



Lunch Clubs
Hackney

#Fairer Society
hackney
CVS

Hackney Lunch Clubs Network

**Annual Impact
Report 2023**



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Introduction

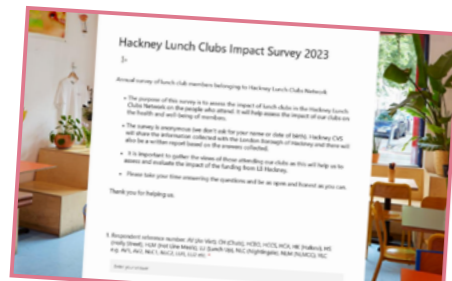
Our current network of lunch clubs in Hackney dates back to 2017. These long-established clubs, which serve as welcoming health and social hubs for Hackney residents aged 55 and over, joined forces to apply for a consortium bid for funding at that time. To do this successfully it was considered necessary (to present a more unified front and) to formalise existing ties between clubs. Thus, Hackney Lunch Clubs Network was formed.

In December 2018 a new contract with the London Borough of Hackney was developed to support the network of 14 clubs (now 12). This was to be a commissioned service with an initial 3-year contract and the option of an extension of two extra years leading to 5 years altogether.

For more details about the network and some background about our lunch clubs please refer to our [Annual Satisfaction Survey Report 2022](#). The list of the Hackney Lunch Clubs Network is available in Appendices.

Hackney Lunch Clubs Network – impact survey 2023

To mark the end of this 5-year contract period we designed a lunch club impact survey which replaced our standard annual satisfaction survey. This report is based on the survey results which were gathered between late August and early October 2023. The survey focused on how attendance at our lunch clubs impacts the health and wellbeing of lunch club members. The survey was designed collaboratively between Hackney CVS staff and lunch club coordinators with additional support from Judy Harris of London Borough of Hackney, whose work focuses on [Hackney's Ageing Well Strategy](#).



This report presents the highlights of our survey findings. An online version of the report includes survey questions, results and demographics in the appendices. Use this QR code to access the online report.



Methodology

We used an online survey which was sent out to all lunch club coordinators. We received 324 completed surveys from lunch club members. Members from all 12 clubs completed the surveys. The number of respondents ranged from 6 to 62 per club with an average response of 27 surveys completed per club.

Most of our questions required simple multiple-choice answers to make the survey more accessible to members. We also included a few questions requiring long form answers to encourage more reflection and description. We have included the most relevant survey results in the report grouped under the following themes: social connection, nutrition and food, culture and heritage and health.

- We analysed qualitative and quantitative data from our survey results.
- Our interpretations are more informal rather than based on coding or social science methods.
- We have linked some of the results to credible research studies related to ageing, health and longevity.

Lunch clubs continue to be relevant

We are very encouraged by the results of this survey as they gauge the state of health of our lunch clubs in 2023. The results highlight the continued relevance of the clubs as new people are still joining. It is very positive to see so many long-standing members attending as well as the many new members they are attracting.

Out of the 324 respondents:

29%

have been attending for more than 10 years

44%

have been attending more than 5 years (includes figures for 10+)

21%

have been attending between 1-2 years

37%

have been attending between 1-5 years



Sustaining the Hackney Lunch Clubs Network

Sustainability has been a core element of our contract with Hackney Council over the past 5 years. Hackney CVS, the Hackney Lunch Clubs Network, and the Hackney Lunch Clubs Development Coordinator have developed a multi-pronged approach to improve the financial and organisational sustainability of the lunch clubs. In the last section of this report, we present the key achievements in terms of sustainability and partnership in 2023, as well as the way forward and how to support the Hackney Lunch Clubs Network.

Nutritional Training for lunch club chefs, June 2023, Culinary Medicine UK

Key findings and discussion

Social Connection

Social isolation and loneliness have serious, and still under-recognised, impacts on our health and lifespan. People lacking social connection face a higher risk of early death. Social isolation and loneliness are also linked to anxiety, depression, suicide, and dementia and can increase risk of cardiovascular disease and stroke.

– WHO, November 2023

- This WHO statement (above) demonstrates that widening social networks as we age plays an important role in improving health outcomes and strengthening our capacity to manage life.
- Our survey shows that lunch clubs in our network are the main source of social connection for more than half of all lunch club members.
- We can see that lunch club attendance also widens the social network of a member outside of the club.

Social activity

59%

of those who attend clubs do not attend another social activity.



Holly Street Lunch Club

“I am often by myself, and it can be difficult to motivate myself to make a nice hot meal. Loneliness is one of the worst things in terms of mental health. This lunch club is a place I can look forward to going to each week is fantastic.”

Centre 151 - VLC Pho Club

“I am happier and don't feel alone since attending the lunch club because I don't speak English well and always feel useless. At the lunch club, the staff help and support me and I have made many friends.”

Hackney Chinese Community Services

Friendship

Impact of making new friends is:

1. **Longer life** – having good friends improves health, reduces health problems and you live longer.
2. **Better physical health** – friendships are good for your physical health.
3. **Better mental health** – lower stress and prevents loneliness and depression.
4. **Lower risk of dementia** – friendships are good for your brain health.

The benefits of friendships for older people, Abbeyfield

“I get to eat and drink with others at the club. I don't enjoy eating on my own. Sometimes I will not eat at all as I have no appetite because I feel full of depression. I need the company to keep me motivated. My health is improving by attending the club.”

Chats Lunch Club

94%

have made new friends at a lunch club.

