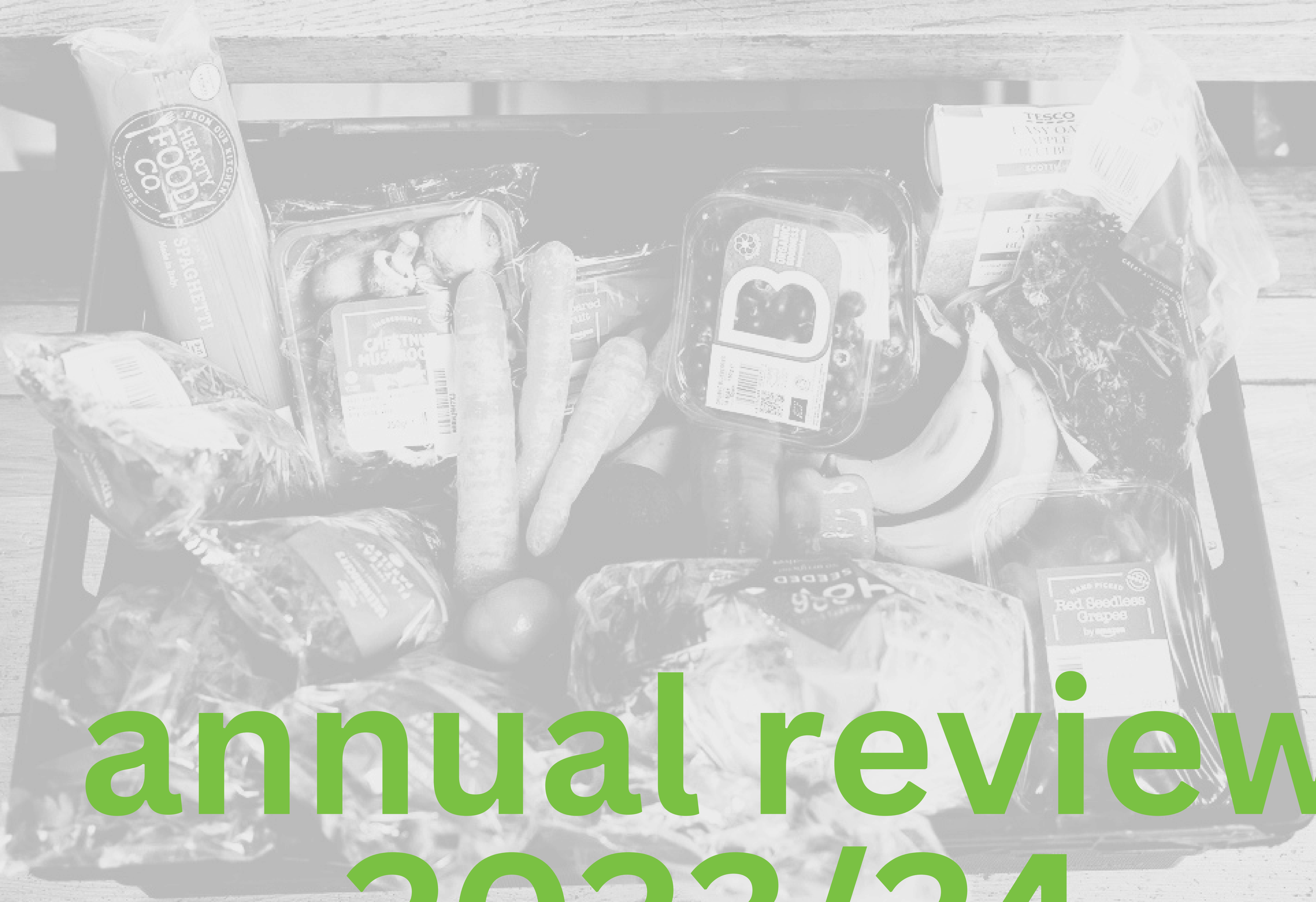


the food chain



annual review 2023/24

The Food Chain exists to ensure people living with HIV in London can access the nutrition they need to get well, stay well and lead healthy, independent lives

- **People living with HIV are at increased risk of complications such as osteoporosis, heart disease, and diabetes. A healthy diet and digestive system ensures proper absorption of HIV medication, and limits side effects meaning access to good nutrition is imperative.**
- **People living with HIV often struggle to access the food they need to stay well because of ill health, poverty, stigma and isolation, a lack of motivation to eat well, or limited skills or knowledge.**
- **Despite the advances in HIV diagnosis and treatment the need for The Food Chain's services is as prevalent today as it was in 1988.**

