



Disabled peoples' views on barriers to food support in Surrey

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FOREWORD

Nikki Roberts, CEO

Earlier this year we released a report into how the Cost of Living crisis is disproportionately affecting Disabled People.

This report highlighted how Disabled People are struggling to pay their energy bills and their food bills, with some people skipping meals or not being able to put their heating on.

Our report highlighted that our members were not accessing food banks. We were keen to delve a little bit deeper to understand the barriers to accessing food banks so we could help to improve access.

Thanks so much to our members that completed the surveys, it really helps to focus our efforts in the right places so we can have the biggest impact.

As we move into the Autumn, we'll be sharing as much information as we can on services that may be able to help.

**With very best wishes
Nikki**





INTRODUCTION

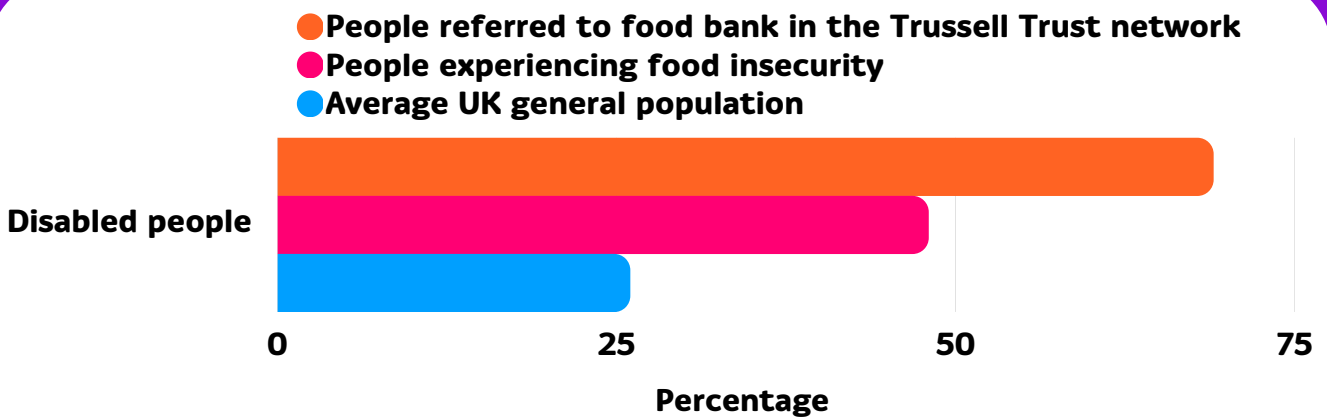
Disabled people and people with long-term health conditions may face additional expenses, such as equipment, therapies, insurance, and heating bills – also known as the "disability price tag." These extra costs can significantly diminish the amount of money that disabled households have left for other expenses, increasing their chances of financial difficulties and food insecurity. According to Turn2Us, every £100 earned by a disabled person only equates to £67 in spending power.

The Coalition's report on the cost of living crisis revealed that 97% of members surveyed had been adversely affected by living costs, with 43% unable to afford additional expenses related to their impairments.

