

Disabled people's views on barriers to food support in Surrey

Foreword by Nikki Roberts, CEO of Surrey Coalition of Disabled People

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.

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.

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.

One participant told us: "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." Another said: "[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 and Warm Welcomes in Surrey

Available to view on Google Maps:

https://www.google.com/maps/d/u/0/edit?mid=1J7CbKTRiUM_2YZTiCBo49UTe9CDhZCY&hl=en&ll=51.30813723240078%2C-0.5325426999999872&z=10

Food Banks:

Epsom and Ewell Food Banks

For more information, please visit: epsomewell.foodbank.org.uk

Woking Food Banks

For more information, please visit: woking.foodbank.org.uk/locations

Farnham Food Bank

For more information, please visit: farnham.foodbank.org.uk

Cobham Area Food Bank

For more information, please visit: cobhamarea.foodbank.org.uk

Stanwell Food Bank

For more information, please visit: www.stanwellfoodbank.org.uk

Dorking Area Food Bank

For more information, please visit: dorkingarea.foodbank.org.uk

Runnymede Food Bank

For more information, please visit: runnymede.foodbank.org.uk

Food Bank at St Matthews, Redhill

For more information, please visit: redhillfoodbank.org.uk

Loveworks Food Banks at Redhill and Reigate

For more information, please visit: www.loveworks.org.uk/food-banks

St Mark's Food Bank, Godalming

For more information, please visit: parishofgodalming.org.uk/st-marks-food-bank

Godalming Food Bank

For more information, please visit: godalmingcommunitystore.org

Cranleigh Food Bank

For more information, please visit: www.cranleighfoodbank.org

Ash Villages Food Parcels Covers Ash, Ash Green, Ash Vale and Tongham
Please contact 07730609446

North Guildford Food Bank

For more information, please visit: northguildfordfoodbank.co.uk

Chilworth Food Bank

For more information, please visit: www.parishofchilworth.org.uk/news/parish-news/foodbank.php

Farnborough Food Bank

For more information, please visit: farnborough.foodbank.org.uk

Salvation Army, Guildford

For more information, please visit: www.salvationarmy.org.uk/guildford

Salvation Army, Aldershot

For more information, please visit: www.salvationarmy.org.uk/aldershot

Jubilee Church, Shepperton

For more information, please visit:

www.jubileechurchshepperton.org/Groups/288096/Bags_of_Food.aspx

Mascot Hub, Woking

For more information, please visit: www.mascotwoking.org.uk/activities

Open Hands, Reigate

For more information, please visit: www.openhandsreigate.com/food-parcel-request

Surplus to Supper, Sunbury

For more information, please visit: www.surplustosupper.org

Salvation Army, Woking

For more information, please visit: www.salvationarmy.org.uk/woking

New Life Church, Woking

For more information, please visit: newlifewoking.com/foodbank

St Silvans Area Charity Covers Caterham, Oxted, Godstone, Lingfield, Edenbridge and surrounding villages

For more information, please visit: www.stsilvans.org.uk

The Village Centre's Food Bank, Runnymede

For more information, please visit: www.villagecentre.org.uk/group/runnymede-foodbank

Purley Masjid's Food Bank, Purley

For more information, please visit: purleymasjid.com/food-bank

Bisley and West End Food Bank

For more information, please visit: bisleywestendfoodbank.org

Byfleet Methodist Church Food Bank

For more information, please visit: www.byfleetmethodist.org.uk/foodbank.htm

Salvation Army, Addlestone

For more information about 'Tin-A-Week', please visit:

www.salvationarmy.org.uk/addlestone

Kingston Food Bank

For more information, please visit: kingston.foodbank.org.uk

Hart Food Bank

For more information, please visit: hart.foodbank.org.uk

Haslemere Food Bank

For more information, please visit: haslemerefoodbank.com

East Elmbridge Food Bank

For more information, please visit: eastelmbridge.foodbank.org.uk

Caterham Food Bank

For more information, please visit: caterham.foodbank.org.uk

MANNA Food Bank, Spelthorne

For more information, please visit: www.mannafoodbank.co.uk/home

St Saviours, Sunbury

For more information, please visit: www.stsavs.org/foodbank

The BESOM, Camberley

For more information, please visit: www.thebesomincamberley.com

Horley Food Bank

For more information, please visit: www.horleyfoodbank.com/home2.html

Community Fridges and Cupboards

The Village Centre, Egham

Mondays and Fridays, 9 - 11

For more information, please visit: www.villagecentre.org.uk/group/community-fridge

