



MUNCH



MUNCH providing lunch to
ease the poverty crunch

ABOUT MUNCH

What is MUNCH?

MUNCH was setup to provide those students who normally receive Free School Meals during school term time, a safe environment to come and have a meal in the holidays. Everyone is welcome from ALL the local primary and secondary schools and there is always someone to talk to too.

Park Community School works in partnership with the PO9 Pioneers, Communitas, Fare Share and volunteers. This means we can access ingredients at no cost or at low cost. Park Community School is able to do this because we are open from 8am – 10pm, 51 weeks a year. Full time staff are employed and help to enhance and ensure community well-being.

Why MUNCH?

As a school we were aware of the difficulties some experience, this was reinforced by Jamie Oliver who said:

“There’s a whole area of kids’ nutrition that’s completely slipped under my radar until now. When kids are off

for their holidays, we're seeing patterns where kids are really getting bad nutrition. They're not getting enough access to nutritious food, or even enough food. 1.7 million children from low-income families depend on hot, nutritious free school meals during term time."

A community group was formed to tackle food poverty in the area when the local food bank consistently ran out of food. Schools in Leigh Park educate students who deserve the best in Hampshire and so MUNCH was developed.

What do we want to Achieve with MUNCH?

MUNCH ensures that no child, no matter what school or age will go hungry during the holidays. Where there is significant need the parents/carers will also be able to access a meal. Our aim with PO9 pioneers, Communitas, Park staff and volunteers' is to develop relationships during the long holiday periods, where there is no structure for the children, so they have somewhere to go and someone to talk to. It also gives us an opportunity to keep a watchful eye on some of the most vulnerable children and families over the holidays.

WHAT MUNCH MEANS

.....

Throughout each holiday we asked those coming to let us know what they thought. At Easter, comments were written on a large poster and here is a selection below:

“MUNCH is a fab idea and has helped our family loads during the holiday with food and activities to keep them active, thank you”.

Linda and co

“Very good for the kids and lovely for the family, thank you”.

Annie

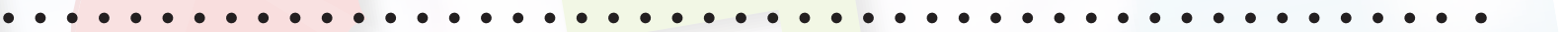
“Fab idea! Mummy had fibromyalgia and cannot play much, this gets the children out and play, ta so much”.

“It's fantastic. Such a good thing to do, my children have loved it. Big thank you to everyone”.

Love, Steph

“Thank you very much. A big help and my girls enjoy coming here. They loved the bouncy castle, thanks a lot”.

Kath.



During the summer we gave attendees postcards to post to us and below are a selection of the comments:

“the MUNCH is exelent and theres nothing to change keep up the good work”.

Child, age 8

“The project is a fantastic idea for people with low incomes, well impressed with the food and service. Also a very relaxed, safe environment to be around”.

Beverley

“Amazing! Such a big help. Funds are very tight right now and me and my 3 children really appreciate everything you do”.

Miss D

“MUNCH helps my family lots with lunch as my children eat me out house and home, my children like coming for a hot meal it's almost like a day out, thank you for all your help”.

Lianne

“MUNCH is really good for helping out food wise but also eating with friends”.

Mel

The background of the entire page features a faint, stylized illustration of a school building with a playground area in front. The school has a modern design with large windows and a flat roof. The playground includes a goalpost and some trees. The overall color palette is soft and pastel, with shades of pink, green, and blue. A large, semi-transparent watermark with the text "what it to you" is overlaid diagonally across the center of the page.