69%

have made a friend/friends at the lunch club that they see outside of the club or talk to on the phone.



Hackney Cypriot Association

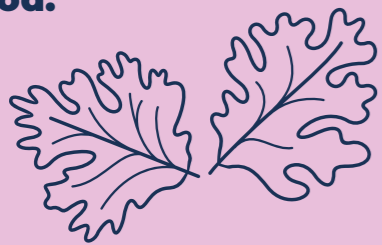
Nutrition and food

Hackney Lunch Clubs Network is committed to providing food with good nutritional value to support people to age healthily beyond mid-life, aligning with government standards and with a personalised touch. The food supports healthy ageing, remembering that good nutrition is key to protection against various medical conditions and diseases that can affect us as we get older.



90%

think it's important for their lunch club to provide nutritious food.



59%

said the food at their lunch club was healthier/more nutritious than the food they eat at home.

Why is nutrition important for people aged 55+?

"Research tells us that as you get older, eating well can help improve mental sharpness, boost energy, and increase resistance to illness. What you eat has a big impact on the health of your bones, eyes, heart, brain and more." – *Eating for health in later life, Age Scotland*

"It is estimated that around one in ten people over the age of 65 are malnourished or at risk of malnutrition. Malnutrition is both a cause and a consequence of ill health and is a silent and, all too often, hidden problem. It will affect health and wellbeing, increasing hospital admissions, and can lead to long-term health problems for otherwise healthy and independent older people."

State of the Nation 2021. Older people and malnutrition in the UK today



Nutritional Training for lunch club chefs, Culinary Medicine UK

The burden on NHS and social care

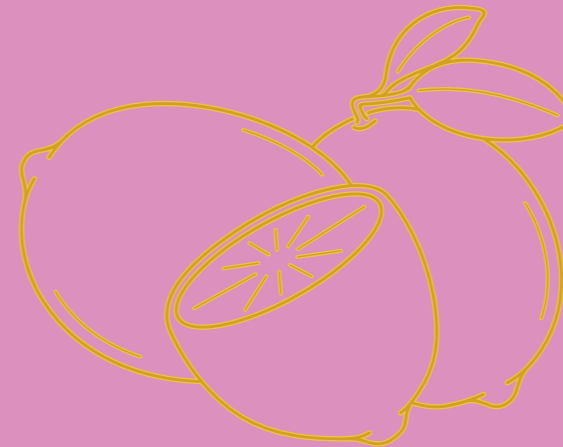
Lunch clubs have the potential to reduce the burden on GPs, hospitals, and social care services by providing freshly prepared food at affordable prices in a social setting.

Cost of malnutrition in England

19.6bn was spent on malnutrition in the health and social care system in 2011-12.

Treating someone who is malnourished is two to three times more expensive than for someone who is not malnourished.

Malnutrition Task Force, January 2023



"I am eating more and eating better food. I am now at a more healthy weight which my family is happy about. Also, I am walking more to come to the club."

Nightingale Luncheon Club

"I don't have much interest in preparing food which takes a long time, so I usually buy ready meals. However, now I have fresh meal twice per weeks since I attend this club. So happy."

Centre 151 – VLC Pho Club

Hackney Chinese Community Services



We asked our lunch club coordinators this year...
“What actions do you currently take to make sure you are providing meals of nutritional value to older people?”



“We always make sure there is meat, fish, vegetables and a soup. We are serving smaller portions of rice. We attended a training recently and revised our menus to make sure they are balanced. We reduce salt and sugar and don't use MSG. Our bone broth is medicinal food. We cook seasonally. In the winter we make soups to make body warmer.”

Yan Ma, Hackney Chinese Community Services



“Yvonne works alongside our chef Arlene in the kitchen as a nutritional assistant. Together they set the menu for members. Our kitchen staff attended a course with Culinary Medicine specialists in nutrition which has definitely motivated them. We encourage members to eat a vegetarian meal once a fortnight and the vegetables are cooked seasonally. We reduce salts and fats. We don't put salt on the tables. We offer health awareness sessions by invited guests where members learn more about healthy eating. One of our core values at HCEO is called 'Healthy Eating/Healthy Lifestyle. Commitment to health.'”

Lullyn Tavares, Hackney Caribbean Elderly Organisation



“I know the dietary requirements of our members. I know who's diabetic or who has high blood pressure for example. I cook food from scratch and use lots of veggies.”

Lydia Batchelor, Lunch Up, Woodberry Down Luncheon Club



Centre 151 - VLC Pho Club

“Lunch Club supported me to eat more healthily and to experience the health and wellbeing benefits of eating with others.”

Centre 151 - VLC Pho Club

Food affordability: older people in Hackney are feeling the pinch

How are our lunch club members impacted by cost of living crisis?

Knowing that the cost of living crisis has been impacting over-65s in Hackney, we were curious to find out how the cost of living has been impacting our lunch club members over the past year.

42% of our lunch club members are currently finding it difficult to afford all the food they need due to cost of living crisis.

London food bank spends over £4,000 a month to meet unprecedented demand

21 December 2023, 15:09



Rising demand: Hackney food bank. Picture: LBC

By Chantalle Edmunds @chantallenews X

A food bank in east London is spending upwards of £4,000 a month to replenish its stock in order to keep up with rising levels of need, particularly among the over 65s.

Since 2018, our lunch clubs have needed to charge members for meals due to funding constraints and increased operational costs. We know via word of mouth and news in local media that there are older people (especially those of retirement age) in Hackney who might not access our lunch club meals due to lack of finance. Some of our lunch clubs are exploring creative solutions to compensate this financial barrier and promote access.