OUR HISTORY

1989: THE FOOD CHAIN IS FORMED

EXPANDED TO WEEKLY
“SUNDAY SERVICE” MEAL DELIVERY

1999: GROCERY SERVICE BEGINS

WE BEGIN DELIVERING GROCERIES
TO OUR MOST ISOLATED AND
CHRONICALLY SICK SERVICE USERS

2011: HIV NUTRITION SPECIALTY EATING TOGETHER BEGINS

WE EMPLOY OUR FIRST HIV
SPECIALIST DIETITIAN AND
START EATING TOGETHER MEALS

1988: CHRISTMAS DAY

OUR FIRST MEAL WAS
DELIVERED

1990: FIRST CHILD USER REFERRED

WE REGISTER AS A CHARITY
ONE YEAR LATER

2008: EATING POSITIVELY BEGINS

WE EMPLOY OUR FIRST PUBLIC
HEALTH NUTRITIONIST TO DELIVER A
SERIES OF COOKERY AND NURITION
CLASSES

2021: FORMULA MILK SERVICE

WE EXPAND OUR FORMULA MILK
PROVISION BY SUPPLYING FORMULA
MILK FREE OF CHARGE FOR
NEWBORNS UNTIL 12 MONTHS

OUR SERVICES

23/24

referral

Crisis identified by health and social care professionals. 70% come directly from the NHS.

406 referrals received

assessment

Dietetic Assessment conducted by HIV Specialist Dietitians providing advice, resources and a package of practical support