THE NUMBERS

1,988
MEALS
SO FAR

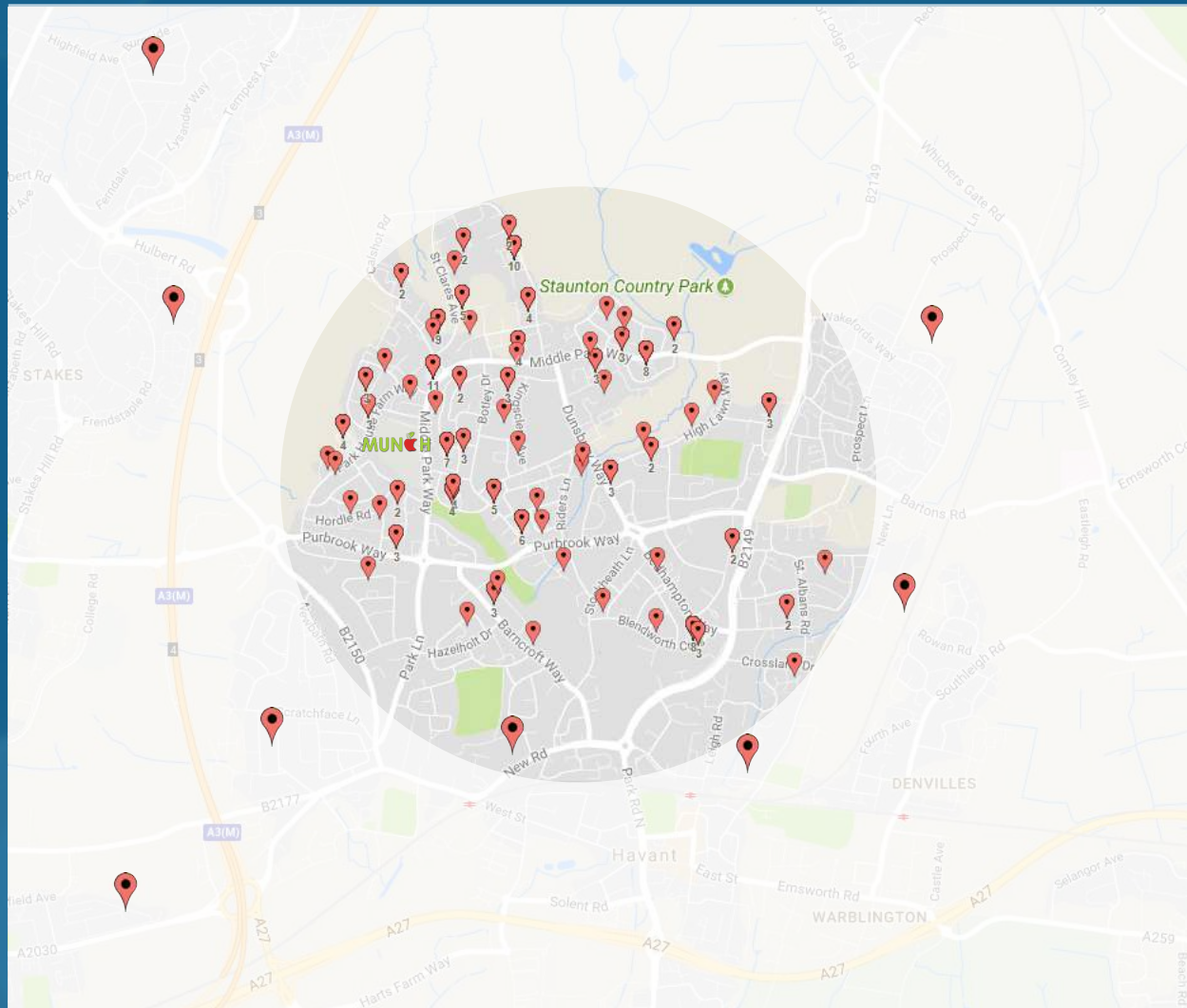
1,496
CHILDREN
ATTENDED

39
DAYS

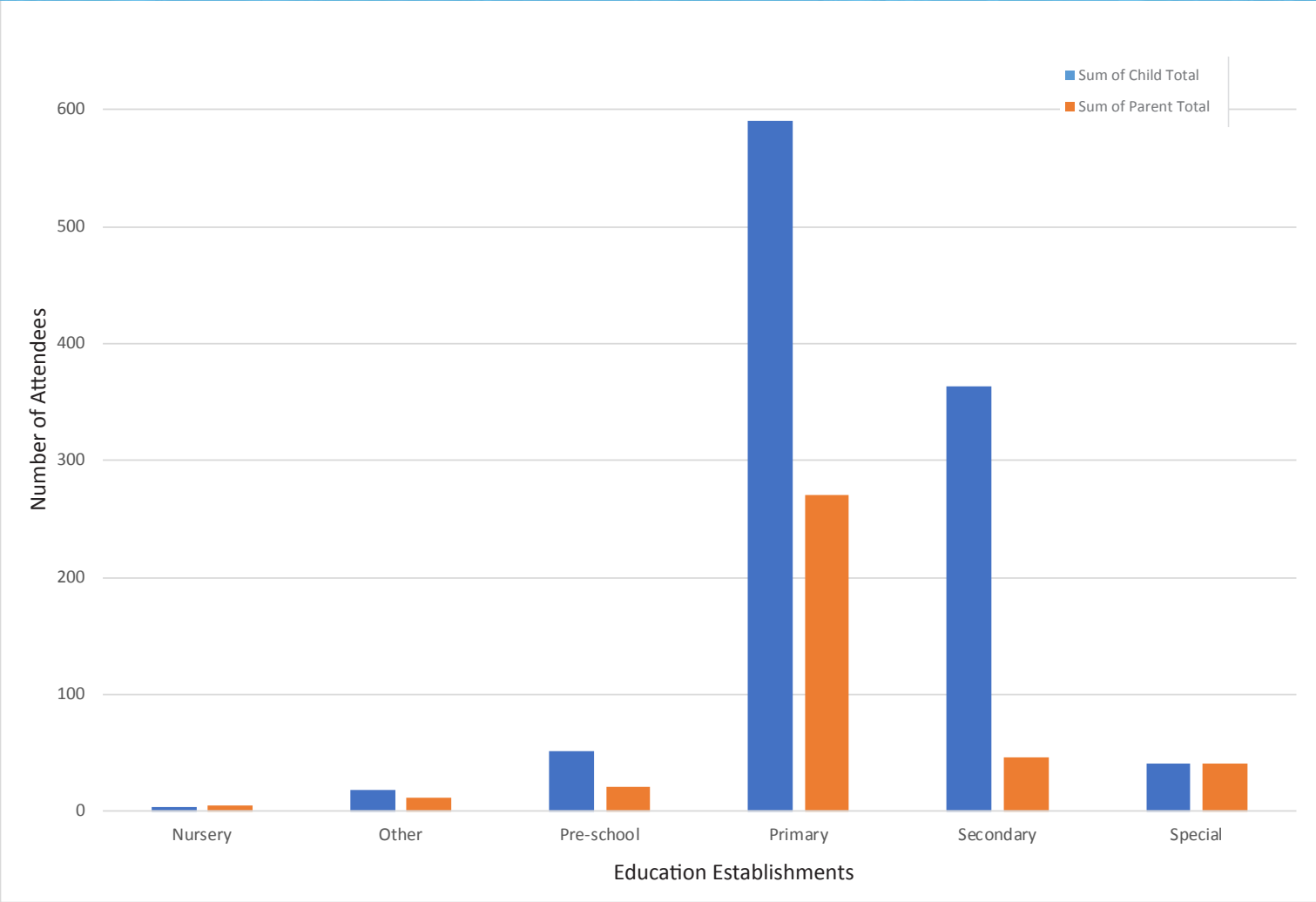
56
AVERAGE
DAILY
ATTENDANCE

34
SCHOOLS

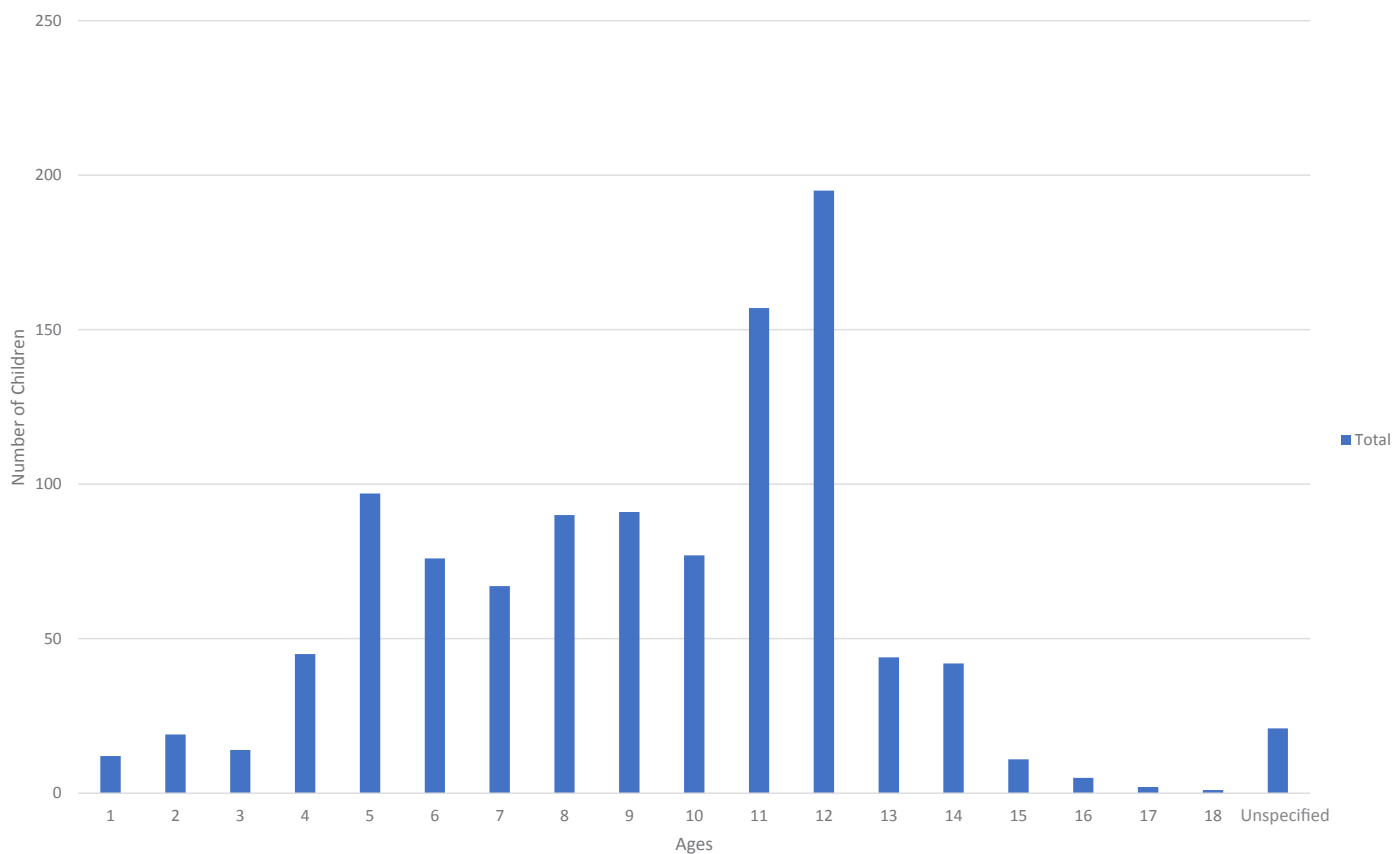




This graph shows the distribution of families attending



This graph shows the education establishment MUNCH users come from.



This graph shows the age spread of children attending.

POSITIVE OUTCOMES

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Christmas Lunch

We were delighted to see two Year 10 students and one Year 7 student volunteer on the day to help serve at the Community Christmas Lunch. It gave them an insight into people who were in very different circumstances to them.

Secondly, it was lovely to see several elderly ladies come on their own. They had never met and all lived isolated lives. As a result of the Christmas Lunch they regularly telephone each other and have even started to have a monthly tea together.

MUNCH

A mother came in with her two young children and spoke to one of the volunteers. This mother was new to the area, living in a bedsit, knew no adults and had mental health issues. In coming to the lunches she met other mums and it gave her a reason and the confidence to meet and form friendships. It gave her a focus and a great start for the new term.

We are extremely proud at Park Community School that we have been able to provide this service to the community and here are a few pictures of its impact.



