

# Summary of Projects in chances4change Portfolio (BIG Well Being)

December 2007 to November 2011



This summary provides interim information about projects available by 31<sup>st</sup> July 2011.

The key objectives projects reported on were:

1. increased physical activity, fitness levels or motivation to be more active in the future; and/or
2. improved mental health through preventative approaches, including, as agreed, benefits on proxy variables (available on request, but including factors known to increase wellbeing, e.g., goal attainment, increased social contact) or awareness of mental health needs; and/or
3. increased knowledge and skills around healthy eating, having greater access to healthy food or showing an increase in healthy eating; or
4. Building capacity for other projects to improved their performance in specified areas

## REGIONAL PROJECTS

**Organisation:** Sing for Your Life  
**Project:** Silver Song Club Resource and Training Project  
**Area of benefit:** Across the SE  
**Main strand:** Mental health  
**Grant:** £113,867

### Brief project description

Music sessions led by trained facilitator and supported by volunteers with older people (focus on BME groups and deprived areas) at day care centres and community venues.

**Start date:** 1 Jan 2008  
**End date:** 31 March 2011

### Activities

- 2445 people have benefited from the singing activities.
- Singing clubs have been set up in Canterbury, Margate, Dover, Hythe, Ashford, Whitstable, Sheerness, Tenterden (Kent); Pulborough, Seaford, Brighton, Eastbourne, Bexhill (Sussex), Petersfield, Gosport, Southampton, Bishops Waltham, Basingstoke, Eastleigh (Hampshire) and Bracknell (Berkshire)

### Outcomes to date

- A randomised controlled trial (RCT) has been carried out; results will be publicly available pending publication in a research journal.

In an independent qualitative evaluation carried out on six Silver Song Clubs, singing was reported to provide enjoyment, a sense of mental wellbeing, socialising and improvements in memory and concentration.

### Special achievements:

- Award of Special Commendation by Royal Society of Public Health (2009)
- Showcased at Conference in Warsaw May 2011
- Appeared in BBC1 Saints and Scroungers Programme (2011)
- Will be appearing in Channel 5 series on Dementia – filming in October 2011.

### Sustainability

- Silver Song Clubs model has been established nationally, in Bolton and Hull, and internationally, in Canada and Finland.
- Innovations in the delivery of music sessions are being developed.
- Has taken over the pilot singing project with Mental Health users from Sydney De Hann Arts and Health Research Centre.

**Organisation:** South East Region Healthy Care Partnership  
**Project:** Creativity4health  
**Area of benefit:** Across the SE  
**Main strand:** Physical Activity  
**Grant:** £103,600

### Brief project description

18 Healthy Care Partnerships were set up to develop arts activities involving children in care, care leavers and foster carers. This involved carrying out a training needs analysis,

developing a toolkit and a celebratory event

**Start date: 1 Jan 2008**

**End date: 30 June 2011**

#### Activities

- 808 people have taken part under the sponsorship of these local authorities: Portsmouth, Southampton, Bracknell, Surrey, Kent, Medway, Slough, Milton Keynes, Windsor and Maidenhead, the Isle of Wight, Brighton and Hove, Hampshire, East Sussex, West Sussex, Reading and Buckinghamshire.
- Dedicated website for young people and carers with resources on activities: [www.creativity4health.com](http://www.creativity4health.com)
- Good practice guides and Creative Kitchen toolkits produced and distributed.
- Showcase event by over 100 young people in London on 29 Oct 2011
- Case study in Every Child Matters, Enjoy and Achieve South East publication.
- Over 20 young people achieved Youth Arts Awards.

#### Outcomes to date

- Nearly 3000 visits to the website since December 2010
- 804 Twitter contacts and 270 on Facebook

Of those evaluated:

- 97% reported wanting to do a creative activity they had tried in a taster session again

Partnership working was crucial to the success of this project. This included match-funding, sourcing no-charge venues from partners, student, colleague and foster carer volunteers and working with academic partners to develop accredited learning.