“We have noticed that some members don't attend because they cannot afford to pay. Some of them feel a bit embarrassed too. We want to make it possible for all to have something to eat and socialize especially in these current times. At Lunch Up we will be offering a free meal once a month.”

Lydia Batchelor, Lunch Up



Lunch Up, Woodberry Down Luncheon Club

How affordable are our lunch club meals for members?

65%

agree that the cost of their meal at lunch club is affordable.

26%

of members disagreed (23% strongly) about the affordability of their lunch at lunch club.



Culture and heritage

Preserving diversity and heritage

Our network of 12 lunch clubs plays a crucial role in preserving the cultural diversity and heritage of Hackney.

9 out of 12 of the clubs offer culturally appropriate food, activities, exercise, games and more! The clubs act as community anchors and serve as more than just spaces for meals. They provide a caring and supportive environment where members can socialise, connect, find a sense of belonging through the sharing of stories and finding common ground through heritage. Games and activities include Dominoes, Tavla (Backgammon), Mahjong, Karaoke and Tai Chi.



Centre 151 - VLC Pho Club

Culturally-specific clubs are very important to the people who attend:

88%

of all lunch club members surveyed said the lunch club is somewhere they can go and be with people who understand their culture.

93%

of culturally specific club members said the lunch club is somewhere they can go and be with people who understand their culture.

78%

rated it very important (10/10) for them to attend a lunch club where people understand their culture and speak their first language.

Loneliness amongst global majority communities in the UK

We are aware from various studies in recent years that older global majority adults in the UK have fewer close friends and this can potentially impact on age-related health issues.

A study from 2020 by University College London found Black and Asian adults over the age of 65 years are almost twice as likely to report having no close friends (9% and 7% respectively) compared to White and mixed or 'other' ethnicity adults of the same age (both 4%).

Older Ethnic Minority Adults Have Fewer Close Friends, Understanding Society

"Having close friends and peers plays a role in reducing social isolation and loneliness. Therefore, our findings suggest that older ethnic minority adults may be more vulnerable to social isolation and loneliness than older white people."

*Dr Dylan Kneale
UCL Institute of Education*

לאַנטש קלוב

Öğle Yemeği Kulübü

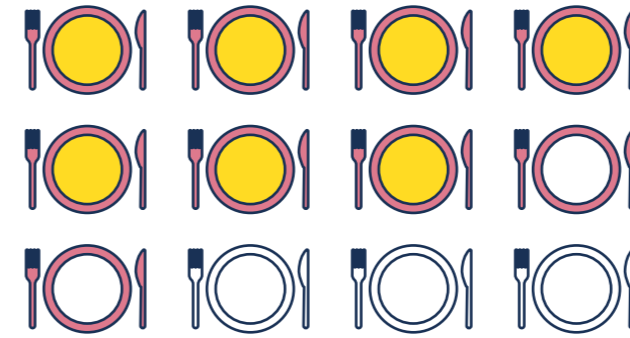
لنج كل

ಲಂಚ ಕ್ಲಬ್

Μεσημεριανός Σύλλογος

מועדון צהריים

午餐俱乐部



7 out of 12

groups are language specific – An Viet Foundation, Hackney Chinese Community Services, Hackney Caribbean Association, Halkevi, Hot Line Meals, North London Muslim Community Centre, VLC.

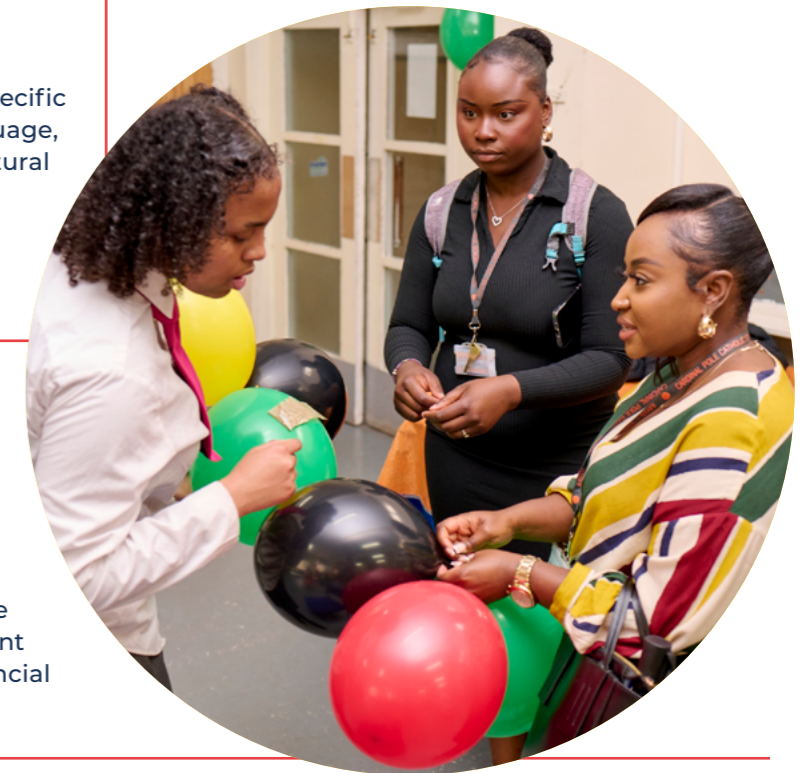
9 out of 12

groups are culturally specific – food, language, religion, cultural events etc.

