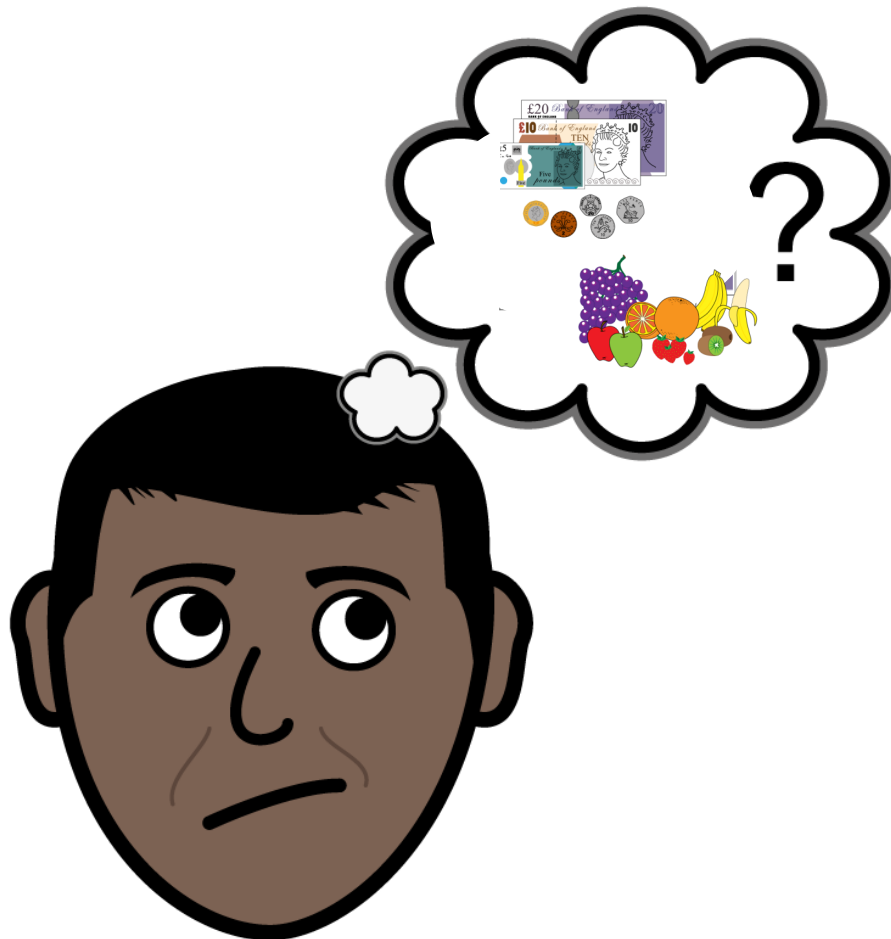
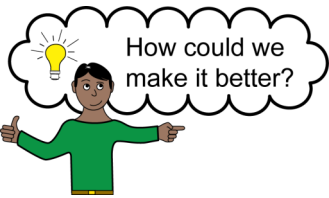


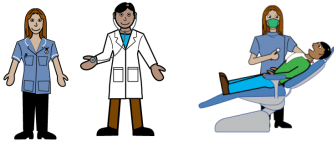


What families in East Oxford told us about food and the cost of living

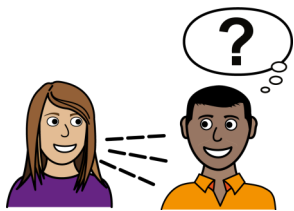




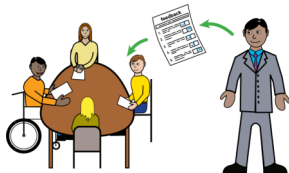
Healthwatch Oxfordshire wants to make health and care services better.



Health and care services are things like doctors, hospitals, dentists and care homes.



We ask people if the care they got was good or bad.



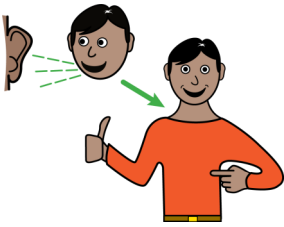
We tell health service leaders what people told us.



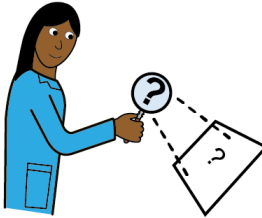
At Healthwatch Oxfordshire we want to make sure that all voices are heard.



We want to know what can help make health and care better.



We want to hear from communities who don't always get chance to have a say. We want to hear their views about things like health services.



One ways we do this is by doing something called **Community Research**.



This means we work together with communities to find out what is important to them.



We help them to ask questions, listen and find out what could make things better. Then they take these ideas to organisations which can make changes.



This year we have worked with two community researchers called Hassan and Mujahid.

They are members of **Oxford Community Action (OCA)**.



This is a group which supports multi-ethnic communities in Oxford. Multi-ethnic means people from many different ethnic groups.



One of the things OCA does is organise a **food support service**.

This means it gives food to families in need.

Every week OCA gives out up to 300 food boxes to families living in East Oxford.