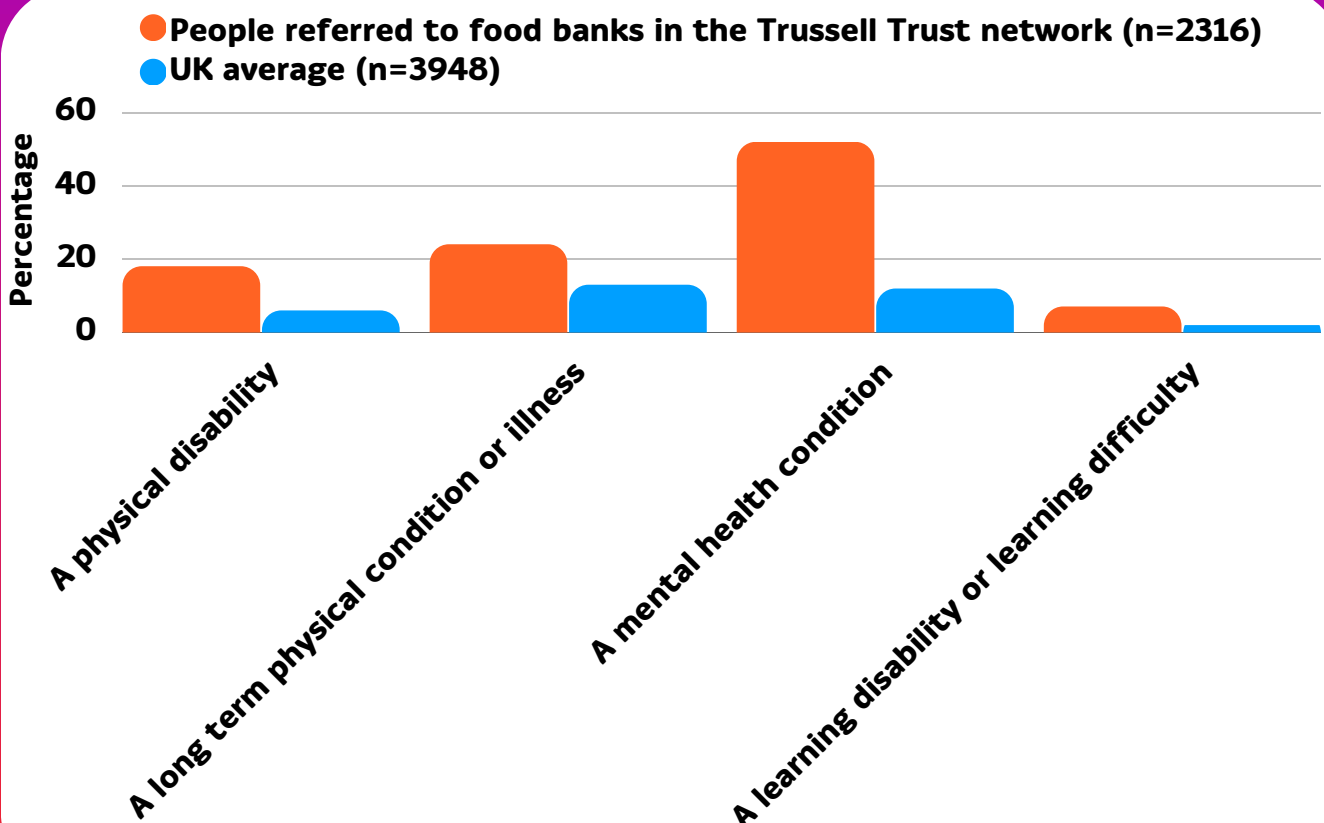
Shockingly, 45% reported that they had gone without food. Between July 2022 and July 2023, The Coalition distributed £250 food vouchers to 443 disabled households on behalf of the UK Government's Household Support Fund.

Here are some statistics on food support that provide a national overview:

- Disabled people experience food insecurity at a rate of over 26%, which is nearly three times higher than the rate for non-disabled people (10%) (The Trussell Trust, 2023).
- 1 in 4 disabled individuals have gone without a meal because they couldn't afford it (Leonard Cheshire, 2022).
- According to The Trussell Trust, more than 6 out of 10 working-age individuals referred to food banks in early 2020 were disabled.



