

Low and Slow Pilot

*A Holistic Approach to Addressing
Food and Fuel Poverty in the
Scottish Borders*

The Food Conversation 13th May 2022

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Caroline Hamilton JHIT NHS Borders

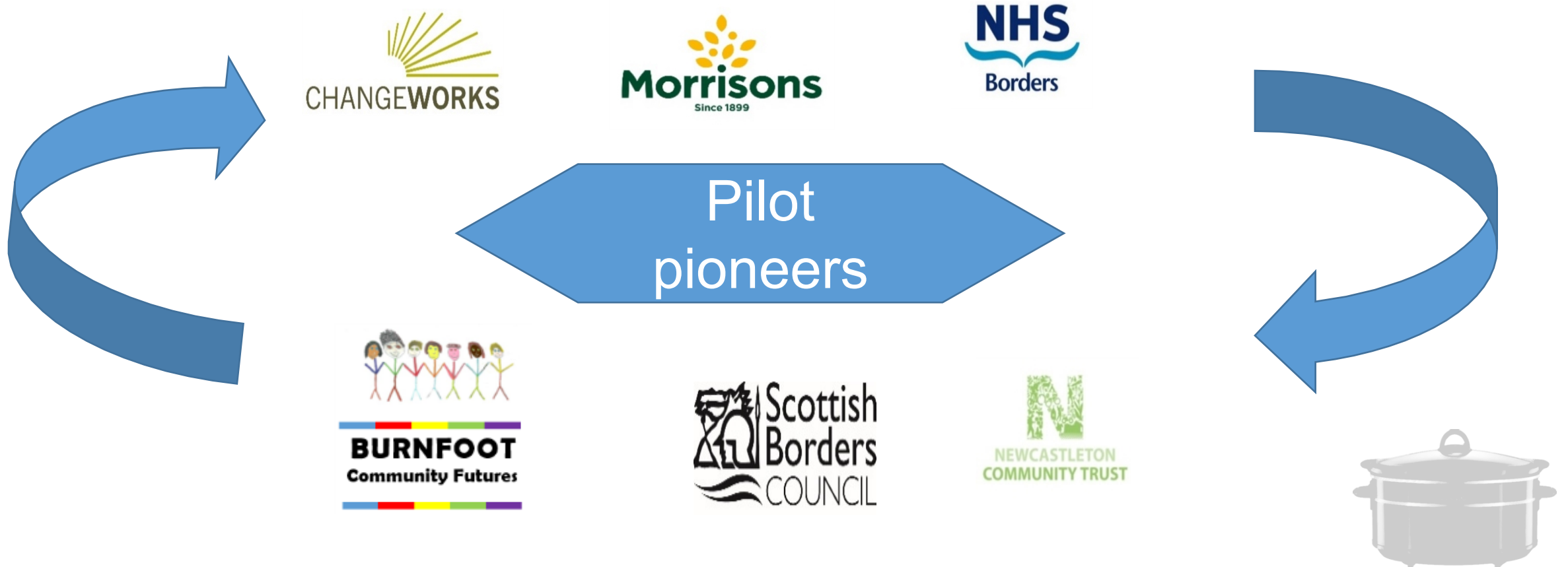
Low and Slow Update No 3

May 2022

- To increase understanding about Low and Slow Pilot Project
- Holistic Approach (value to everyone)
- Partnership Approach Planning
- Partnership Delivery Sites
- Future plans 2022-23



Pilot Partners



The Food Conversation

Changeworks and NHS Borders JHIT

Development of small working group:

- Planning
- Delivery
- Setting Outcomes
- Evaluation
- Going Forward

- Knowledge
- Policy
- Peer learning and relationships developing
- Consulting with others
- Testing out ideas and gaining views



Pilot Pioneers (Participants)

Participants became known as Pilot Pioneers

Pilot Pioneers Information

*an agreement to take part in telephone call with
Changeworks*

GDPR



- Affordable Warmth Service


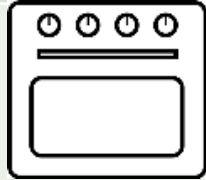
Telephone interview with choice of home visit

- Energy Saving Week drop in Event at Burnfoot Community Futures (BCF)