Mother-tongue languages are spoken at our lunch clubs

Including English, we have counted 11 languages in total spoken by staff and members at our lunch clubs: Cantonese, Greek, Hebrew, Gujarati, Kurdish, Mandarin, Turkish, Yiddish, Urdu, Vietnamese.

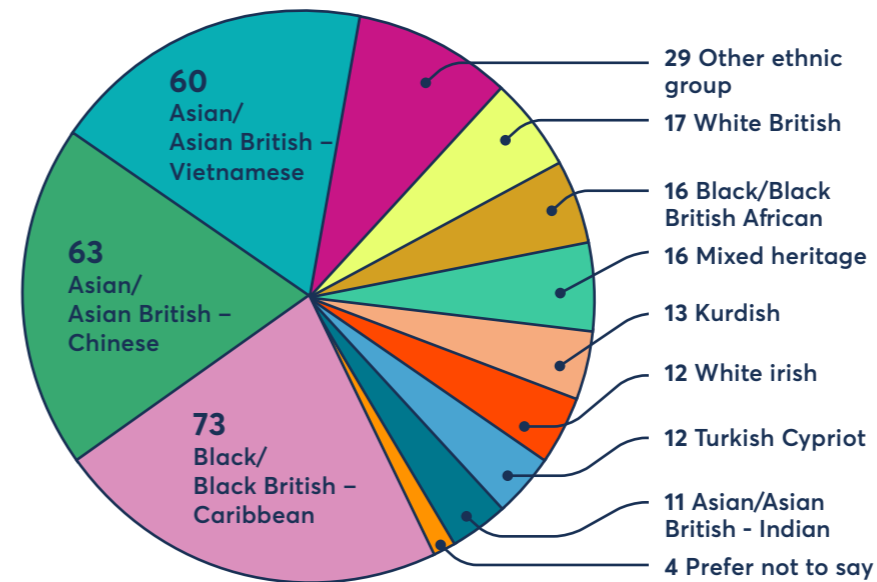
Mother-tongue language is vital for access to advice, support and health awareness.



"What would you miss most about your lunch club if it closed?"

In response to this question we discovered that quite a few lunch club members would miss being able to speak their mother tongue if the lunch club closed. Language is important in the context of ageing, social isolation, financial insecurity, and health awareness.

Lunch club demographics



"I do not speak or understand any language apart from Turkish and Kurdish. I would miss the hot meals, culturally friendly environment, homeland discussions and friends who are very supportive."

Halkevi Kurdish and Turkish Centre

"I can access health information and advice at the VLC Centre. If they closed, I don't know where I could find the advice in my mother language."

Centre 151 - VLC Pho Club

Mental and physical health

Our Lunch clubs have a positive impact on the mental health and physical health of members. They also provide a valuable resource to support health prevention for residents aged 55+ in Hackney.

We have been hearing a lot in recent years about the UK's ageing population and the pressure on our health services to support those with more serious age-related health issues. There has also been extensive research focusing on longevity, staying well and developing habits that help to improve our health as we age.

Here are a few key habits that connect with our lunch clubs offer:



Healthy habits for healthy ageing



Staying connected with others



Get moving - physical activity



Healthy eating



Regular health checks

Lunch clubs as an effective tool for health promotion

“The risk of poor health generally increases as we age. However, good health and wellbeing can be maintained well into older age with the right support and access to services. Social isolation is one of the biggest risks to both mental and physical health and older people are especially affected by it.”

Hackney and the City of London Health and Wellbeing Profiles website

We believe that attending lunch clubs has a positive impact on the health of their members and, as a regular opportunity for social connection, is likely to help prevent or at least reduce age-related health decline for those who attend.

We asked our members “How has the lunch club impacted your health since you started attending?”

“Tremendously. I have a purpose to do something. I used to stay in bed feeling depressed, weak and sick. Now I can move comfortably. Loving my life, not even depressed. I'm happy.”

Chats Lunch Club

“My wife and I come to the Lunch Club almost every week. I love the food here. It's a healthy and delicious lunch. I love singing karaoke. Singing makes me happy and builds my confidence and health.”

Hackney Chinese Community Services

Our 2023 survey of lunch club members helped us to see how the lunch clubs are supporting health and wellbeing:

Lunch club increases sense of purpose. (Having somewhere to go)

85%

agree that going to the lunch club gives them a reason to get up and out of the house.

Lunch club is a place for social connection.

65%

mentioned sharing “happy news” with other members and staff was helpful.

Lunch club is a place to share worries and ask for help.

79% of lunch club members can ask the staff at the lunch club if they need advice with their housing, health etc.

Lunch club is a place to increase physical activity levels.

77% take part in exercise movement activities at their lunch club.

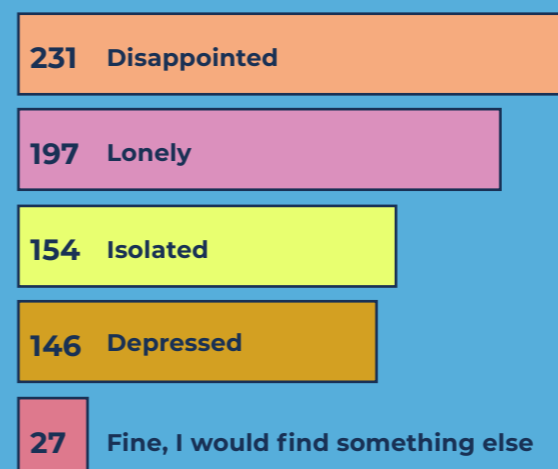
“According to the World Wide Group platform, sharing good news can lead to a more positive mindset, improve cardiovascular health and even lengthen someone's lifespan.”