273 dietetic assessments conducted

2,000 hot meals served

eating together

grocery delivery

formula milk

875 grocery deliveries sent

65 babies supplied with 12 months of formula milk

onward referrals

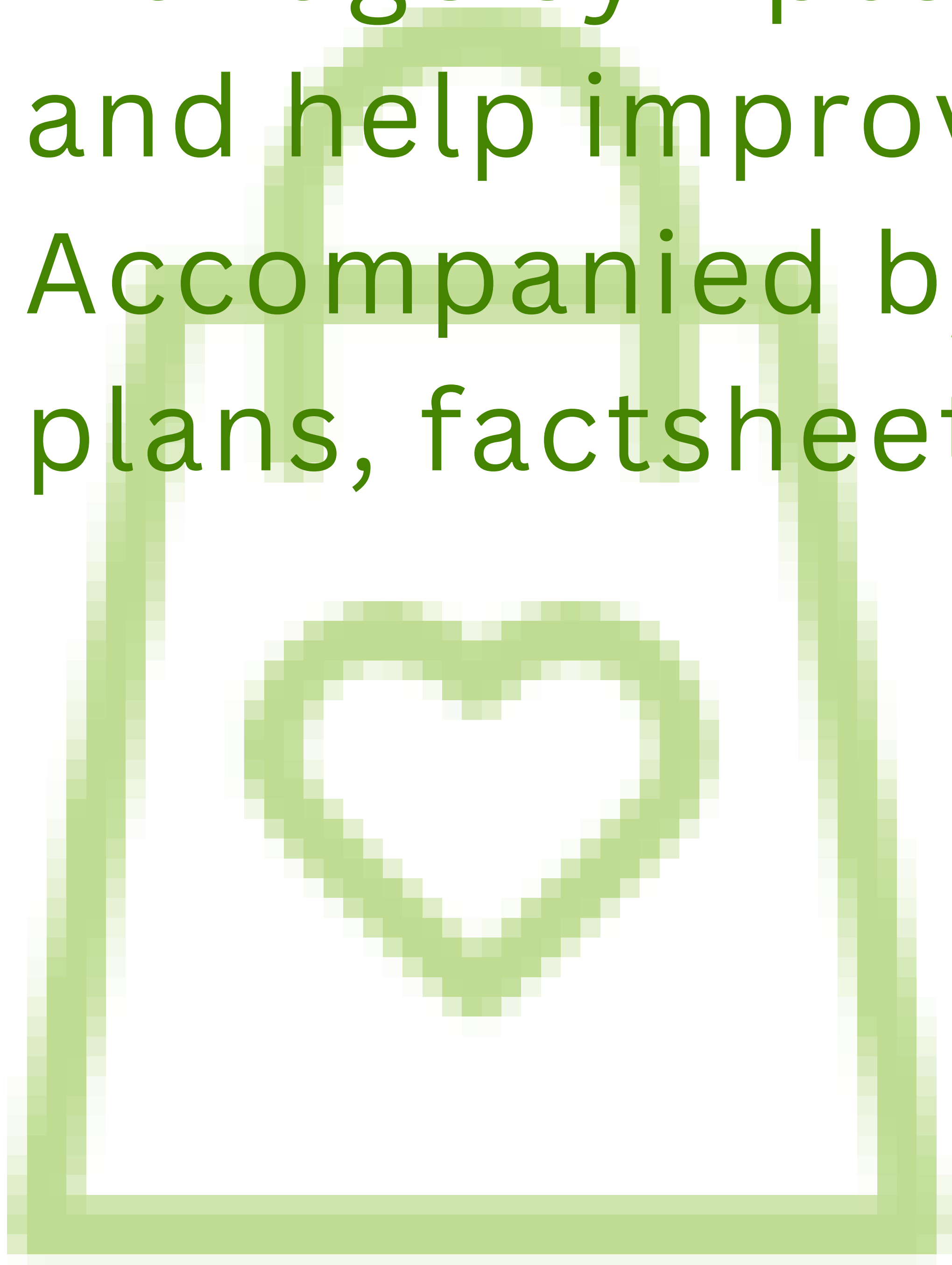
376 onward referrals made

As we build trust, we come to understand broader challenges. We refer onward for support with:

benefits - housing - homelessness - trauma - counselling - drug and alcohol use - family - peer support - legal advice - hardship grants - debt - bills - abuse - immigration - asylum support - safeguarding

GROCERY DELIVERIES

- Monthly grocery deliveries to those experiencing barriers to accessing food
- Designed according to taste, cultural preference, storage/cooking facilities and household needs
- Dietetically tailored to meet health needs, manage symptoms & medication side effects and help improve health outcomes
- Accompanied by nutrition resources, meal plans, factsheets and recipes



**97% said
groceries helped
them feel better**

EATING TOGETHER

- Communal lunch held twice weekly, bringing isolated people together over a hot meal cooked and served by volunteers
- Building knowledge, community and capacity
- Guest speakers and activities create holistic support beyond our service
- Informal peer support builds confidence, improves overall health and tackles stigma

**93% felt less
isolated and 87%
made new friends**



Employees

8 employees coordinate all our charitable activities: managing services, coordinating volunteers, running a kitchen, finances, fundraising and Dietetic Assessments.

Trustees

7 trustees provide governance and oversight of the charity, helping to set the strategy and are involved in all key decisions.

Medical Advisory Board

4 medical professionals form our Medical Advisory Board, providing expert advice to our staff and trustees in the fields of clinical HIV and nutrition.

