

Breaking Bread and Feeling Found

The Role of Social Spaces in Tackling Homelessness



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The background of the slide features a series of thin, curved lines in a light gray color, creating a sense of movement and depth. These lines are more prominent on the left side and fade towards the right.

How Do We Transform the Way We Support Each Other?

- Meals as the centre of social life
- Reframing homelessness as a lack of social connection
- What is the opportunity if we saw homelessness through this lens?

Street Feeding Need Meeting Outreach

MASLOW'S HIERARCHY OF NEEDS

SELF-ACTUALIZATION

REALISING
YOUR POTENTIAL

ESTEEM

LOVE+BELONGING

SAFETY

PHYSIOLOGICAL

BASIC
NEEDS

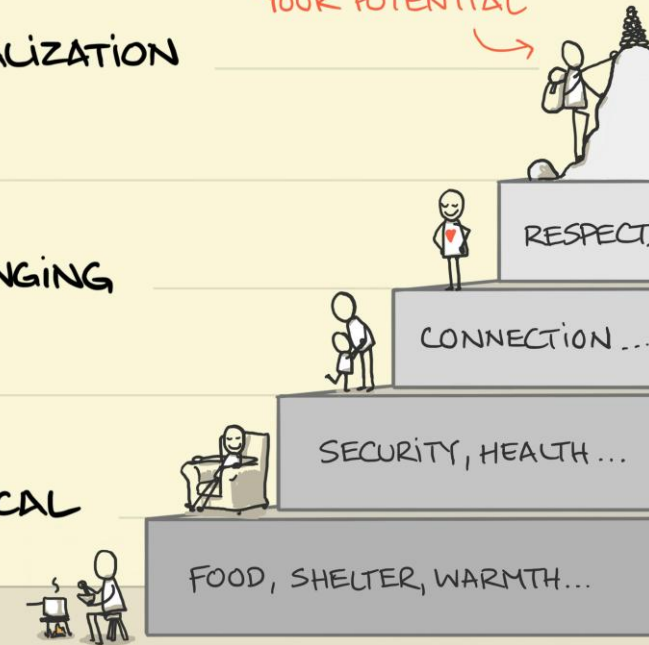
FOOD, SHELTER, WARMTH...

SECURITY, HEALTH...

CONNECTION...

RESPECT.