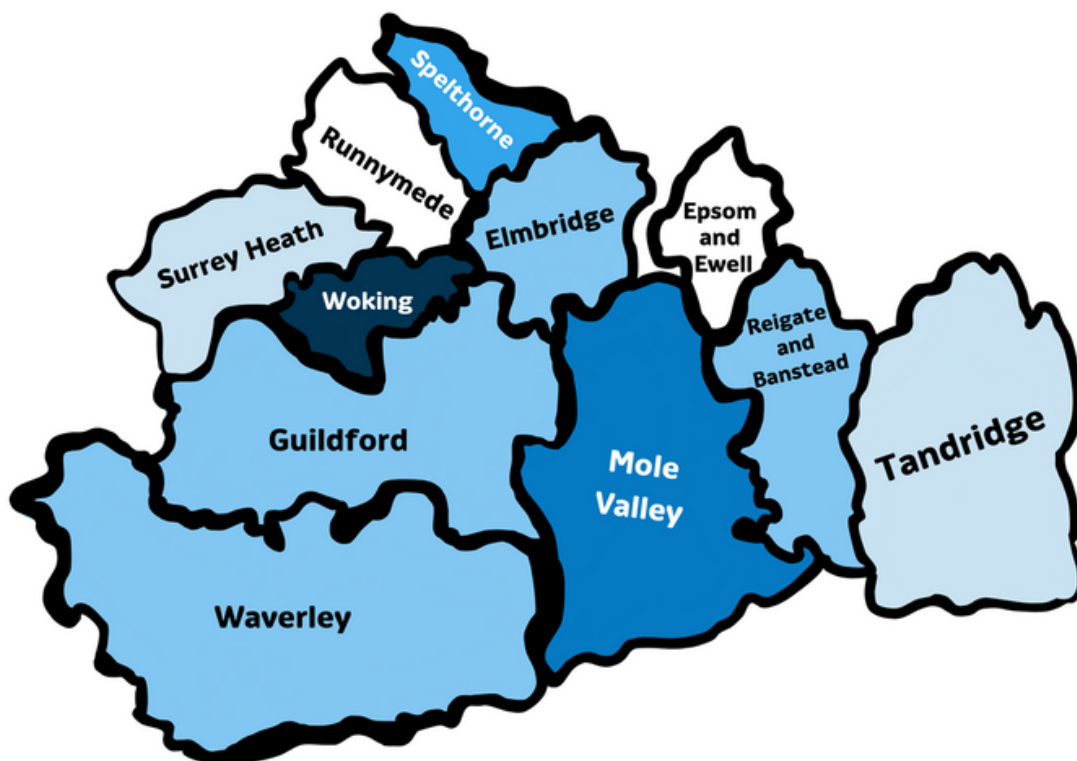
Source: The Trussell Trust, 2023



Source: The Trussell Trust, 2023

METHODS

Between July and August 2023, The Coalition conducted an online survey to gauge the views of disabled individuals on food support in Surrey, and whether it was accessible. The survey was promoted through the Coalition's newsletter and social media, and received 25 responses from disabled individuals across 9 of Surrey's 11 boroughs/districts.



Geographical Distribution of Participant Feedback in Surrey

Number of participants	Borough/District	Number of Surrey residents with a disability (Source: Census 2021)	Number of emergency food parcels given by the food banks in The Trussell Trust network (2022-23)
6	Woking	14142 (13.6 %)	6711
4	Mole Valley	13242 (15.6%)	-
3	Spelthorne	14638 (14.3%)	-
2	Elmbridge	16565 (11.9%)	10317
2	Guildford	19516 (13.6%)	-
2	Reigate and Banstead	21065 (14%)	2963
2	Waverley	18396 (14.4%)	3516
1	Surrey Heath	12268 (13.5%)	-
1	Tanbridge	13058 (14.9%)	4417
0	Epsom and Ewell	10369 (12.8%)	5525
0	Runnymede	12842 (14.6%)	8138

Limitations

It's important to note that the statistics mentioned above only account for residents classified as disabled under The Equality Act (2010), and who received emergency food parcels from The Trussell Trust food banks. Moreover, some boroughs/districts have not been recorded in these figures. As a result, the actual figures on food support use by disabled people in Surrey could be higher than reported.

FINDINGS

32% previously accessed food banks, food clubs and/or community cupboards

72% did not know what food support was available in their area

62.5% were unable to find information easily

Food banks provided parcels that catered to the specific dietary needs of 3 individuals.

However, some participants expressed uncertainty about whether food banks could accommodate for wheat-free, gluten-free, or diabetic diets.



Individuals who have utilized food support in the past have noted a few obstacles to accessing these resources.

These include difficulties with accessibility, complicated referral processes, and the stigma associated with seeking assistance.

Findings from our survey indicated that transportation was the main barrier for individuals who had not previously sought food assistance. Additional challenges included navigating the referral process, feelings of shame, and the belief that others may be more deserving.

In the survey, a participant mentioned being housebound, while another expressed feeling "overwhelmed" at the idea of preparing a meal and anxious about leaving their residence.

59% cannot travel to food banks

96% would prefer to receive food bank deliveries

“I suffer severe anxiety at leaving my home for any reason so being able to travel to these sites depends on being able to get into the right state of mind.”

“[I can] only [go] if someone drives me there”



CONCLUSION

The results of our survey reveal significant challenges that disabled individuals experience when seeking food support in Surrey.