Volunteers

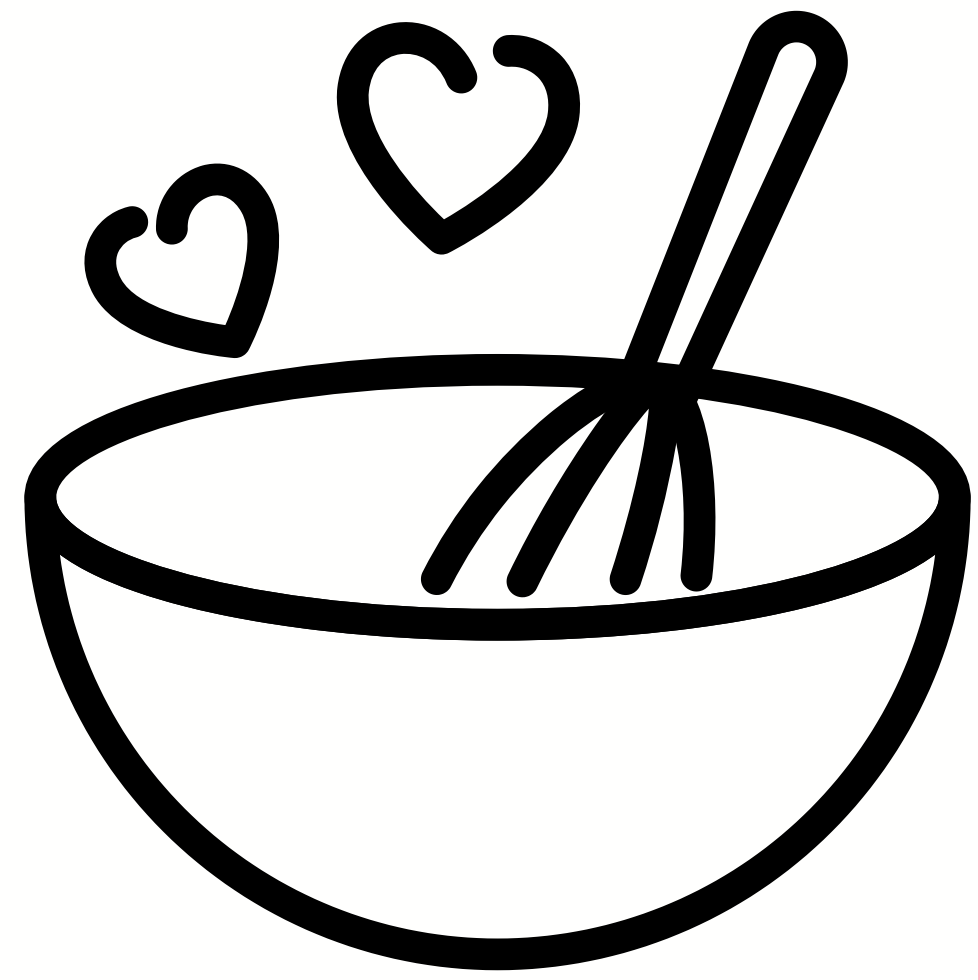
151 volunteers are integral to delivering our services, doing everything from cooking the meals to conducting assessment calls at the end of service.

Patrons

8 patrons are our ambassadors and bring a voice to The Food Chain in circles outside our usual reach.