- Visits to Newcastleton and BCF *to talk about energy usage and savings*

- *Funding opportunities*

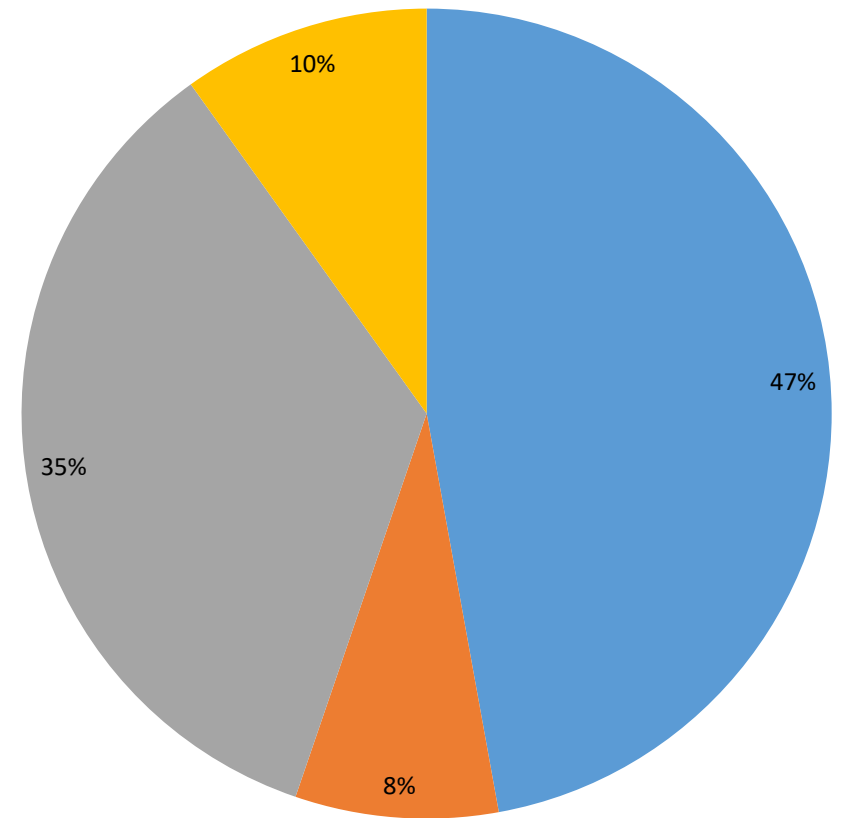
Electricity cost per hour (Approx.)

	December 2021	April 2022
	3p per hour	5p Per hour
	44p per hour	75p per hour

The rising cost of fuel from October 2021 average cost per kilowatt hour (kwh) on a standard tariff for electricity was 20p per kwh. This rose to 34p per kwh in April 2022.

Recipes and Costings

- Development
- Average cost per serving: 60p
- Average cost saving per recipe: 95% (£5)



■ Donation ■ Landfill Prevention ■ Bought ■ Cost to Participant



Recipe Feedback

Chilli Con Carne and Rice

Easy to follow
Had all
ingredients

Looked good
tasted good

Score 8

Recommend
adjust spice
level to liking,
would add more
stock less water

Saved time, able to
get work done, kids
enjoyed helping



Bean and Veggie Chilli

Easy to follow
had all the
ingredients

Looked ok
tasted ok

Score 5

? Recommend
left out courgette
and mushroom

Saved time

Data Collection

Families had 1-4 children

4 families are single parents

Our Families

Children aged from 2- 14yrs

Mums do most of cooking

7 families receiving benefits

6 families are interested in getting help with budgeting

Budgets & Benefits

Half the families unsure if receiving correct benefits

Benefit check offer



Data Collection

2 families don't have a cook
Half eat at least 1 meal together at the table

Home Cooking

Meal plans vital to ensure you have something to eat: most try to plan
most have time to prepare food
Half enjoy cooking



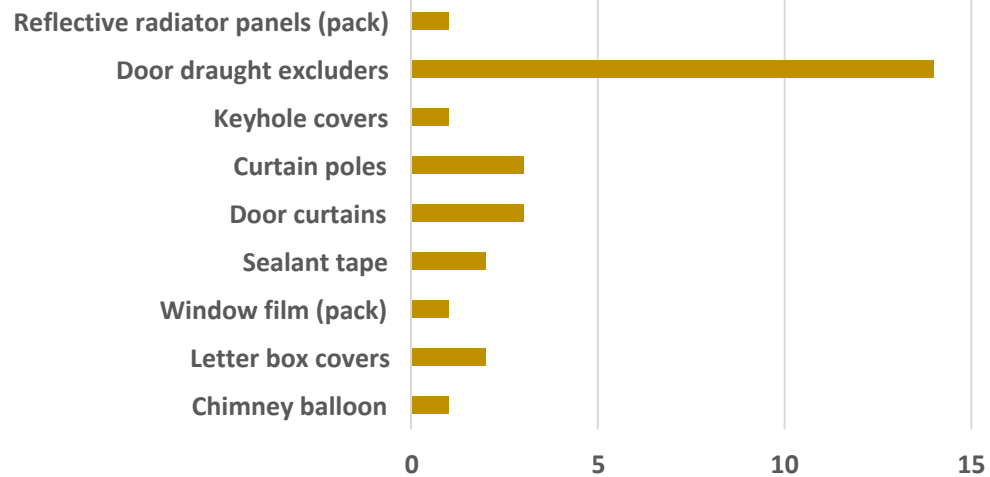
63% Aldi
33% Morrison's
25% Icelar
55% had not heard of BCF landfill prevention (CT Families)