#### Sustainability

- The website is maintained by the host organisation, Oxfordshire Youth Arts Partnership but unfortunately it has been designed in such a way that new content cannot be uploaded.
- It is unknown whether local authorities will carry on the activities

**Organisation:** Common Cause Co-operative Ltd

**Project:** Fresh Ideas Network

**Area of benefit:** Across the SE

**Main strand:** Healthy Eating

**Grant:** £228,727

**Start date:** 1 Jan 2008

**End date:** 30 Sept 2011

#### Brief project description

Community network of 400 local projects involving healthy eating, training and networking events, development of resources and mentoring of new social enterprises that focussed on food and healthy eating.

#### Activities

- 12,400 have benefited from the project activities
- 4 events were organised round the region.
- 8 organisations took part in the Enterprise in Action, mentoring projects.
- Fresh Ideas website [www.freshideasnetwork.org.uk](http://www.freshideasnetwork.org.uk)

#### Outcomes to date

Of those evaluated:

- 87.5% of evaluated participants reported increasing their skills or knowledge of running a healthy eating project or making useful contacts.

Organisations particularly valued the networking opportunities, peer support, sharing best practice, gaining information and support and increasing knowledge of funding opportunities. Some reported building new partnerships and different kinds of best practice knowledge was exchanged between larger statutory organisations and smaller, community-based organisations.

#### **Sustainability**

The host organisation, Common Cause is committed to sustain the project and is putting a business case for further funding.

**Organisation:** The Sainsbury Mental Health Trust

**Project:** Mindful Employer South East

**Area of benefit:** Across the SE

**Main strand:** Mental Health

**Grant:** £40,000

**Start date:** 1 Jan 2008

**End date:** 30 Sept 2010

#### **Brief project description**

Web-, network- and seminar- based project aimed at employers wishing to improve their ability to employ and manage people with mental health issues. Employers can be accredited as a Mindful Employer.

#### **Activities**

- 85 individuals have taken part in the project with indirect involvement of 675 more.
- 4 Hubs set up in Milton Keynes, Hampshire, Surrey and Kent

#### **Outcomes to date**

Of those evaluated:

- 95% of evaluated participants reported that information provided at seminars and conferences was of a good quality and highly relevant

Employers reported having an increased knowledge of and understanding the impact of mental health in the workplace, the business case for supporting employees and where to find resources to support employers.

“Mindful Employer can save lives as well as livelihoods.”  
(Workshop attendee).

Some employers set up a network meeting for ongoing peer support.

#### **Sustainability**

Post in Surrey funded by Health and Well Being Challenge Fund. Hampshire has a website [www.triangulate.org.uk](http://www.triangulate.org.uk). At closure, host organisation was confident of continuing the activities of Mindful Employer in the South East.

**Organisation:** Hampshire Dance

**Project:** VitaliSE

**Area of benefit:** Across the SE

**Main strand:** Physical Activity

**Grant:** £75,000

**Start date:** 1 Jan 2008  
**End date:** 31 March 2011

**Brief project description**

Portfolio of dance projects targeting young people from deprived communities and BME communities. Included dance summer schools, dance health research and regional tour.

**Activities**

- 1100 young people involved in dance activities throughout the South East region.

**Outcomes to date**

- 89% of people receiving training and support reported they had used the project's resources, changed their policy or practice, successfully gained funding or gained good practice knowledge
- The NRGII research project examined the impact of creative dance on young people by gender. They found:
  - the physical and psychological well-being girls improved after the 10-week period with no change for boys.
  - girls who participated in the dance classes improved their aerobic capacity and flexibility and felt significantly more competent and related to their peers than other groups (control groups for boys and girls, male participation group)
- 36% of young dance participants in a performance reported it had increased their interest or participation in dance
- 37% of participants reported work toward a performance increased their overall levels of physical activity

In a Youth Committee set up to evaluate the project, young people reported that sessions were inspiring. Some noted early participation was high but it was difficult to maintain commitment during exam periods.

Further results will be available in future versions of this summary.

**Sustainability**

Unknown at present.

**Organisation:** Age Concern in the SE

**Project:** Go Well

**Area of benefit:** Across the SE

**Main strand:** Physical Activity, Mental Health and Healthy eating

**Size of grant :** £50,000

**Start date:** 1<sup>st</sup> April 2010

**End Date:** 30<sup>th</sup> August 2011

**Brief project description**

Pilot projects in Hastings and the Isle of Wight providing opportunities for older people in sport, exercise, healthy eating and wellbeing.