**PEOPLE IN
THE CHAIN**

VOLUNTEERS



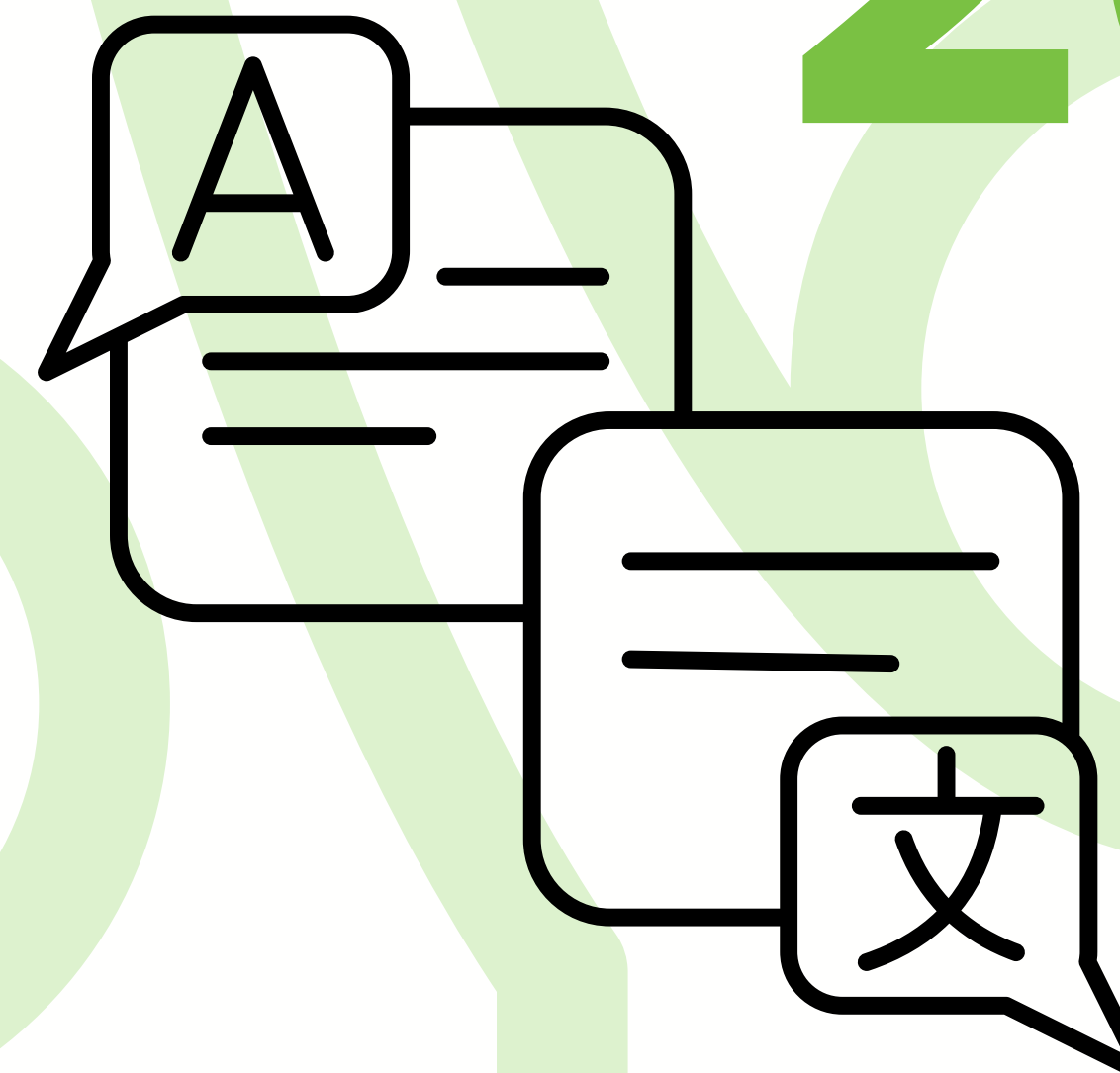
7 different
volunteer
roles



4,847
23/24 total
hours
donated



400
hours given
every
month



20
languages
spoken

£8,685



