enough for food, you can call free on **0808 2082138** to speak to a trained and independent Citizen’s Advice agent.

Free and low – cost food (contd)

Tewkesbury Food Bank

Address: 76 Church Street,
Tewkesbury GL20 5RX

Phone: **01684 296824**

Website: <https://tewkesbury.foodbank.org.uk/>

This service uses an e-referral voucher – which means that anyone can contact one of the agencies to receive a referral code. Identification will be needed to collect a parcel from the centre.



If you do not have enough money for food, you can call free **0808 2082138** to speak to a trained and independent Citizen's Advice agent. Alternatively, call **01452 527202** to speak to North and East Gloucestershire Citizen's Advice service.

Full list of other partners who can issue vouchers can be found here: <https://tewkesbury.foodbank.org.uk/get-help/how-to-get-help/>

Cirencester Food Bank with Fairford and Tetbury

Cirencester Ashcroft Church,
Ashcroft Road, Cirencester GL7 1RA

Phone: **07762 168297**

Website: <https://cirencester.foodbank.org.uk/>

Facebook: <https://www.facebook.com/cirenfoodbank/>

Email: info@cirencester.foodbank.org.uk

Operating a home delivery service.

Moved onto a digital system and referral agencies are issuing electronic foodbank vouchers.

If you do not have enough food, you can call free on **0808 2082138** to speak to a trained and independent Citizen's Advice agent.



North Cotswolds Food Bank

Unit 2, Glebe Farm Buildings,
Guiting Power, Cheltenham GL54
1JB

Phone: **07879 375562**

Website: <https://northcotswold.foodbank.org.uk/>

Facebook: <https://www.facebook.com/NorthCotswoldFoodbank/>

Email: info@northcotswolds.foodbank.org.uk

If you do not have enough food, you can call free on **0808 2082138** to speak to a trained and independent Citizen's Advice agent. Call or email the foodbank – they can talk through your situation and put you in touch with a relevant agency.

Stroud Food Bank

Unit 2A, Brimscombe Port,
Brimcombe, Stroud GL5 2QQ

Phone: **01453 367077**

Website: <https://strouddistrict.foodbank.org.uk/>

Facebook: <https://en-gb.facebook.com/StroudDistrictFoodbank>

This service is now offering delivery only services.

If you do not have enough food, you can call free **0800 8000 510** (Citizen's Advice) or **0808 168 2443** (P3 Charity) to speak to someone who will be able to issue you with a food bank voucher if necessary.



Cheltenham CCP Pantry Project

The pantry project is an alternative to the standard food panels. Members can choose from fresh meat, dairy, fruit and vegetables, to the value of approximately £15, for £3.50 a week.

By visiting the Pantry each week, CCP support workers can work with clients and signpost them to other services that can provide debt, housing, mental health and family support.

The Pantry is open Wednesdays - Fridays. To apply for the Pantry Project complete the application form: <https://www.ccp.org.uk/Handlers/Download.ashx?IDMF=696665fc-b7eb-4a48-a111-bbd2e58ae087>



Food support for families who have children under the age of 4

The Healthy Start scheme can help you get free vouchers every week to spend on cow's milk, pulses (beans, lentils and peas), plain fresh, frozen and canned fruit and vegetables, vitamins and infant formula milk. The vouchers can be used at retail outlets registered with the Healthy Start scheme which includes many supermarkets, independent local shops and pharmacies.

How to apply?

Applying for Healthy Start Vitamins is easy. All you need to do is complete the application leaflet. You can get the application by:

- Asking your midwife or health visitor for one
- Calling the Healthy Start helpline **0345 607 6823** and asking them to send one to you by post

- Completing the form online and then printing it off to check and sign (<https://www.healthystart.nhs.uk/healthy-start-vouchers/how-to-apply/online-application-form/>)
- Downloading it directly from the website: <https://www.healthystart.nhs.uk/healthy-start-vouchers/how-to-apply/>

A GP, midwife or health visitor no longer needs to sign this form. Healthy Start use information from your tax credits and benefits claims to check you qualify so make sure all your details (including your address) are up to date with Tax Credits and Job Centre Plus as this will help them process your application quickly.

How to spend the vouchers?

To find out what you can spend the vouchers on and apply for Healthy Start Vitamins visit here: <https://www.gloucestershire.gov.uk/healthy-start/>



Food waste and donations

- Individuals with excess food can use the food sharing app Olio (<https://olioex.com/>) (please follow their safety advice closely)
- Try to prevent food waste from happening, follows these practical tips (<https://www.bbcgoodfood.com/howto/guide/how-reduce-food-waste>)
- If you want to donate to food banks and other emergency providers use the donations at some supermarkets or donate directly to a local food bank <https://www.trusselltrust.org/get-involved/ways-to-give/donate-food/>



COVID-19 Mutual Aid Local Groups

Mutual aid groups have been set up across Gloucestershire. The local groups are run by local people living in the community they aim to connect residents and neighbours together so they can support each other in whatever way possible during this time. The groups are generally on either Facebook or online; you can use the interactive map to find your local group.

- Type your local area onto the Interactive map and it will signpost to the other groups <https://covidmutualaid.org/local-groups/?place=gloucestershire>

Wellbeing

Feeding the Family

Providing healthy nutritious meals for your child(ren) on a tight budget can be a challenge for everyone but it doesn't have to be. Here are some suggestions to help you.

- [Food Active](#) has produced a top tip guide for meal ideas for a 3 day parcel and 7 day parcel
- [BBC Good Food](#) has 36 recipes that are cheap and wholesome meals for the whole family including step - by - step videos.
- Download the Change4Life Food Scanner app to bring labels to life and find out what's really in the food and drink you're buying and eating. Available on the Google Play Store: https://play.google.com/store/apps/details?id=com.phe.c4lfoodsmart&hl=en_GB or on the Apple Store: <https://apps.apple.com/gb/app/change4life-food-scanner/id1182946415>
- The [Change 4 Life](#) Smart Recipes app has 160 recipes that are simple and easy to prepare and cook which you can get the children involved. Download for free on the Google Play Store or Apple IOS Store.
- [Newcastle City Council](#) Public Health Team has compiled tips for feeding children on a budget and how best to make your food shop stretches further.





Dental and Oral Health

Tooth decay is the most common oral disease affecting children and young people in England, yet it is largely preventable. With dentists now safely open, there are some suggestions to help your children take care of your teeth and develop healthy habits early.

- Children and young people under 18, or under 19 and in qualifying full – time education are entitled to free dental treatment. To find out if you are eligible for free NHS dental care, read more <https://www.nhs.uk/using-the-nhs/help-with-health-costs/get-help-with-dental-costs/>
- Download Brush DJ App to plays two minutes of your music so you brush your teeth for the right amount of time. The app has short videos and can help make brushing teeth fun! <https://www.brushdj.com/>
- Advice and information on how to take care of children’s teeth <https://www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth/>
- Change for Life Sugar Calculator. See what sugar swaps you can make! <https://www.nhs.uk/change4life/food-facts/sugar/sugar-calculator>

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