Food Sources

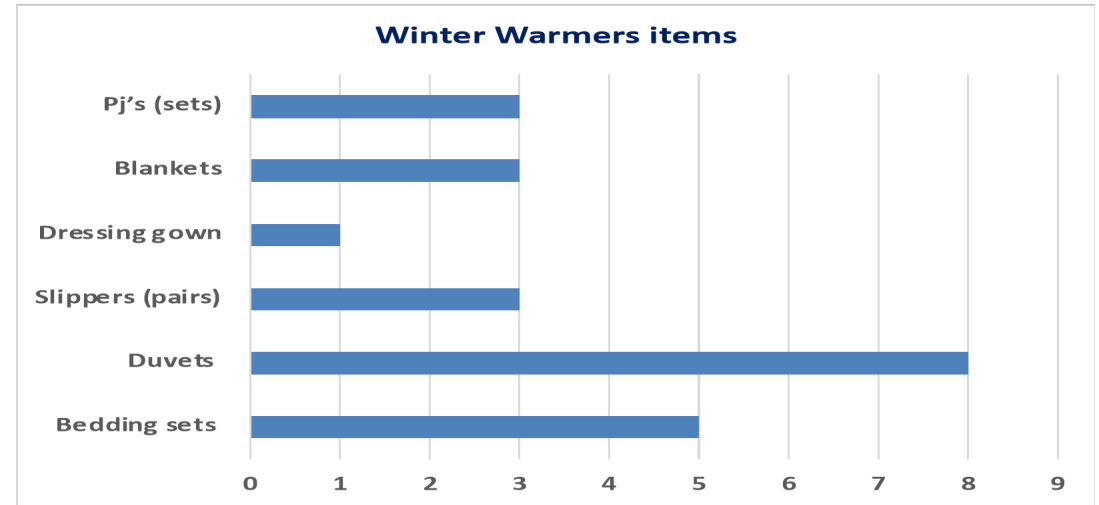
People aware of foodbanks
Usage is varied
Public transport is essential to do food shopping

Teviot Liddesdale Welfare Fund Awarded to Burnfoot Community Futures Winter Warmer Packs

Draught Excluder items



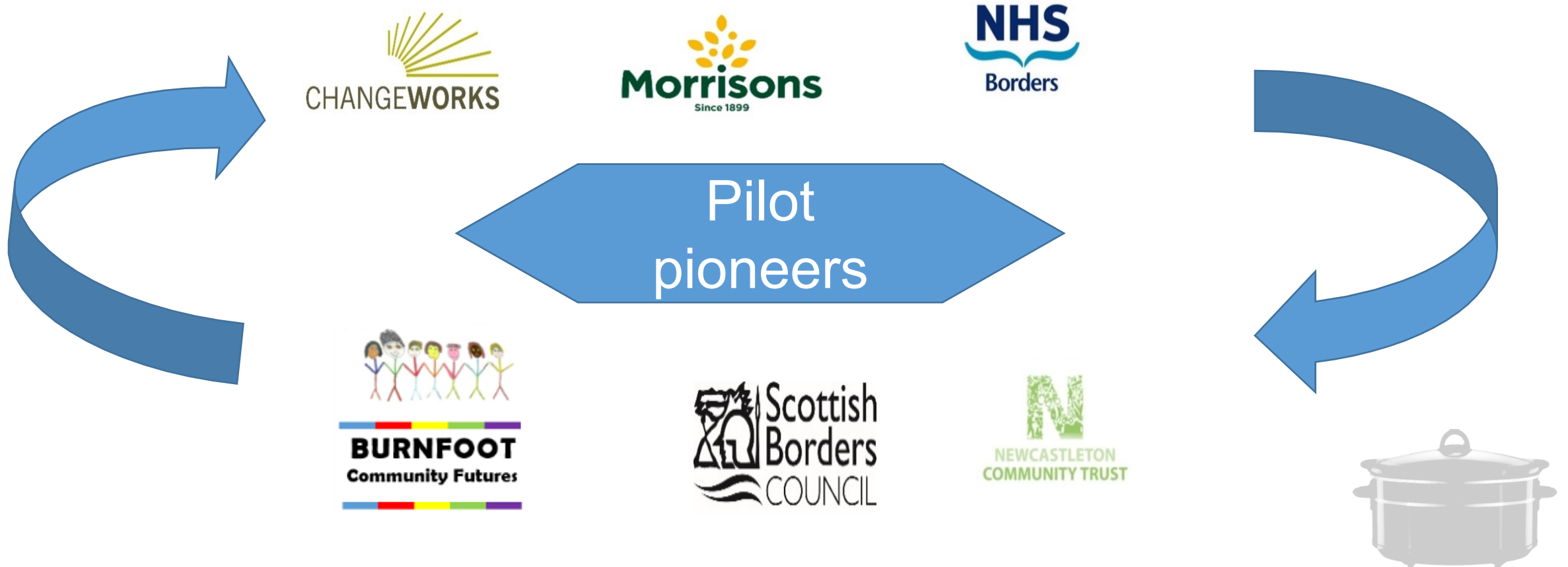
Winter Warmers items



The Community Welfare money enabled 11 families to be warmer in their homes with an average spend of £75.21 per household



Pilot Partners



Closing Comments

“Everyone’s knowledge and skills were essential for working in partnership to deliver this successful pilot project”

Thank you for listening

- Future
- Next steps discussion

