



Supporting and working with community groups and clubs to promote a deeper understanding of local health and care needs and experiences

## Spotlight on UK Harvest

**Our purpose is to nourish our nation.**

UKHarvest is a not-for-profit perishable food rescue operation that collects quality excess food from commercial outlets and delivers it, direct and free of charge, to charities.



We provide much needed assistance to vulnerable people, collecting surplus food from all types of food providers, including fruit and vegetable markets, supermarkets, hotels, wholesalers, farmers, stadiums, corporate events, catering companies, shopping centres, delis, cafes, restaurants, film and TV shoots and boardrooms.

We have recently expanded into Nourished Education Programmes (Nourished express, nourished 6 session, nourished unique & nourished community pop ups); delivering healthy cooking sessions to a wonderfully wide range of adults, children & families who need support to learn how to cook with fresh, healthy ingredients to improve their overall health & happiness.

Our *Nourished Community Pop-ups* are surplus suppers or lunches for the whole community. We cook a three-course meal on a pay as you dine basis, so people can pay what they think the food is worth or they can afford, but if they can't afford to pay but need to eat, that's fine too.

The great thing about our nourished programmes is that people can be involved in the cooking if they would like to, you get to chat with old or new friends, have food and ingredients to take away and get great ideas on how to adapt the recipes at home using fresh, cheap and easy to source ingredients; An all-round winner!

Our Community Partnership Lead attended one of the Surplus Supper events and captured the experiences and views about health and social care provision from attendees.

**These stories and views covered a range of topics, such as:**

- Challenges of accessing GP appointments
- Communication issues with healthcare professionals
- Cost of local transport for appointments
- Medication and repeat prescription reviews.

The insight from each person was collated and anonymised and forms part of the insight and evidence that Healthwatch gather to identify common themes around what works and doesn't work for local people.

**This insight is used to influence services development and can feed into:**

- West Sussex Health and Wellbeing Board
- HASC - Health and Adult Social Care Select Committee
- WSCC Joint Strategic Needs Assessment
- Safeguarding Adult Board
- The Developing Integrated Care System for Sussex

Healthwatch West Sussex also share reports with the Care Quality Commission (who are responsible for the registration and inspection of services which deliver regulated activities) and to Healthwatch England to form part of the national picture used to influence national developments, such as the NHS70 10 year forward plan.

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To learn more about the work of UK Harvest please contact:

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01243 696940

[www.ukharvest.org.uk](http://www.ukharvest.org.uk)

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Not only do we collect the experiences of local people, but we can also provide free information and guidance just call: **0300 012 0122**.

Email [helpdesk@healthwatchwestsussex.co.uk](mailto:helpdesk@healthwatchwestsussex.co.uk),

Website [www.healthwatchwestsussex.co.uk](http://www.healthwatchwestsussex.co.uk).

**healthwatch**  
West Sussex

You can also follow our social media channels:

Facebook [@healthwatchwestsussex](https://www.facebook.com/healthwatchwestsussex)

Twitter [@healthwatchws](https://twitter.com/healthwatchws)

If you are setting up or would like to share news of a similar project we would be interested to hear from you. Please contact Cheryl Berry, Community Partnership Co-ordinator, email: [cheryl.berry@healthwatchwestsussex.co.uk](mailto:cheryl.berry@healthwatchwestsussex.co.uk)