

The Hangleton & Knoll Project

FOOD PARTNERSHIP PROJECT

2020



**The Hangleton
& Knoll Project**
Working for a better community

In the summer of 2020, HKP worked with a group of local young people to successfully bid for a grant to refurbish and redecorate a space in a local park known as 'Knoll Pavilion'. The young people worked over summer to transform the building and make it in to their own HKP Youth Club. Although it is a work in progress, we have come really far with the interior space and we set up After School Support Bubbles three afternoons a week from 3pm – 5pm and have been running these weekly since September 2020, working under the National Youth Agency (NYA) guidelines.

The sessions provide a safe space for young people to come in the afternoon at set times during the week where they have free access to food, drink, games, arts and crafts and a place to meet friends and talk with a trusted adult should they need to.



We have set up a HKP Youth Club Membership and all of our young people have signed up, received membership cards and hoodies.

They have a real sense of ownership over the project and they love attending and are often there waiting for the Youth Workers to open up.

Working with the Food Partnership has given us some great opportunities to support young people around food during the COVID-19 pandemic.

We have been really lucky to have been able to purchase some great equipment for our kitchen, to ensure we are able to feed young people safely and efficiently at the sessions.

We bought a new electric Rangemaster cooker with hob, which is a vast improvement on our old cooker as the door didn't have a handle and wasn't particularly safe to use. We have been able to serve the young people a wider variety of food such as cooked chicken wraps, noodles, pizza, pasta bakes, homemade curries and soup.

3 support
bubbles



44 members



36 sessions



over **200**
meals





We also purchased a chest freezer so that we are able to make food last longer and to store bread for tea and toast.

We purchased a new fridge and a dishwasher. The dishwasher has proved to be really helpful as it allows us more time to spend with young people and less time washing up at sessions, which is valuable when you are a small team.

"Having supplies such as the cooker and freezer has given us young people the opportunity to cook things and be apart of the process. This has allowed us to come to the youth sessions and have something to eat if we haven't had much at home, school or college. The Knoll sessions are really useful for the young people, including me because it gives us something positive to do and let's us build friendships and a positive relationship with the youth workers."

KO aged 16

The support bubbles we have been running at the after school sessions are for vulnerable young people who are mostly from low income families, so the opportunity to come and have some food and drink and a chat after school has been really important for them during these uncertain times. The young people get to choose what food they would like at sessions and we facilitate discussions around healthy eating and diet. We have also done cake and cookie decorating for fun!



We have encouraged some of our older young people (our young leaders) to help out in the kitchen and as they have grown in confidence, they are now able to run the kitchen with little supervision by themselves at the sessions. The young leaders had already done their food safety training with HKP in 2019 so they are putting those skills to good use now. They are in charge of taking orders and making drinks and cooking food to order. This has given one of them a really good experience to put on to their CV for when they start job hunting later in the year.

Young people enjoy the freedom to choose and make their own dishes and to learn new cooking skills. They like eating together as a group and we have seen some really lovely friendships and bonds develop within the group.

We regularly consult with the young people about what food they would like to eat and we try to provide as much variety and choice as possible to do during the session.

We have plans to do a BBQ over Easter, using quality meat from a local butcher in Southwick. This will give them an opportunity to learn some outdoor cooking skills too.



GROW YOUR OWN

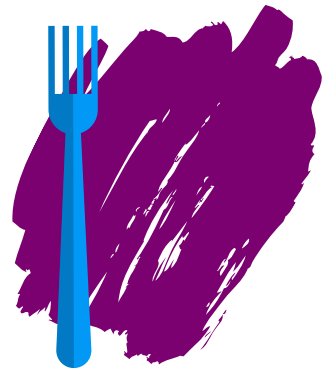
In the near future, we will be delivering a 'Grow Your Own' project, to give the young people an opportunity to grow some of their own vegetables and we are also planning a sunflower growing competition, to see who can grow the tallest flower.

We have plans to develop a corner area of the park that is next to Knoll Pavilion. We are hoping to put in some raised flower beds and a bench to create a Peace Garden for the community to use. We will also be developing the young people's volunteering skills by creating a small 'Community Crew' to do litter picks in the park and to contribute to other community events where possible in the future.

THE BIG MUNCH

'The Big Munch' is another project that we run in partnership with our Community Development team, which is centred around food and healthy eating. We started in 2019 and we run sessions during all of the school holidays to provide families with a healthy lunch and games and activities.

It has been really successful and during the lockdown, we diversified and delivered hampers to our families with food, recipe making kits and games and activities.



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