How MUNCH is Developing.....

Initially, we thought we might get 10 children a day but from day one our expectations were far exceeded with 32 children and 8 parents. Attendance varies greatly but the average daily figure since Easter is 56.

In discussion we recognised that we had excess fresh produce from our small holding and the PO9 community allotment. Requiring chilling, distribution or being easily accessible to the community. We decided a community fridge based in our community building, the Dickinson Centre would help

We are extremely appreciative to one of our suppliers, IPA, who donated a large glass fronted fridge. This is regularly filled with donations by staff, sponsors and the community, and those who need food can come and collect at any time.

Both the Leigh Park Food Bank and the Community Fridge are constantly used and often emptied and the funding we receive is used to replenish it when necessary.

Another aspect of MUNCH which has been effective is that the Havant School Nurse Team from Southern Health Foundation Trust run drop in sessions for parents throughout the holidays. This has been extremely beneficial for many parents. They have also provided healthy eating information to the young people attending MUNCH.

The Future of MUNCH

Food poverty does not just affect young families, it is widespread. To expand our existing provision, we are developing:

For the third year running we will be open on Christmas Day for anyone in the community to attend. There will be a charge to attend, however if that is too much it will be free for them. Everyone will get a 3 course Christmas Lunch prepared by our chefs and fantastic volunteers. We will also have entertainment for children during the day, newspapers for those who want some peace, an individual Christmas Present and enough food to go home with for supper that night and also something for Boxing Day.

- Once a month we are planning a Park Evening MUNCH, encouraging the families to come in and help prepare the evening meal.
- We would like to be able to serve meals to senior citizens during the weekdays in the Dickinson Centre where Park students serve the meals and are able to mix with our community.
- Once a month MUNCH Sunday lunches.
- MUNCH delivered in other schools in the area.

Christmas Lunch

Please invite anyone who you may feel in need of some company on this special day, ring Sara - 07766020524 to book.



A Big thank you to our MUNCH funders

We are extremely proud to be the home of MUNCH. This project could not have happened without the wonderful donations and funding we have received. Every amount of money, every volunteer hour, every donation from families who attend, agencies referring and word of mouth all make a difference.

Thank You

Anonymous Donors

Fare Share

Hampshire County Council

Havant Borough Councillors:

Mike Fairhurst, Yvonne Weeks, Malc Carpenter,

Beryl Francis, Faith Ponsonby

Havant Rotary Club

IPA

Leigh Park Food Bank

Pfizer Biotech

Portsdown Community Church

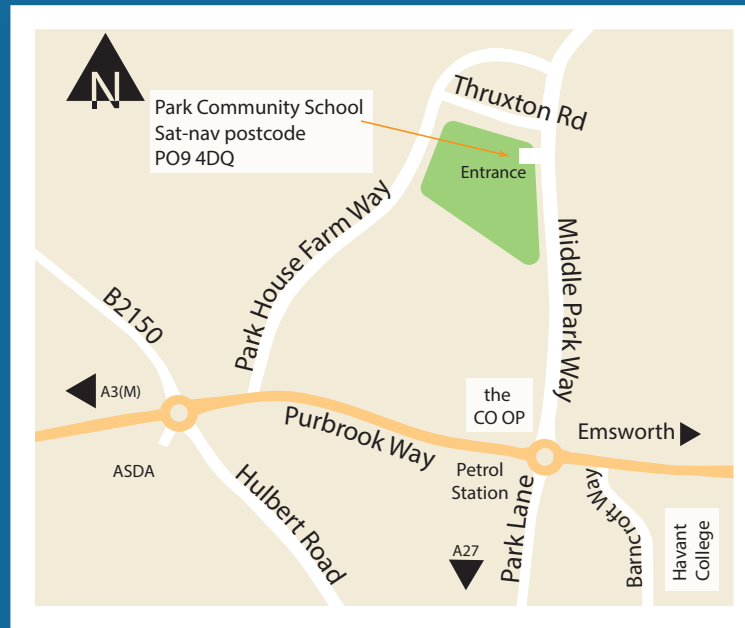
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