**Activities**

- 1277 older people have taken part so far in the activities.

**Outcomes to date**

Of those evaluated:



- 99% trained to run fitness sessions for older people reported increased skills or competence
- 59% reported they had enjoyed participating in a new taster physical activity and had or intended to participate in it in the future
- 93% reported increased wellbeing in terms of enjoyment, increased social benefits or positive feelings during activity sessions
- 58% reported they would use healthy eating recipes or techniques following cookery sessions.

Singing for the Brain was a session for people experiencing dementia or who had had a stroke. Participants reported improved confidence: “it brings you out through doing something you wouldn’t think to do by yourself” and that “singing is sometimes easier than talking”.

#### **Sustainability**

Unknown at present

**Organisation:** Forestry Commission

**Project:** Sense and Motion

**Area of benefit:** Hampshire (idea to roll out to other parts of the region)

**Main strand:** Physical Activity

**Grant:** £200,000

**Start date:** 1 July 2008

**End date:** 1 Oct 2011

#### **Brief project description**

Three green exercise programmes within three woodland settings in Hampshire; sensory movement in relaxation zone for older people, people with learning and physical disabilities and faith groups; Woodland Gym for children and obstacle course; forest free running for disaffected youth and teenagers.

#### **Activities**

- A number of facilities being built including a fitness trail, made by volunteers.
- 2168 people have participated in various activities with an increase of enquiries from the public about leisure and recreation activities in the wood.

#### **Outcomes to date**

Of those evaluated:

- 100% of families attending outdoor play activities at two woodlands said they intended to return
- 94% reported they were inspired to take up Nordic walking following a session.
- 4/4 participants in activities reported feeling ‘energised’, ‘relaxed’ and ‘positive’ afterwards

Numerous local people had not realised the wood was there and reported they would now walk to this wood rather than drive to others, or visit a forest for leisure for the first time.

#### **Sustainability**

Unknown at present

**Organisation:** Slough Volunteer Bureau

**Project:** Supported volunteering toolkit

**Area of benefit:** Across the SE

**Main strand:** N/A Capacity Building  
**Grant:** £48,561

**Start date:** 1 Jan 2008  
**End date:** 31 Dec 2010

**Brief project description**

Helping projects within the portfolio to develop understanding of supported volunteering practices and current issues. Established support network via e-communication and workshop.

**Outcomes to date**

Of those evaluated:

- 64% reported increasing their skills and understanding of using Supported Volunteering resources and supporting volunteers with additional needs
- 85% reported they intended to change their practice as a result
- There was an average of 575 unique visitors per year to the site

**Activities**

- A dedicated website to help organisations who wish to recruit and support volunteers with needs. It has case studies, guidance and a forum:  
[www.chances4volunteering.org](http://www.chances4volunteering.org)

**Sustainability**

- Hosting of website for a further 2 years.

**Organisation:** Portsmouth CC  
**Project:** Building Blocks Project  
**Area of benefit:** Across the SE  
**Main strand:** N/A Capacity Building  
**Grant:** £215,515

**Start date:** 1 April 2008  
**End date:** 28 Oct 2011

**Brief project description**

Integrating and supporting all projects within the chances4change portfolio through learning and networking events. Helping set-up and exit strategies, providing bespoke evaluation advice and support and developing research and learning strands. Providing communication support via website and newsletters.

**Activities**

- Supervising, part-funding and supporting PhD research at the OU on evaluating physical activity projects for children
- Set of training workshops, master classes and action learning sets in key skills
- Developed and supported evaluation strategy for chances4change
- Produced portfolio-wide evaluation reports and statistics
- Provided project level evaluations where evaluation was complex
- Developing legacy papers to capture key lessons in sustainability and working with seldom-heard groups.
- Undertook research into the social benefits of walking groups for older people

**Outcomes to date**

Of those evaluated

- Overall, 96% found training and support beneficial (reporting having learned a specific skill, gained useful knowledge or learned something relevant)



- 76% reported taking action outside sessions by using resources provided by Building Blocks or changing their practice or policy in line with training or support

Projects particularly valued having a dedicated team providing support and offering troubleshooting advice. Some reported having made changes to their risk assessment and evaluation procedures as a result. Further data will be available by November 2011.