raised in
community
fundraising

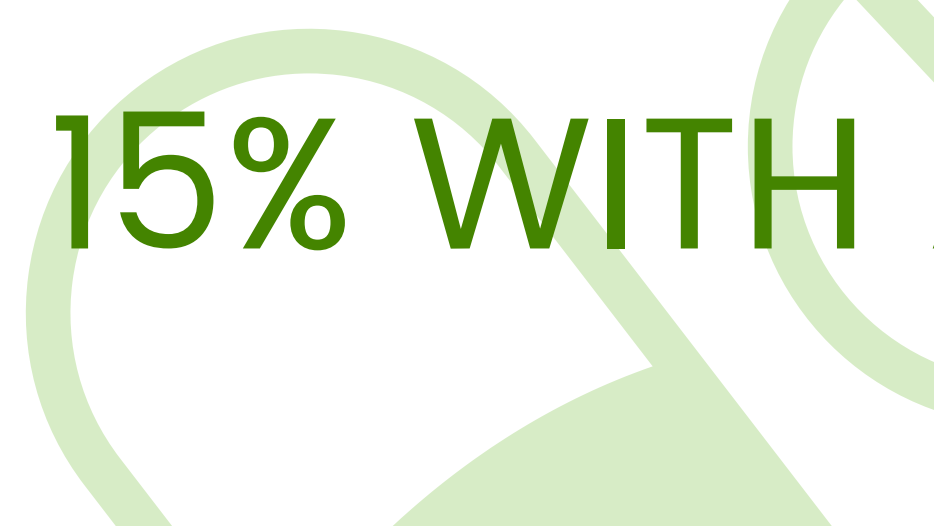
151

active
volunteers



OUR COMMUNITY

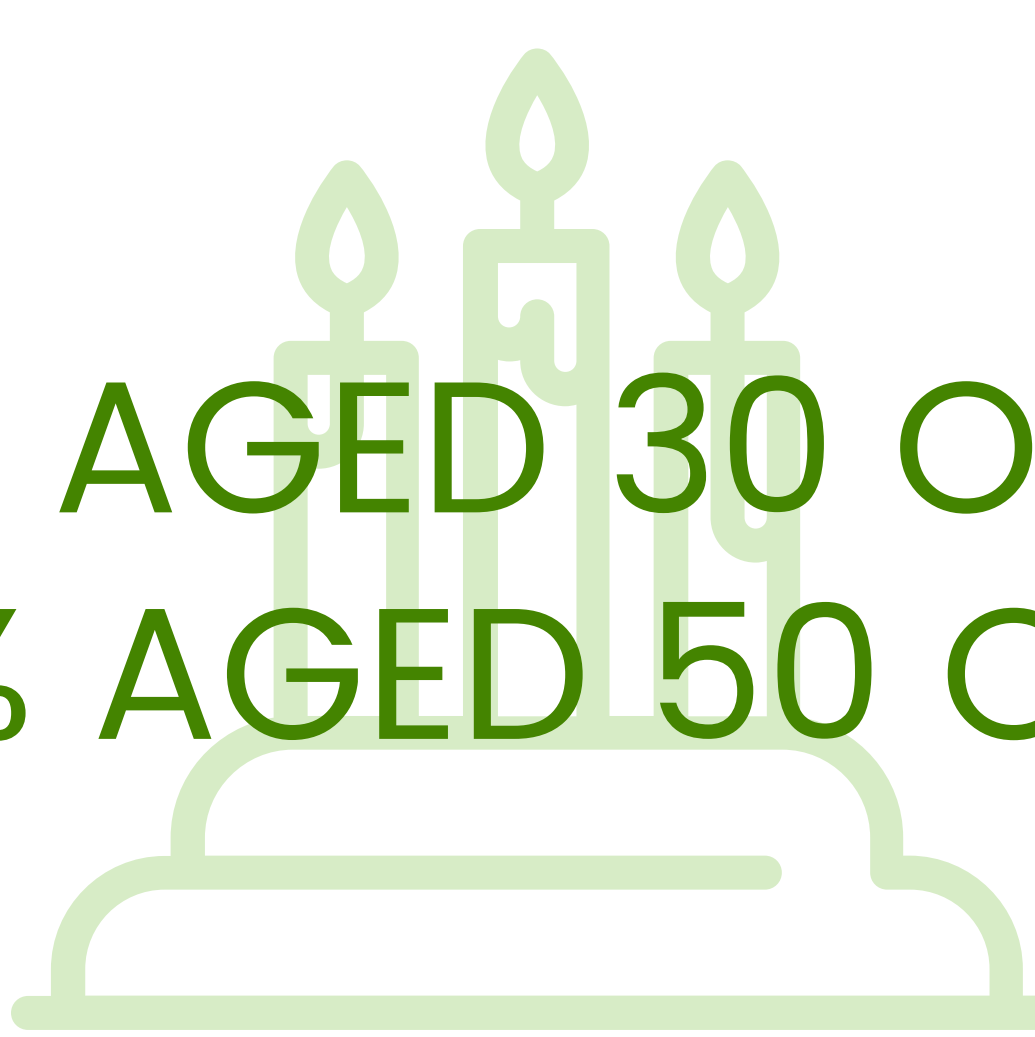
40% WITH A CD4 OF ≤ 500
15% WITH A DETECTABLE VIRAL
LOAD



