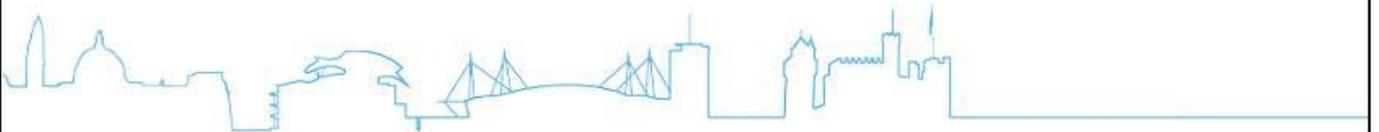


Item 4.1



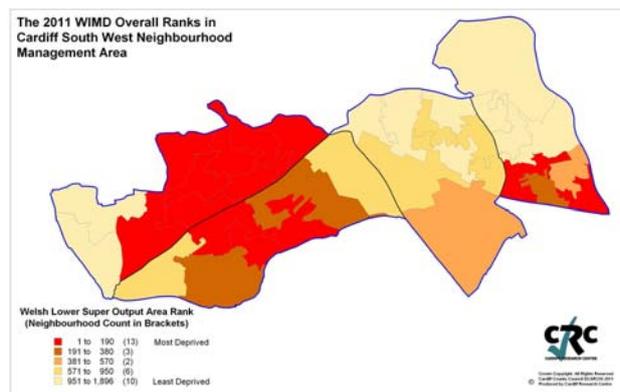
Cardiff South West: Food & Fuel Poverty Advocacy Support Sessions



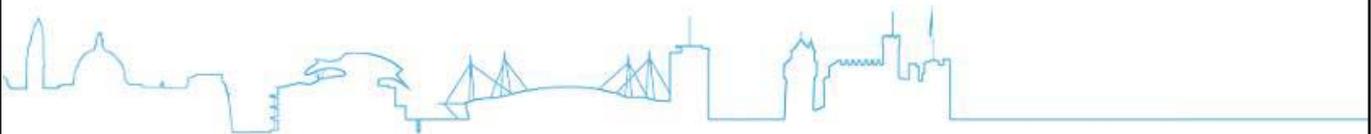
What's the issue?

An identified group of vulnerable people who do not currently have the means to support a basic healthy diet and lifestyle.

- **The problem stems from a lack of awareness and capability around budgeting**
- **Having to make the choice between purchasing electricity to light their home or gas in order to cook a meal**



37.2% of the Cardiff South West population fall within the decile of deprivation – WIMD 2011



What will we do?

A peer led advocacy group which will provide knowledge, skills and capabilities to enable people to cope better with the conflicting priorities of cooking and fuelling their homes has been developed to run alongside the existing Ely & Caerau work club at the Dusty Forge.

Training will cover the following topics:

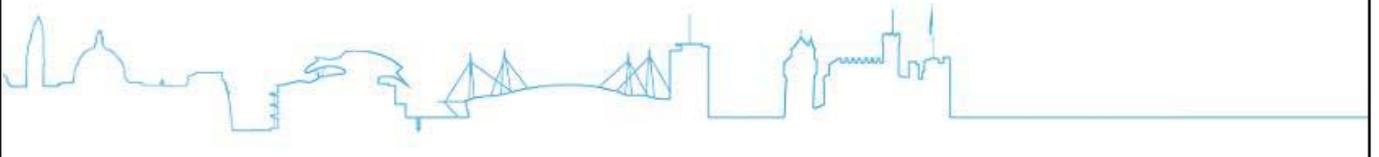
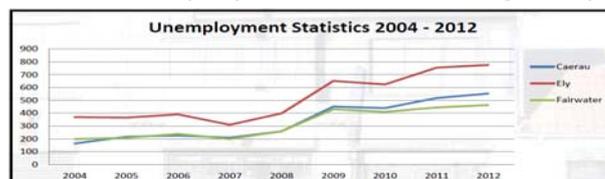
- *How to manage on a budget*
- *Cooking on a budget (using fresh or healthy ingredients)*
- *Prioritisation skills*
- *Energy and fuel consumption information*



What barriers did we face?

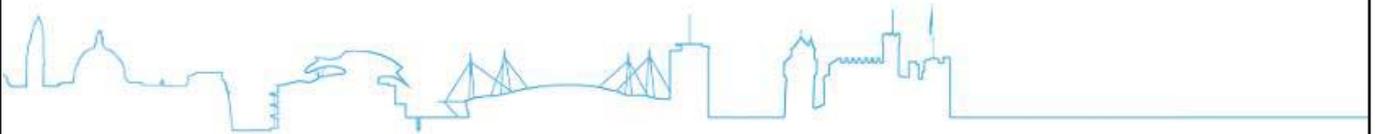
- In order to implement the new Food and Fuel Poverty Advocacy Support Sessions to run alongside the work club, funding had to be secured for additional resources.
- Sustainability of project – the project is currently funded through the Neighbourhood Management team, however if successful ongoing funding and volunteers will need to be sought.
- Lack of understanding of the impacts of welfare reform

Cardiff South West is an area of significant unemployment with 15.9% of Cardiff's unemployed citizens residing in Ely & Caerau.



What are we doing next?

- Programme availability – Offer increased access from 9am – 5pm, Monday – Friday.
- Increase the number of people who are engaged with the project.
- Raise awareness through partners who are active within the Neighbourhood.
- Ensure a pathway is in place for identified individuals to be referred into the project.
- Ensure pathways out of the project into further training and employment opportunities.



What do we need from CPB?

- **Following successful evaluation of the project, the Neighbourhood Management team would like support from the CPB to roll out this programme across Cardiff.**
- **Communication and clear referral pathways in out and of project to ensure alignment with other partner programmes.**