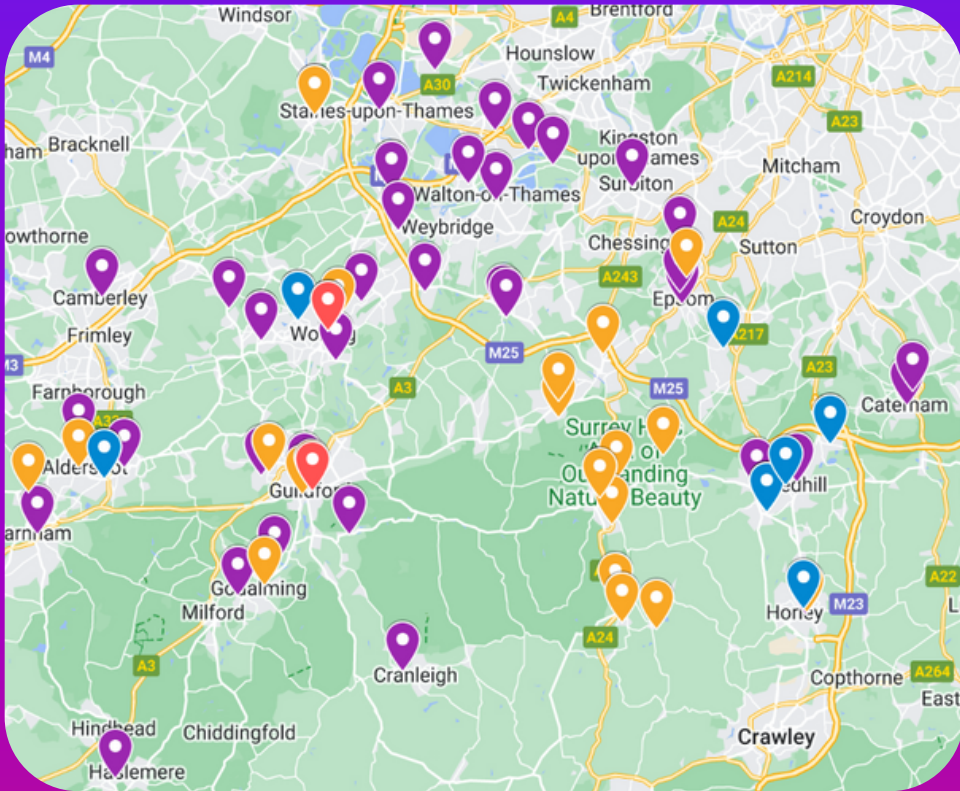
The Coalition is joining forces with Surrey County Council and local food banks throughout Surrey to ensure accessibility for those with disabilities. Furthermore, The Coalition will continue promoting food banks and other food resources to their members, raising awareness about these crucial services. A list of Surrey's food support has been compiled at the end of this report. It can be accessed on The Coalition's website and on Google Maps.



RESOURCES

Food Support in Surrey

Available to view on [Google Maps](#)



Food Banks

<p>Epsom and Ewell Food Banks</p> <p>For more information, please visit: epsomewell.foodbank.org.uk</p>	<p>Woking Food Banks</p> <p>For more information, please visit: woking.foodbank.org.uk/locations</p>	<p>Farnham Food Bank</p> <p>For more information, please visit: farnham.foodbank.org.uk</p>
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<p>Cobham Area Food Banks</p> <p>For more information, please visit: cobhamarea.foodbank.org.uk</p>	<p>Stanwell Food Bank</p> <p>For more information, please visit: www.stanwellfoodbank.org.uk</p>	<p>Dorking Area Food Banks</p> <p>For more information, please visit: dorkingarea.foodbank.org.uk</p>
<p>Runnymede Food Banks</p> <p>For more information, please visit: runnymede.foodbank.org.uk</p>	<p>Food Bank at St Matthews, Redhill</p> <p>For more information, please visit: redhillfoodbank.org.uk</p>	<p>Loveworks Food Banks at Redhill and Reigate</p> <p>For more information, please visit: www.loveworks.org.uk/food-banks</p>
<p>St Mark's Food Bank, Godalming</p> <p>For more information, please visit: parishofgodalming.org.uk/st-marks-food-bank</p>	<p>Godalming Food Bank</p> <p>For more information, please visit: godalmingcommunitystore.org</p>	<p>Cranleigh Food Bank</p> <p>For more information, please visit: www.cranleighfoodbank.org</p>
<p>Ash Villages Food Parcels</p> <p>Covers Ash, Ash Green, Ash Vale and Tongham</p> <p>Please contact 07730609446</p>	<p>North Guildford Food Bank</p> <p>For more information, please visit: northguildfordfoodbank.co.uk</p>	<p>Chilworth Food Bank</p> <p>For more information, please visit: www.parishofchilworth.org.uk/news/parish-news/foodbank.php</p>