The Gift of Good News

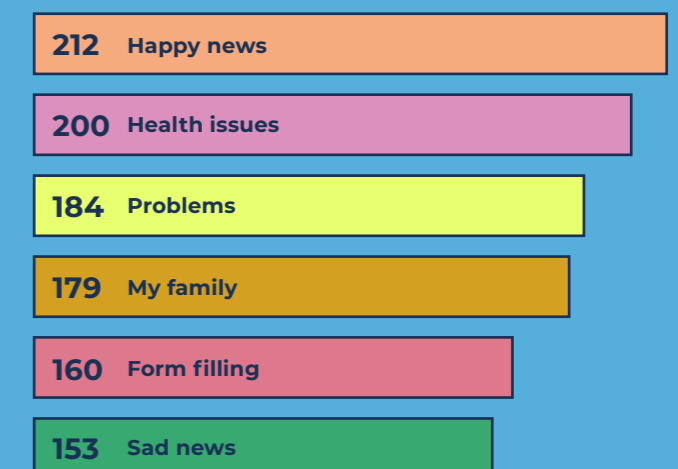
“Accessing support for issues that are causing worry is a major benefit of the clubs.”

Judy Harris, London Borough of Hackney

“If I couldn't attend the lunch club anymore, I would feel...”



“It helps me to talk to staff at my lunch club and/or other lunch club members about...”



Sustainability and partnerships in 2023

Sustainability has been a core element of our contract with Hackney Council over the past 5 years (since 2018). As funds from central government to local authorities have been cut back radically since 2010 there is less and less available for non-statutory services like the lunch clubs' network. With the goal in mind of strengthening the clubs and reducing their dependence on council funds, a sustainability aspect to the contract was introduced by our commissioners in adult social care.



Hackney CVS, the lunch club development coordinator and the lunch clubs' network have been working together to improve the financial and organisational sustainability of the lunch clubs with a multi-pronged approach.

In 2023 the following developments, actions and achievements have helped to build on a stronger sustainable future for our clubs in the network:

Organisational Development Team at Hackney CVS:

The organisational development team at Hackney CVS have been available for one-to-one support to lunch clubs to help them with funding applications, funding options and bespoke training support.

Clubs have applied for funding independently and have been successful:

A number of our clubs in the network have been successful this year in securing grants to support lunch clubs directly and indirectly in their work from the following foundations and organisations:

- | | |
|-----------------------------------------------|----------------------------------------------------------------------|
| ASDA Foundation | Migrant Advice and Support Fund |
| Awards for All | Morrison's Foundation |
| Building Stronger Communities | Propel |
| City and Hackney Mind | Reaching Communities, Big Lottery |
| Clifford Chance Foundation | Smoke Free Hackney |
| Department of Levelling Up | Together for London, The London Community Foundation |
| GLA | The Big Lottery Community Fund |
| Hackney Giving | The Mercers Company |
| Hedley Foundation | Thrive London grant |
| LB Hackney community grants | |

Other support clubs have received:

- Food donations from local supermarkets via [Redmond Community Centre](#) and [Neighbourly](#)
- Yoga and exercise classes provided by TripSpace funded by [Healthier Hackney grant](#)
- Fundraising/Crowdfunding events e.g. cultural festivals and food and music events



TripSpace yoga class at Hackney Chinese Community Services

PARTNERSHIP HIGHLIGHT
Supple balance yoga for Hackney residents 55+

Thanks to generous funding from Hackney Council, 4 of our lunch clubs have benefitted from a brand-new collaboration with TripSpace and their yoga teachers in 2023. TripSpace was able to offer FREE regular seated-yoga classes in the following centres:

- Hackney Caribbean Elderly Organisation
- Hackney Cypriot Association
- Hackney Chinese Community Services
- North London Muslim Community Centre

“We are very excited about being of service beyond the bricks and mortar of our studio and into the community itself.”

Giuliana Majo, TripSpace



We have linked our lunch clubs with Hackney's health and care system

- Public Health Community Champions.
- Family Action Social Prescribing.
- Homerton Healthcare Bowel Screening.
- Neighbourhoods Team at Hackney CVS.

We have established connections with local and national organisations working with healthy ageing. Building links builds strength.

- [Age UK East](#)
- [Hackney Circle](#)
- [Independent Age UK](#)
- National Association of Care Catering

Our lunch club chefs have catered for the following events in the past year, highlighting a potential area of income growth within the network

- Hackney CVS Annual Awards Celebration
- Nightingale GP health promotion day
- Hackney Giving partners event
- Neighbourhood Forums
- Hackney Downs Family Fun Day

We have widened our network through outreach and collaborative initiatives:

- Regular attendance at [Hackney Food Network](#) meetings – has led to better awareness of funding opportunities and access to food providers.
- Support from [Hackney Community Library Service](#) with leaflet distribution and contact with hard to reach residents (house-bound).
- [African Community School](#) have offered arts and crafts classes to our lunch clubs. Nightingale and Holly Street have both taken up this offer.

Collaborators and Partnerships in 2023

- As a network of lunch clubs managing with few resources we know very well how important working together is for strengthening our work.
- We are also very interested in reaching out to individuals, groups and organisations in Hackney and further afield to develop ways to work together.

In 2023 we want to thank the following people/teams etc. for their support in our work and look forward to continuing to build on our working relationships in 2024 and beyond. If you would like to talk about ways of collaborating to support a blooming network of healthy lunch clubs then please do join us!