The Vine Centre, Aldershot

Mondays, Wednesdays, Thursdays and Fridays, 10:00 - 13:00

For more information, please visit: www.thevinecentre.org.uk/more-than-a-food-bank-aldershot

Canalside Community Fridge,

Woking Mondays and Wednesdays, 11:00 - 13:00

For more information, please visit: linktr.ee/canalsidecommunityfridge

Hale Community Fridge

Mondays, Wednesdays and Fridays, 12:00 - 13:30

For more information, please visit: www.halecommunitycentre.org.uk/what-we-do/community-fridge-cupboard

Dorking Goodwyns

Mondays & Wednesdays, 14:30 - 15:30

For more information, please visit: midsurreycommunityfridges.co.uk

Dorking Town Centre

Monday - Fridays

For more information, please visit: midsurreycommunityfridges.co.uk

Zero Community Fridge, Guildford
10:30 - 13:00, Tuesdays at St Nicolas Church & Thursdays at Quaker Meeting House

Boxhill, Tadworth
Tuesdays, 13:30 - 14:00
For more information, please visit: midsurreycommunityfridges.co.uk

Hurst Green Community Fridge at St Agatha's Hall, Hurst Green
Wednesdays, 11:15 - 12:30
For more information, please visit:
www.facebook.com/HurstGreenandOxtedCommunityFridge

Leatherhead
Wednesdays and Thursdays, 13:00 - 14:00
For more information, please visit: midsurreycommunityfridges.co.uk

South Bookham
Thursdays at 13:00
For more information, please visit: midsurreycommunityfridges.co.uk

Beare Green
Fridays at 12:30
For more information, please visit: midsurreycommunityfridges.co.uk

Pixham, Dorking
Fridays, 13:00 - 14:00
For more information, please visit: midsurreycommunityfridges.co.uk

Richmond Park, Dorking
Fridays at 13:15
For more information, please visit: midsurreycommunityfridges.co.uk

Capel, Dorking
Fridays at 14:00
For more information, please visit: midsurreycommunityfridges.co.uk

Godalming Community Cupboard For more information, please visit:
godalmingcommunitystore.org/about-us

The Hive, Guildford
For more information, please visit: www.guildford.gov.uk/article/26240/Community-fridge-and-pantry?ccp=true#cookie-consent-prompt

The Meeting Place Community Fridge, Bookham
For more information, please visit: themeetingplace.org.uk/community-fridge

Merstham Community Fridge, Redhill
For more information, please visit: www.facebook.com/Communityfridgeproject

Food Clubs

The Salvation Army, Aldershot
Mondays at 12:30 £4.50 for a 2 course meal.
To book, call 01252 330 400

The Lighthouse, Woking
Wednesdays, 11:30 - 12:30

For more information, please visit: www.lighthousewoking.org/communitylunch.html

The Salvation Army, Woking

Wednesdays at 12:00 £5 for a 2 course meal with drink.

To book, email woking@salvationarmy.org.uk or call 01483 793704

Merstham Food Club

Wednesdays, 12:30 - 14:00

To book, call Eli on 0797 432 5000 or e-mail eli.karlicka-cook@reigate-banstead.gov.uk

Redhill Food Club

Wednesdays, 12:30 - 14:00

To book, call Eli on 0797 432 5000 or e-mail eli.karlicka-cook@reigate-banstead.gov.uk

Woodhatch Food Club, Reigate

Wednesdays, 13:00 - 14:15

To book, call Charlie on 0782 535 1472 or e-mail charlie.griswood@reigate-banstead.gov.uk

Horley Food Club

Fridays, 11:30 - 13:00

To book, call Tony on 0785 417 1383 or e-mail tony.freeman@reigate-banstead.gov.uk

St Marks Food Club, Tadworth

Fridays, 13:30 - 15:00

To book, call Maria on 0785 417 1376 or e-mail maria.hewson@reigate-banstead.gov.uk

The Hive, Guildford

Meals are delivered between 11:30 - 14:00, everyday. £4.60 per meal

To book, call 01483 458055 or e-mail info.communityservices@guildford.gov.uk

Bibliography

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[Costly Differences Report: Living Standards for working-age people with disabilities](#), Resolution Foundation (January 2023)

[Cost of living: the impact for disabled people](#), Scope

[Cost of Living Crisis Report](#), Surrey Coalition of Disabled People (2023)

[Disability from the 2021 Census](#), Surrey County Council

[Hunger in the UK](#), The Trussell Trust (June 2023)

Raw Data file from [End of Year Stats](#), The Trussell Trust (2023)

[The State of Hunger: It's not right that disabled people are being forced to turn to food banks](#), The Trussell Trust (28 June 2021)

[What is the cost of a disability?](#), Turn2Us