



# Tayyaba Kosar

**Job Title:** Systems Change Facilitator  
**Locality:** Tameside  
**Project Title:** Food Poverty and the Impact on Long Term Health Conditions



## Project Aim

- Pilot a project in Tameside to enhance cross-organisational collaboration, raising awareness of support services and opportunities to mitigate food poverty and improve health outcomes.
- Establish a working group to share resources, learning, and signpost services.
- Create a resource directory for organizations to refer residents to services that promote physical activity, healthy eating, and mental well-being.
- Improve connectivity between groups in Ashton, increasing access to ongoing projects and services for Ashton and Tameside residents.
- Share information to ensure immediate support for those affected by food poverty without requiring them to conduct their own research.

## What did I do?

Conducted a mapping exercise to assess awareness of available resources among those affected by food poverty in Ashton.

Developed a signposting resource listing food and health-related projects in Ashton, including food pantries, food banks, and cooking classes, to be distributed in high-traffic areas like GP surgeries and food banks.

## What did I learn

With the rising cost of living, many people remain unaware of available local resources. Constantly changing projects and services make it difficult to stay informed in Ashton. Limited funding and capacity hinder groups from starting new projects, and overutilisation with existing initiatives across Tameside leads to hesitation in participating in new campaigns.

## Has this changed how you work?

- From this project I have also learned that a reliance on others for a project can hinder success. It is essential to have a sense of ownership of a project without having to rely on the hard work of others to find success, especially on a project around food poverty.
- I have a much better understanding of the landscape in Tameside and with any new projects, I can assess the need and demand for a project in Tameside before starting anything new. I am much more aware of how ownership of a project is important and reliance on others for collecting data, taking part in a new project is unlikely due to other commitments groups have.

## What happens next?

- The resource will be distributed in food banks, sports centres, community centres, and GP surgeries. This short-term project will last only a few months due to the constantly changing groups.
- I will monitor the uptake of services since the resource's development, expecting increased utilisation.
- To keep food and health topics prominent, I will incorporate these themes into the agendas of established network meetings, enabling other groups to learn about available resources in Tameside and facilitate in-person signposting.

## To read more about Tayyaba's journey, scan the QR code below



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