- African Community School
- Brian Whar
- Celestial Peach
- City and Hackney Primary Care Psychotherapy
- Culinary Medicine UK
- Curry Club
- Engage Here
- Family Action, Social Prescribing
- Forge
- Hackney Circle
- Hackney Community Library Service
- Hackney Food Network
- Hackney Giving
- Homerton Hospital, Health Screening
- Neighbourly
- New City College
- On Your Side
- Park Pharmacy
- Public Health Community Champions Forum
- Royal College of Art
- TripSpace
- Together Better
- VCS Neighbourhood's Team
- Wellness Collective
- Independent health practitioners (hairdressing, massage, chiropody, acupuncture)



CORPORATE FUNDING

We are building a corporate fundraising strategy for the lunch clubs network led by Forge. To be launched later this year.



The way forward and how to support the Hackney Lunch Clubs Network

The relevance and impact of the Hackney Lunch Clubs for Hackney residents is evident not only from the findings of our impact survey, but also featured and highlighted in local media.

As funding becomes more competitive, it is important for our network to improve its offer and also highlight all the good work that already exists. Our clubs in the network have been discussing how to sustain interest and support from current funders and maintain this important service provision.

Hackney's hidden gems

An article in LOVE HACKNEY January 2024 edition about one of our lunch clubs as a "hidden gem" and a "lifeline for many" of the over 55s residents in the borough.



How can we develop our offer and improve our capacity for funding?

Improving the health impact of our lunch clubs in Hackney

- Build on relationship with nutritional experts. Offer more learning opportunities to lunch club kitchen staff e.g. Culinary Medicine UK.
- Increase exercise offer across network by developing partnerships e.g. TripSpace.
- Register clubs with Hackney's Healthier Catering Commitment (has started).
- Link up with more NHS Cancer Screening Programmes to promote early detection and prevention of common cancers.

Improve support provided by lunch clubs

- Increase offer of advice drop-in sessions at different clubs with support from HCEO advocacy worker, Family Action social prescribers and Age UK East.

Build collaboration within the network and across health and care sector

- Share resources across lunch clubs e.g. activities, funding etc.
- Build partnerships beyond the network to expand and diversify the lunch clubs' offer beyond meals provision.
- Be part of the discussion in the context of Hackney's food provision and waste reduction (Hackney Food Network, Hackney Right to Food, Growing Communities etc.)

Cultural and social impact

- Develop opportunities for intergenerational work via Hackney CVS youth team, Voyage Youth and linking with local primary schools.
- Encourage storytelling and creative opportunities.

How can you support Hackney Lunch Clubs Network?



1. Become a friend

Volunteer at a lunch club:

Our clubs often need volunteers to help with lunch-prep in the kitchen, hosting activities before or after lunch.

Publicity, outreach, fundraising:

We also welcome volunteer support for publicity, outreach to help us expand our services and benefits to the community. This support can be provided directly to individual clubs or to the network as a whole. We are also looking for support from volunteers with experience of community meals fundraising.

2. Become a collaborator or partner

We would like to build on what we achieved in 2023 with TripSpace and other collaborators and explore new potential partnerships aligned in our work to support the health and wellbeing of our current and future lunch club membership.

3. Become a donor

We are open to financial support from individuals and the corporate sector to increase our income for all lunch clubs in the network.



Appendices

You're never far from a lunch club!



Our lunch clubs



An Viet Foundation
Vietnamese
28-32 Ellingfort Road,
London E8 3PA



Chats Lunch Club
Caribbean
Clapton Park
Methodist Church, 99
Chatsworth Rd E5 0LH



**Hackney Caribbean
Elderly Organisation**
Caribbean
39 Leswin Road,
London N16 7NX



**Hackney Chinese
Community Services**
Chinese
28-32 Ellingfort Road,
London E8 3PA



**Hackney Cypriot
Association**
Cypriot
5 Balls Pond Road,
London, N1 4AX



Halkevi
Kurdish/Turkish
31-33 Dalston Lane,
London E8 3DF



**Holly Street Luncheon
Club** | General
Marie Lloyd Centre, 229-
331 Queensbridge Road
E8 3NH



Hot Line Meals
Jewish (Kosher)