sketchplanations



Our Needs as Humans

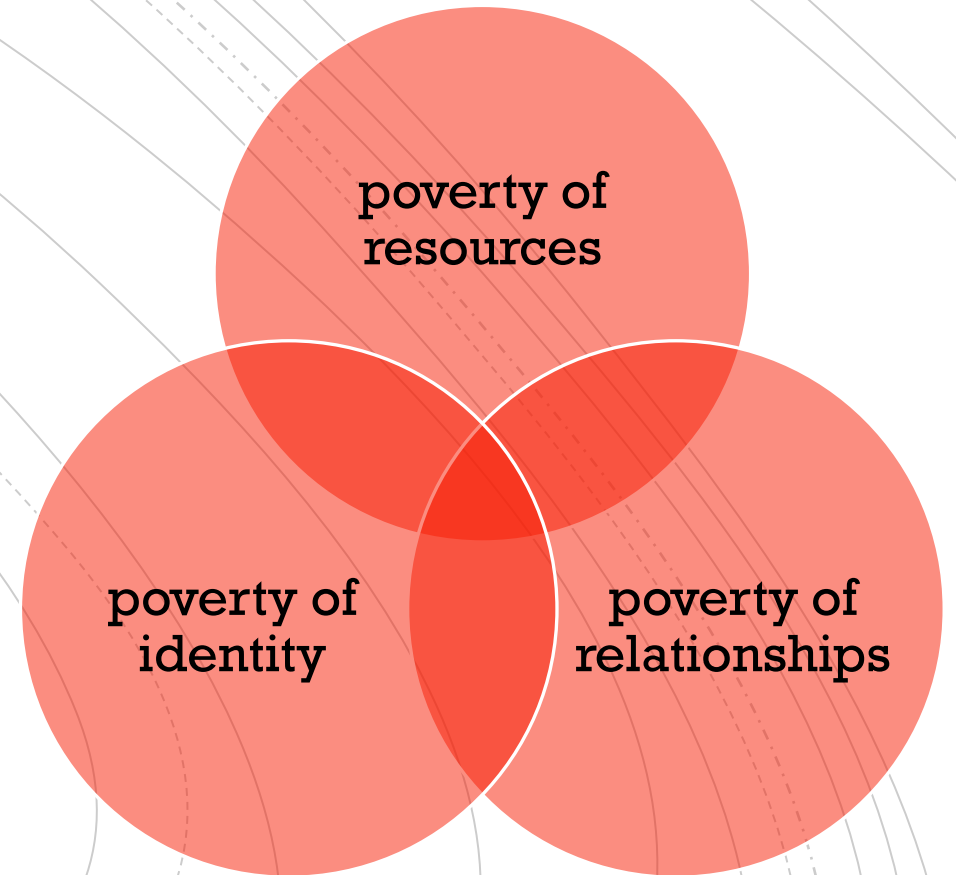
Comfort and Connection



The Dangers of Social Isolation

Our Contactless Society
Loss of Microconnections
Self Imposed Solitude

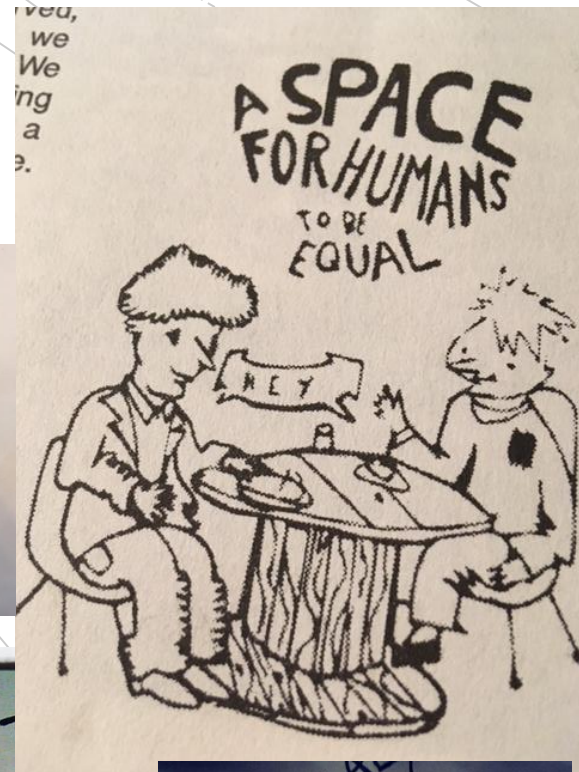
See also, [The Anti-Social Century](#)



‘perhaps the single most important thing we could do – both for our own health and wellbeing and for community cohesion’ (Dunbar, 2017).

Includes the
Isolated

men!
It to work
our own!



COMMUNITY
BUILDING
+ SUPPORT

Great to me
Community

See pe
Perspec

SOCIAL
MEETING
PEOPLE

Meet Nea

The Power of Social Connection

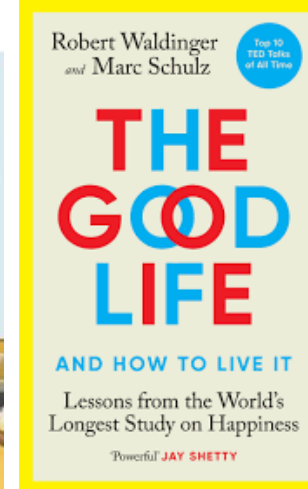
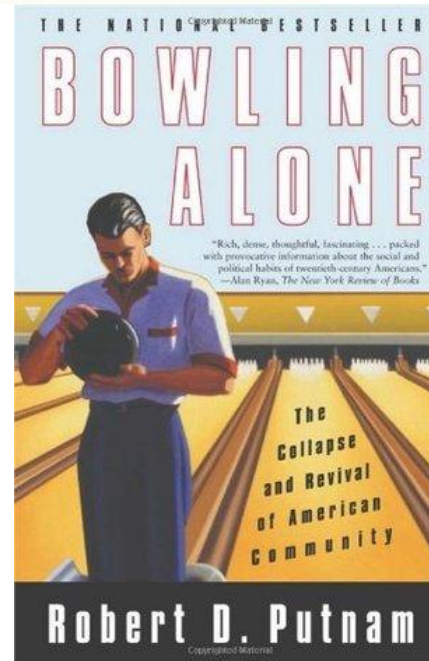
Friend—ship
Be—friend
Girl—friend
Friend—ly
Good—friend
Best—friends
Friend—request
Old—friend

The secrets of lasting friendships...
fascinating!
New York Times

Friends

Understanding the Power of our Most Important Relationships

Robin Dunbar



“Good relationships keep us happier and healthier.”