<p>Farnborough Food Banks</p> <p>For more information, please visit: farnborough.foodbank.org.uk</p>	<p>Salvation Army, Guildford</p> <p>For more information, please visit: www.salvationarmy.org.uk/guildford</p>	<p>Salvation Army, Aldershot</p> <p>For more information, please visit: www.salvationarmy.org.uk/aldershot</p>
<p>Jubilee Church, Shepperton</p> <p>For more information, please visit: www.jubileechurchshepperton.org/Groups/288096/Bags_of_Food.aspx</p>	<p>Mascot Hub, Woking</p> <p>For more information, please visit: www.mascotwoking.org.uk/activities</p>	<p>Open Hands, Reigate</p> <p>For more information, please visit: www.openhandsreigate.com/food-parcel-request</p>
<p>Surplus to Supper, Sunbury</p> <p>For more information, please visit: www.surplustosupper.org</p>	<p>Salvation Army, Woking</p> <p>For more information, please visit: www.salvationarmy.org.uk/woking</p>	<p>New Life Church, Woking</p> <p>For more information, please visit: newlifewoking.com/foodbank</p>
<p>St Silvans Area Charity</p> <p>Covers Caterham, Oxted, Godstone, Lingfield, Edenbridge and surrounding villages</p> <p>For more information, please visit: www.stsilvans.org.uk</p>	<p>The Village Centre's Food Bank, Runnymede</p> <p>For more information, please visit: www.villagecentre.org.uk/group/runnymede-foodbank</p>	<p>Purley Masjid's Food Bank, Purley</p> <p>For more information, please visit: purleymasjid.com/food-bank</p>

<p>Bisley and West End Food Bank</p> <p>For more information, please visit: bisleywestendfoodbank.org</p>	<p>Byfleet Methodist Church Food Bank</p> <p>For more information, please visit: www.byfleetmethodist.org.uk/foodbank.htm</p>	<p>Salvation Army, Addlestone</p> <p>For more information about 'Tin-A-Week', please visit: www.salvationarmy.org.uk/addlestone</p>
<p>Kingston Food Banks</p> <p>For more information, please visit: kingston.foodbank.org.uk</p>	<p>Hart Food Banks</p> <p>For more information, please visit: hart.foodbank.org.uk</p>	<p>Haslemere Food Bank</p> <p>For more information, please visit: haslemerefoodbank.com</p>
<p>East Elmbridge Food Banks</p> <p>For more information, please visit: eastelmbridge.foodbank.org.uk</p>	<p>Caterham Food Banks</p> <p>For more information, please visit: caterham.foodbank.org.uk</p>	<p>MANNA Food Bank, Spelthorne</p> <p>For more information, please visit: www.mannafoodbank.co.uk/home</p>
<p>St Saviours, Sunbury</p> <p>For more information, please visit: www.stsavs.org/foodbank</p>	<p>The BESOM, Camberley</p> <p>For more information, please visit: www.thebesomincamberley.com</p>	<p>Horley Food Bank</p> <p>For more information, please visit: www.horleyfoodbank.com/home2.html</p>

Community Fridges and Cupboards

<p>The Village Centre, Egham</p> <p>Mondays and Fridays, 9 - 11</p> <p>For more information, please visit: www.villagecentre.org.uk/group/community-fridge</p>	<p>The Vine Centre, Aldershot</p> <p>Mondays, Wednesdays, Thursdays and Fridays, 10:00 - 13:00</p> <p>For more information, please visit: www.thevinecentre.org.uk/more-than-a-food-bank-aldershot</p>	<p>Canalside Community Fridge, Woking</p> <p>Mondays and Wednesdays, 11:00 - 13:00</p> <p>For more information, please visit: linktr.ee/canalsidecommunityfridge</p>
<p>Hale Community Fridge</p> <p>Mondays, Wednesdays and Fridays, 12:00 - 13:30</p> <p>For more information, please visit: www.halecommunitycentre.org.uk/what-we-do/community-fridge-cupboard</p>	<p>Dorking Goodwyns</p> <p>Mondays & Wednesdays, 14:30 - 15:30</p> <p>For more information, please visit: midsurreycommunityfridges.co.uk</p>	<p>Dorking Town Centre</p> <p>Monday - Fridays</p> <p>For more information, please visit: midsurreycommunityfridges.co.uk</p>
<p>Zero Community Fridge, Guildford</p> <p>10:30 - 13:00</p> <p>Tuesdays at St Nicolas Church & Thursdays at Quaker Meeting House</p>	<p>Boxhill, Tadworth</p> <p>Tuesdays, 13:30 - 14:00</p> <p>For more information, please visit: midsurreycommunityfridges.co.uk</p>	<p>Hurst Green Community Fridge at St Agatha's Hall, Hurst Green</p> <p>Wednesdays, 11:15 - 12:30</p> <p>For more information, please visit: www.facebook.com/HurstGreenandOxtedCommunityFridge</p>
<p>Leatherhead</p> <p>Wednesdays and Thursdays, 13:00 - 14:00</p> <p>For more information, please visit: midsurreycommunityfridges.co.uk</p>	<p>South Bookham</p> <p>Thursdays at 13:00</p> <p>For more information, please visit: midsurreycommunityfridges.co.uk</p>	<p>Beare Green</p> <p>Fridays at 12:30</p> <p>For more information, please visit: midsurreycommunityfridges.co.uk</p>

