



## PRESS RELEASE

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### **An innovative solution to the food poverty crisis hitting Greater Manchester**

Home-Start Manchester North, one of seven Home-Start charities in Greater Manchester, has used recent funding from Manchester City Council's 'Food Poverty Fund' to give local families a chance to cook healthily on a low budget, instead of relying on food banks.

They used their funding to purchase slow cookers for 25 of the families they currently support. Along with the slow cooker, each family received a slow cooker recipe book, and ingredients to make their first meal- chickpea curry.

Home-Start Manchester North works with local families in times of distress. Preventing their problems from spiralling out of control, and becoming a crisis. Tailored made emotional and practical support is delivered by trained parent volunteers to families in their own homes. In situations as diverse as poverty, isolation, bereavement, domestic abuse and illness and disability.

Shelley Byrne, manager of Home-Start Manchester North said: "We wanted to do something more innovative than giving out food parcels, as they only address the immediate problem. Whilst this is course is crucial- we wanted to come up with a solution to a longer-term crisis; which is the fact that a lot of our local families live in food poverty."

One family who has now received their slow cooker said: ""Thank you so much Home-Start for my gift. Life is so busy with a disabled child and 2 little ones to look after and a partner at work long hours. Now we can eat healthy family meals that don't cost the earth and take 5 minutes to prepare. Better than any food parcel!"

Shelley continued: "This project aims to re-educate families with regards to low cost healthy cooking. Slow cookers are a fab way of easily preparing a meal for the whole family on a budget. Food parcels are a great way of meeting immediate food poverty needs but without supporting families to re-think the way they spend money on and utilise food, food parcels will always be needed. And with many local food bank

referrals at an all-time high, there's never been a more vital time to approach this problem differently."

Two local families receiving their slow cookers from Home-Start Manchester North



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#### **NOTES TO EDITOR**

Home-Start is one of the UK's leading family support charities. We recruit and train volunteers to support parents with at least one child under the age of five. Our home visiting work is unique in the UK. The charity was set up in 1973 and now supports over 32,000 families and almost 70,000 children each year. Nearly 16,000 volunteers visit families in their own homes – parents supporting other parents in a variety of situations including isolation, bereavement, multiple births, poverty, illness or disability.

Home-Start Manchester North has volunteers supporting families in the following communities- Harpurhey, Moston, Blackley, Collyhurst, Beswick, Newton Heath, Crumpsall, Cheetham, Levenshulme, Gorton, Ardwick, Ancoats, Miles Platting

There are seven Home-Starts working across Greater Manchester. Between them they support 500 families and 1,000 children. They are: Home-Start Bury, Home-Start Bolton, Home-Start Manchester North, Home-Start Manchester South, Home-Start Oldham, Stockport & Tameside, Home-Start Rochdale, Home-Start Trafford & Salford.