Robert Waldinger

Life Balance and Happiness Keynote Speaker,
Psychiatrist, Psychoanalyst, and Director of the
Harvard Study of Adult Development



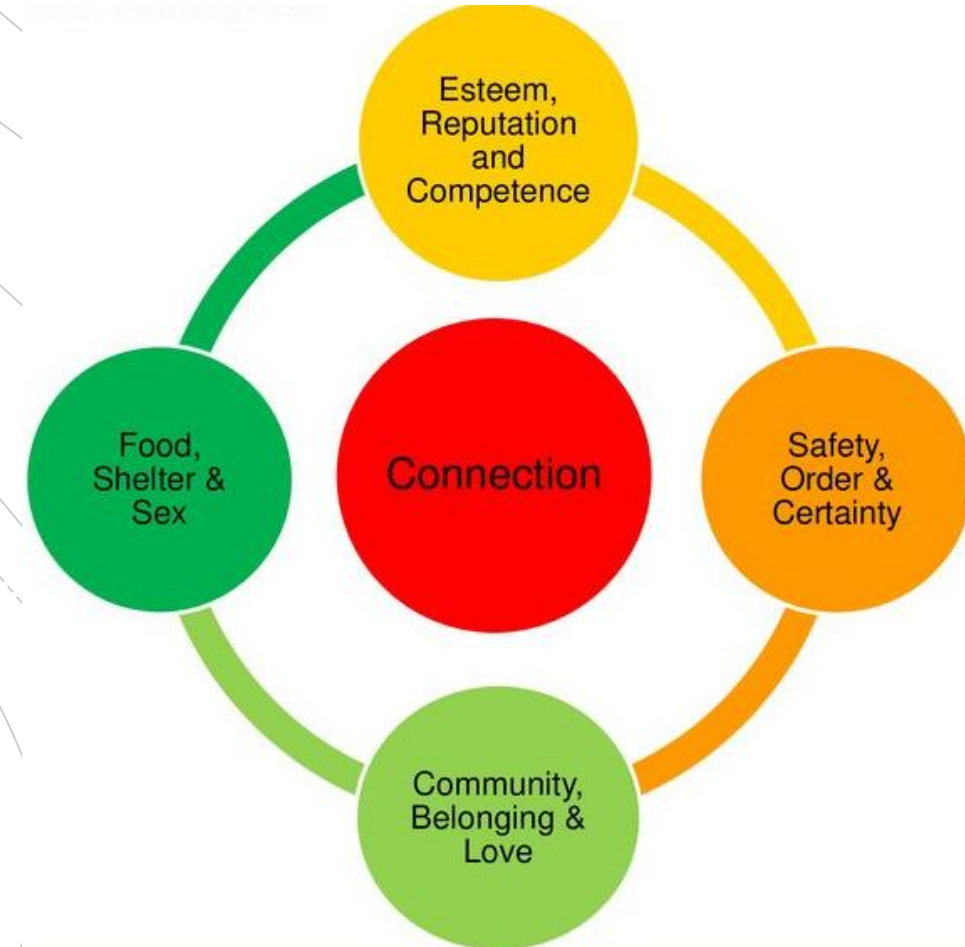
What Is Social Eating?



Key Terms & Approaches

- 'More than food' approach
- Food socialisation
- Food literacy
- Food social capital
- What's Strong (Not What's Wrong)

Social Eating Everyday Behaviour from Outreach to InReach



**Social Eating
Everyday Behaviour
from Outreach to InReach**



Dis/Connecting to Policy?

NHS 10-YEAR PLAN



- Neighbourhood health services
- Specialist inclusion clinics
- Recording housing status
- Acknowledges health inequalities, but not sector-specific

DEFRA GOOD FOOD CYCLE



- Food insecurity
- Junk food cycle
- Social determinants of health

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What is the opportunity if we saw homelessness through this lens?

We would prioritise social connection and social spaces as key to building and sustaining social capital

Historical Examples



- **British Restaurants**
- **A note of bright cheerfulness**
- **Social Capital**

ACTIVE

DISHED: co-Designing Innovative Infrastructure for Sustainable Healthy & Equitable Diets

UK Example

- Public Restaurants Pilots
- Nottingham
- Dundee

The DISHED project is testing a simple idea: can public restaurants promote healthier, more sustainable food systems and support local economies?

International Examples

- Türkiye
- Poland
- Brazil
- Denmark
- France



Implementation?

- **Connecting to Exemplars**
- **Piloting a Test & Learn Approach**

Questions?



- Dr Marsha Smith
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