Community Fridges and Cupboards

<p>Pixham, Dorking</p> <p>Fridays, 13:00 - 14:00</p> <p>For more information, please visit: midsurreycommunityfridges.co.uk</p>	<p>Richmond Park, Dorking</p> <p>Fridays at 13:15</p> <p>For more information, please visit: midsurreycommunityfridges.co.uk</p>	<p>Capel, Dorking</p> <p>Fridays at 14:00</p> <p>For more information, please visit: midsurreycommunityfridges.co.uk</p>
<p>Godalming Community Cupboard</p> <p>For more information, please visit: godalmingcommunitystore.org/about-us</p>	<p>The Hive, Guildford</p> <p>For more information, please visit: www.guildford.gov.uk/article/26240/Community-fridge-and-pantry?ccp=true#cookie-consent-prompt</p>	<p>The Meeting Place Community Fridge, Bookham</p> <p>For more information, please visit: themeetingplace.org.uk/community-fridge</p>
<p>Merstham Community Fridge, Redhill</p> <p>For more information, please visit: www.facebook.com/Communityfridgeproject</p>		

Food Clubs

<p><u>The Salvation Army,</u> Aldershot</p> <p>Mondays at 12:30</p> <p>£4.50 for a 2 course meal.</p> <p>To book, call 01252 330 400</p>	<p><u>The Lighthouse,</u> Woking</p> <p>Wednesdays, 11:30 - 12:30</p> <p>For more information, please visit: <u>www.lighthousewoking.org/communitylunch.html</u></p>	<p><u>The Salvation Army,</u> Woking</p> <p>Wednesdays at 12:00</p> <p>£5 for a 2 course meal with drink.</p> <p>To book, email <u>woking@salvationarmy.org.uk</u> or call 01483 793704</p>
<p><u>Merstham Food Club</u></p> <p>Wednesdays, 12:30 - 14:00</p> <p>To book, call Eli on 0797 432 5000 or e-mail <u>eli.karlicka-cook@reigate-banstead.gov.uk</u></p>	<p><u>Redhill Food Club</u></p> <p>Wednesdays, 12:30 - 14:00</p> <p>To book, call Eli on 0797 432 5000 or e-mail <u>eli.karlicka-cook@reigate-banstead.gov.uk</u></p>	<p><u>Woodhatch Food Club,</u> Reigate</p> <p>Wednesdays, 13:00 - 14:15</p> <p>To book, call Charlie on 0782 535 1472 or e-mail <u>charlie.griswood@reigate-banstead.gov.uk</u></p>
<p><u>Horley Food Club</u></p> <p>Fridays, 11:30 - 13:00</p> <p>To book, call Tony on 0785 417 1383 or e-mail <u>tony.freeman@reigate-banstead.gov.uk</u></p>	<p><u>St Marks Food Club,</u> Tadworth</p> <p>Fridays, 13:30 - 15:00</p> <p>To book, call Maria on 0785 417 1376 or e-mail <u>maria.hewson@reigate-banstead.gov.uk</u></p>	<p><u>The Hive,</u> Guildford</p> <p>Meals are delivered between 11:30 - 14:00, everyday.</p> <p>£4.60 per meal</p> <p>To book, call 01483 458055 or e-mail <u>info.communityservices@guildford.gov.uk</u></p>

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