**Lunch Up, Woodberry
Down Luncheon Club**
General
Redmond Community
Centre, Kayani Ave N4



**Nightingale
Luncheon Club**
General
19 Olympus Square
Nightingale Estate
E5 8DS



**North London Muslim
Community Centre**
Muslim, S. Asian
66-68 Cazenove Road
N16 6AA



**Centre 151 – VLC Pho
Club**
Vietnamese
Centre 151, 151 Whiston
Road E2 8GU

Survey questions

1. What lunch club do you attend?
2. How long have you been attending the lunch club?
3. Apart from coming to the lunch club do you attend other social activities during the week/weekend?
4. If yes, what do you do/attend?
5. Have you made new friends at the lunch club?
6. Have you made a friend/friends at the lunch club that you see outside of the club or talk to on the phone?
7. It helps me to talk to staff at my lunch club and/or other lunch club members about...
8. The lunch club is somewhere I can go and be with people who understand my culture.
9. How important is it for you to attend a lunch club where people understand your culture and speak your first language?
10. If I couldn't attend the lunch club anymore, I would feel...
11. What would you miss most about your lunch club if it closed?
12. It's difficult for me to afford all the food I need due to the cost of living crisis.
13. The cost of lunch at lunch club is affordable for me.
14. On the days that you don't attend the lunch club, what do you usually eat?
15. The food and drink that I receive at the lunch club is...
16. I think it's important for the lunch club to provide nutritious food.
17. If I need advice with my housing, health etc. I can ask the staff at the lunch club.
18. How could your lunch club meal be improved to make it healthier/more nutritious for you?
19. How do you feel after you've been to the lunch club?
20. I take part in exercise/movement activities at my lunch club.
21. If exercise/movement activities are not available at your club, would you like them to be?
22. If yes, what exercise/movement would you prefer?
23. Doing regular exercise at the lunch club has improved my physical health.
24. Doing regular exercise at the lunch club has improved my mental health.
25. Going to the lunch club gives me a reason to get up and out of the house.
26. How has the lunch club impacted your health since you started attending?
27. Age group
28. What is your gender?
29. Is your gender the same as the one you were assigned at birth?
30. What is your sexual orientation?
31. What is your ethnicity?
32. What is your religion or belief?
33. Do you self-identify as having a Disability?
34. Do you have caring responsibilities?
35. What borough do you live in (your residency)

If you would like more details regarding the survey results please email rachel@hcv.org.uk

What would you miss most about your lunch club if it closed?

We asked Chat GPT to group the responses from lunch club members into themes.

1. Social Interaction and Friendship:

- Warm place to meet friends.
- Chatting with friends.
- Meeting new people.
- Companionship and camaraderie.
- Togetherness and unity.
- Making and missing friends.
- Meeting people of similar age and experiences.
- Feeling part of a community.
- Being with peers and like-minded individuals.
- Fellowship and camaraderie.
- Socializing and spending time with friends.
- Seeing friends and club members.

2. Affordable and Healthy Meals:

- Affordable and healthy lunch.
- Delicious, healthy, and affordable lunch.
- Tasty and nutritious meals.
- Hot meals and nutritious food.
- Traditional food and cultural cuisine.
- Nutritious meals for seniors
- Hot meals and variety in food options
- Hot meals and a good selection of dishes
- Hot meals and food variety
- Nutritious meals and food delivery service

3. Emotional Well-being and Sense of Purpose:

- Feeling less stressed and depressed.
- Motivation to stay active and engaged.
- Sense of routine and purpose.
- Feeling happy and energetic after activities.
- Coping with isolation, stress, and depression.
- Emotional support and encouragement.
- Feeling sad, upset, or disappointed if the club closes.

4. Appreciation for Club Staff and Volunteers:

- Appreciation for friendly and supportive staff.
- Gratitude for helpful and kind volunteers.
- Fondness for the chef and kitchen staff.
- Recognizing the importance of staff and volunteers.

5. Activities and Entertainment:

- Table tennis.
- Tai Chi.
- Mah-jong.
- Karaoke.
- Line dancing.
- Bingo.
- Ballroom dancing.
- Cultural events and performances.
- Day trips and outings.
- Singing and dancing.
- Exercising and learning new skills.
- Games, quizzes, and recreational activities.
- Playing cards and games with friends.
- Physical activities like tai chi, ballroom dancing, and gardening.
- Traditional food and cultural activities.

6. Support and Assistance:

- Advice, support, and assistance.
- Translation services.
- Help with filling forms and paperwork.
- Assistance with healthcare and appointments.
- Help with accessing benefits and services.
- Assistance with translation and understanding documents.

7. Accessibility and Convenience:

- Convenient location and proximity to home.
- Opportunity to leave the house and socialise.
- Accessibility for individuals with limited mobility.
- Being unable to cook and relying on club meals.
- Importance of having a place to go during the day.

8. Regret and Loss if Club Closes:

- Missing everything about the club.
- Feeling homeless if the club closes.
- Loss of opportunity for socialization and contribution.
- Disappointment and sadness if the club closes.
- Feeling upset and stressed about potential closure.

How could your lunch club meal be improved to make it healthier/more nutritious?

We asked Chat GPT to group the responses from lunch club members into themes.

1. Increase vegetable intake:

- More vegetables.
- More vegetarian foods.
- Include a variety of vegetables in the meal.
- More salad.
- More vegetable dishes weekly.
- Offer more vegetarian options.

2. Reduce Sugar, Salt, and Oil:

- Less sugar, less salt, less fat.
- Limit the use of salt and opt for herbs, spices, or low-sodium seasonings.
- Cutting down on salt, sugar.
- Use healthier fats like olive oil, avocado.
- Less oil, sugar, salt.
- Encourage water consumption to reduce sugary beverage intake.
- Encourage mindful eating to control overeating.
- Offer options with less sugar, less salt.
- Encourage reducing fat intake.
- Replace sugary beverages with healthier options.
- Limit processed foods high in salt, sugar, and unhealthy fats.
- Use whole grains over refined grains.
- Offer options for vegetarians, vegans, gluten-free, or other dietary preferences.

3. Nutritional Awareness and Support:

- Provide information and resources about healthy eating habits.
- Offer resources on healthy eating habits.
- Promote awareness and informed food choices.
- Provide information on dietary requirements.
- Consider dietary requirements and food allergies.
- Offer consultation for dietary needs and health conditions.
- Offer resources on hydration and dietary needs for older adults.
- Provide hydrating foods like fruits and vegetables.

- Encourage a balanced diet with a variety of foods from all food groups.
- Offer fresh fruits as a dessert or side dish.

4. General Satisfaction:

- Happy with current meals.
- Satisfied with meals provided.
- No need for improvements.
- Content with the food provided.
- Already good enough.
- Happy with the current service.
- No comment.