14% REFUGEE/ASYLUM
SEEKER



16% AGED 30 OR UNDER
45% AGED 50 OR OLDER



50% BLACK AFRICAN
12% WHITE BRITISH
6% WHITE EUROPEAN



69% LIVE ALONE



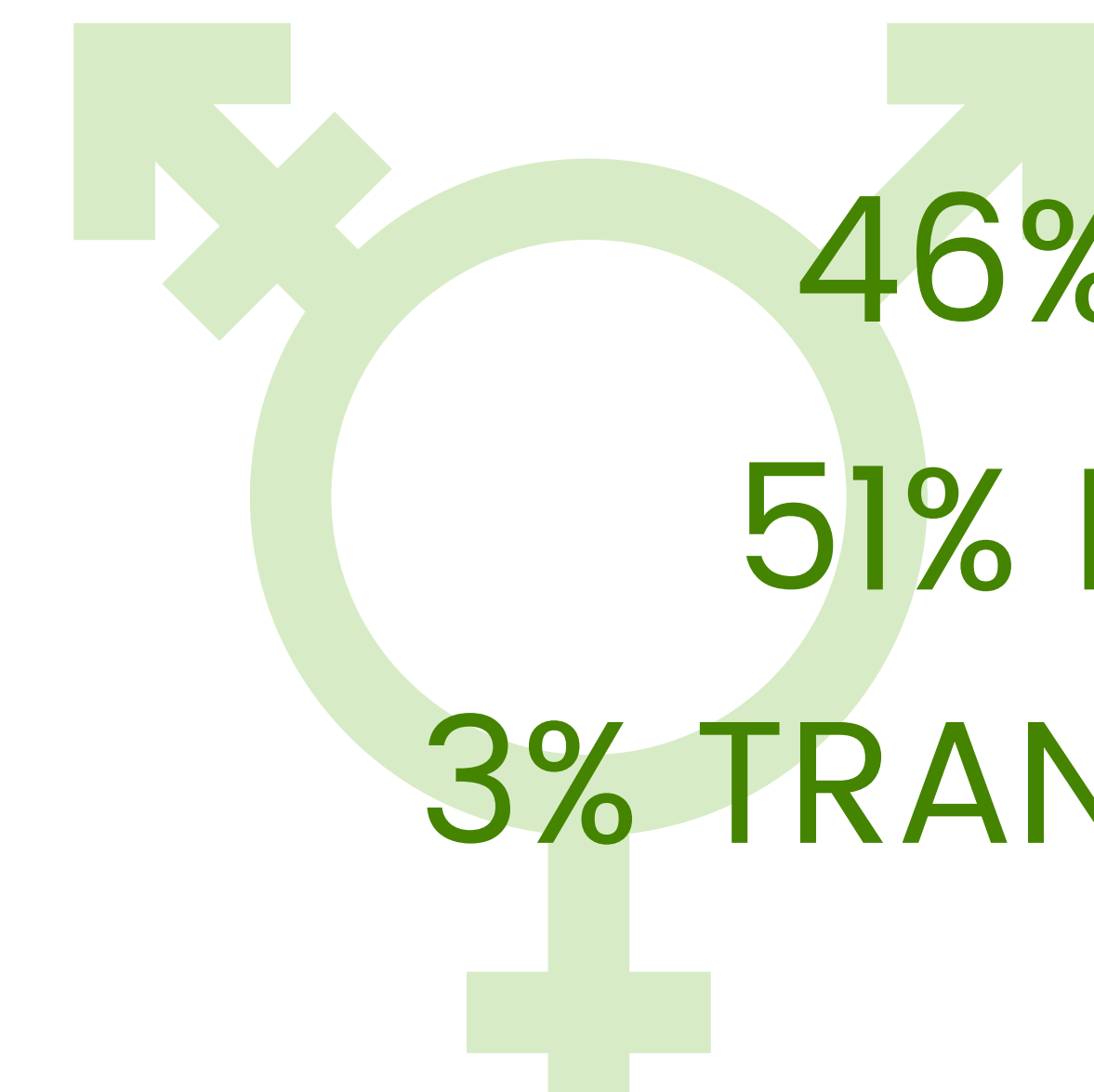
24% GAY MAN
47% HETEROSEXUAL
6% PREFER NOT TO SAY



53% NEW TO THE
FOOD CHAIN



46% MALE
51% FEMALE
3% TRANS HISTORY



AVERAGE HOUSEHOLD
INCOME
~£150/WEEK



“Eating Together has been a life saver. Before joining my situation was bad, I was very lonely. It’s not just food, it’s the social situation. It has changed my life.”

“I was very grateful because it took the pressure off paying for food so I could use my benefits for bills and rent.”

“Despite not having an income I had food, and healthy food at that. I now have changed my diet, I have converted my friends to healthier eating, and am experimenting more with new foods that TFC introduced me to.”



**OUR
VOICES**

“I was lonely when I first came to this country and through The Food Chain I made friends. The Food Chain is so supportive, without them I don't know what would have happened.”

“All the staff and volunteers are so lovely, they made me feel welcome and safe. It felt like we were a family.”

“[Eating Together] creates a very positive atmosphere that inspires you even more to make a real difference to people’s lives. I was completely unaware of how living with HIV can impact on someone’s life. Now that I’m aware of this I see life in a different way.”

FINANCIALS

**CHARITABLE
TRUSTS & GRANTS**

CATERING

**COMMUNITY
FUNDRAISING**

PARTNERSHIPS

**INDIVIDUAL
DONATIONS**

**OUT OF EVERY £1 OF INCOME
89P IS SPENT ON CHARITABLE
ACTIVITIES**



OUR MISSION

The Food Chain exists to ensure people living with HIV in London can access the nutrition they need. We deliver meals and groceries, offer cookery and nutrition classes, and host communal eating opportunities to help people get well, stay well and lead healthy independent lives.



@thefoodchain



/thefoodchain.org



@the_food_chain



The Food Chain