Hassan and Mujahid wanted to ask people how the **cost of living** was affecting them.



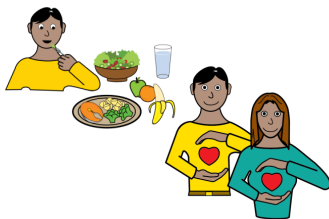
The cost of living means how much money it costs to buy things people need. This could be things like housing and food. At the moment the cost of living is very high.



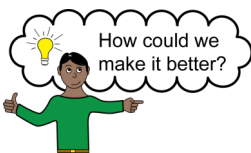
They also wanted to ask about people's experiences of getting community food support services.



They wanted to understand what people were finding hard about buying and getting food.



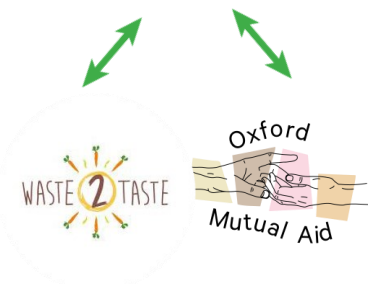
Being able to eat healthy food is important to help people stay well.



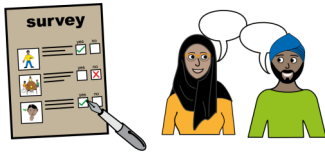
Hassan and Mujahid also wanted to find out what could help make it easier for people to get good food.



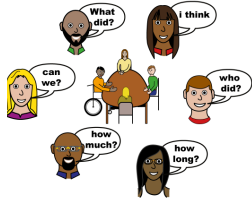
They worked with two other groups who organise food support services in East Oxford.



These groups are called Oxford Mutual Aid and Waste2Taste.

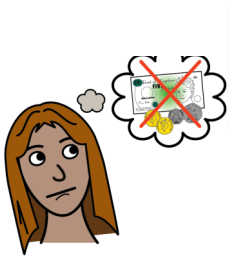


Hassan and Mujahid ran a survey and spoke to people.



166 people told them what they thought.

What did people say?



People said the high cost of living was very hard for them.



Many people said they did not have enough money for everything they needed.

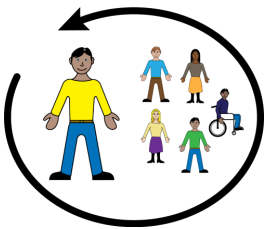


Some people said this was making them worried and harder for them to stay healthy.

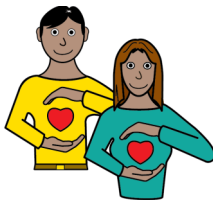
People said that using community food support services helps them:



- Save money and feed their family.

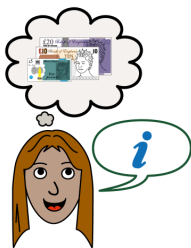


- Feel part of the community and not feel so alone.



- Stay healthy and happy.

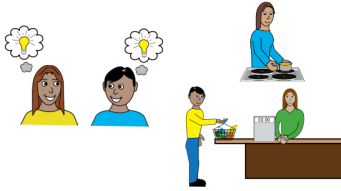
What would people find helpful?



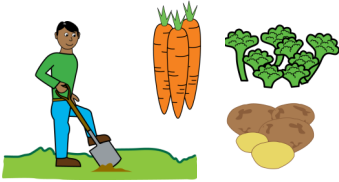
- Advice on jobs, housing, managing the cost of living and where to get help.



- More healthy food in community food support bags.



- Sharing ideas about how to shop and cook without spending a lot of money.



- Learning how to grow food together with their friends and neighbours.



- More community meals and activities.

What happens next



We helped Hassan and Mujahid to write a report about what people told them.



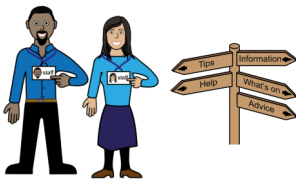
They have also made a short film about their work.



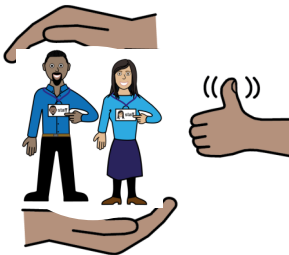
We will share this report and film with people who make decision about services in Oxfordshire.



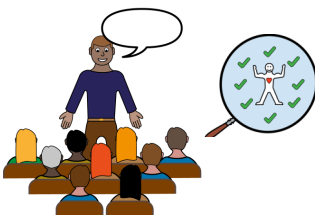
The report gives some ideas that we think could help people. Some of our ideas are:



- To make sure people using community food services know there is support to help them with the cost of living.



- To make sure these other support services are easy for people to use.



- More activities in the community to help teach people about how to stay healthy and how to grow food.



This is an easy read version of a bigger report.



You can read the big report on our website
www.healthwatchoxfordshire.co.uk



If you have any questions you can contact us:



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**Some of the pictures we have used are from 'easy on the I'.
Thank you to them for letting us use them.**