5. Suggestions for Improvement:

- More variety in meals.
- Consider different cultural dishes.
- Extend menu options.
- Offer more fish dishes.
- Provide hot drinks or soup options.
- Offer softer foods for elderly individuals.
- Enhance cooking facilities.
- Add more fruit options.
- Include meat options for variety.
- Consider preferences for meat or vegetarian options.

6. Other Comments:

- More funding needed.
- Need for government assistance with food affordability.
- Appreciation for the social aspect of meals.
- Enjoyment of specific dishes like noodle soup.
- Suggestions for seasonal menu adjustments.

What exercise/movement would you prefer at your lunch club if it's not already provided?

We asked Chat GPT to group the responses from lunch club members into themes.

1. Specific Exercise Preferences:

- Tai chi.
- Table tennis.
- Yoga.
- Dance.
- Aerobics.
- Line dancing.
- Lion dance.
- Pilates.
- Physio-style exercise.
- Badminton.
- African Dance.

2. General Exercise Preferences:

- Chair-based exercise.
- Stretching exercise.
- Cardio exercise.
- Group exercise.
- Walking.
- Fast movement.
- Exercises to improve upper body movements.
- Feet and hand exercises.
- Soft exercise.
- Gentle exercise.
- Seated exercise.
- Light exercise.

3. Outings and Recreational Activities:

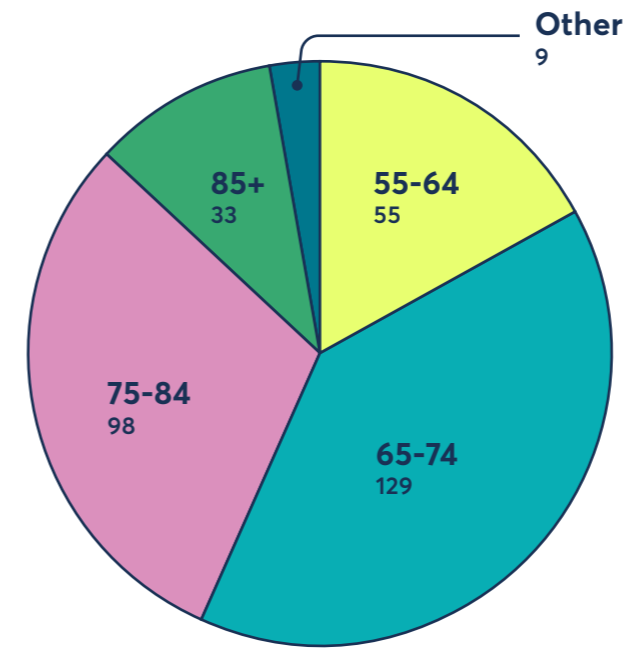
- Outings.
- Walking in the park.
- Gardening.
- Visiting historic sites.
- African dance classes.
- Community exercise classes.

4. Other:

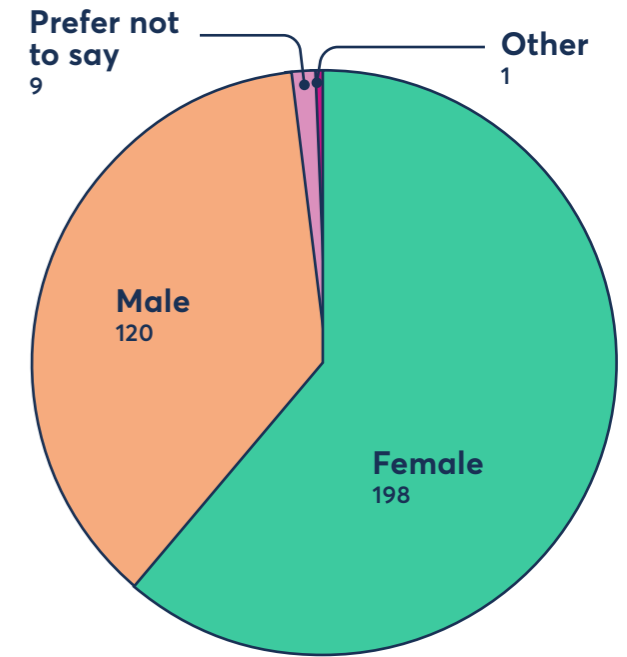
- Meditation.
- More variety in exercises.
- Drama and acting movements.

Demographics

Age group



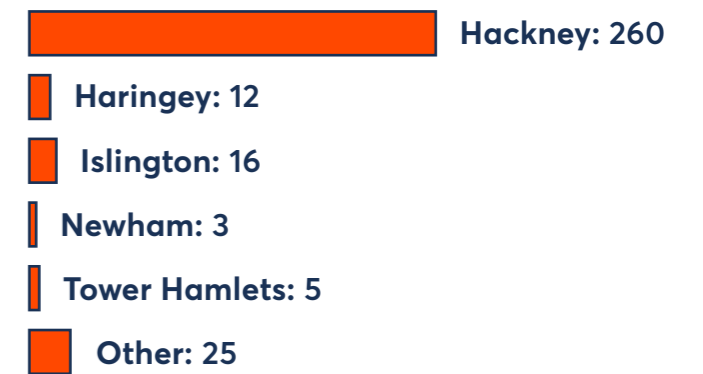
Gender



Religion or belief



Borough



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London Borough of Hackney, Adult Social Care
for funding

30,000

meals served

14,000

volunteer hours
worked

2,965

activity sessions
run

For general information about the Hackney
Lunch Clubs programme please contact:

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