#### Sustainability

- Project workers were given training, resources, support and advice that enabled them to increase their skills, knowledge and capacity in project management and evaluation beyond the life of chances4change.

## KENT & MEDWAY

**Organisation:** Eastern & Coastal Kent PCT

**Project:** All sorts

**Area of benefit:** Buckland, Castle, St Radigunds, Kent

**Main strand:** Mental Health

**LA:** Dover

**Grant:** £9,000

**Start date:** 1 Jan 2008

**End date:** 1 Oct 2011

#### Brief project description

Aimed to improve the well being of young men and women who are gay, bisexual or unsure of their sexuality through drop in sessions and a website.

#### Activities

- 46 young people have accessed the project.

#### Outcomes to date

Of those evaluated:

- 72% reported having gained skills in managing stress and avoiding risk
- 8/9 reported feeling more confident to ask for help rather than 'turn it in on myself'
- 78% said they had met someone at the project who they could talk to 'when things get tough'
- 2/3 mentors said they had developed leadership skills

By December 2010, seven young people reported having been able to come out as gay to friends and family. Many reported having made new friends and not feeling so alone.

#### Sustainability

The project has now linked up with Kent County Council, the Metro Centre, Thanet All Sorts but needs further funding to sustain leadership and peer mentoring of young people.

**Organisation:** Centre for Health Service Studies and Eastern Coastal Kent PCT

**Project:** Am I Bovered?

**Area of benefit:** Cliffville West, Dane Valley, Margate, Central Kent

**Main strand:** Physical Activity

**LA:** Thanet

**Grant:** £100,310

**Start date:** 1 Jan 2008  
**End date:** 31 July 2011

### **Brief project description**

Participatory action research project targeting girls aged 11-15 in deprived wards to empower them to engage with physical activity and decisions about their well being.

### **Activities**

- Action research project completed with a report
- Reports presented at SEPACT (South East Physical Activity Coordinating Team) meeting, UKPHA Conference 2010 and local Kent events and meetings.
- Posters summarising key learning points and recommendations for increasing girls' participation in sports were produced and disseminated to activity providers

### **Outcomes**

Of those evaluated:

- 36% reported increased enjoyment of exercise after the Am I Bovered activities (24% originally reported finding it enjoyable).
- All reported exercise as being fun after taking part in the sessions. Originally, only 24% had rated exercise as fun.

### **Recommendations**

- Fun is a key motivation.
- Shyness and the fear of embarrassment or failure are extremely off putting
- Am I Bovered activities succeeded as they were sociable and fun
- Doing activities with friends outside the school environment was preferred
- Female-only activity sessions reduced girls' self-consciousness, lessened their fear of embarrassment and increased their sense of achievement

"It's really good and it's just girls. When we were doing archery in PE, I wasn't too good... The boys were saying, 'haha, you suck.'"

"I've never really done anything like that outside of school... she was quite proud of me that I reached the top... [of the] wall"

### **Sustainability**

This fixed-term research project has now ended. Reports have been widely cascaded.

**Organisation:** Home-Start Canterbury & Coastal  
**Project:** Baby Explorers  
**Area of Benefit:** Canterbury, Seasalter, Herne Bay  
**Main Strand:** Mental Health  
**LA:** Canterbury  
**Grant:** £30,833

**Start date:** 1 April 2009  
**End date:** 31<sup>st</sup> March 2011

### **Brief project description**

To help parents understand what best supports and promotes their baby's brain development. The sessions will raise awareness of how parents/carers can promote and encourage baby brain development through communication, play and touch.

### **Activities**

- 134 parents have taken part in the project.

**Outcomes to date**

Of those evaluated:

- 100% reported finding the sessions helpful.
- 97% reported that communication with their baby had improved
- 80% reported using techniques outside the sessions

Some differences it made were:

“I understand what baby needs and wants”

“We seem to be interacting better, I can sort of see/anticipate baby’s needs”

“Very different now, more exciting for both of us.”

**Sustainability**

- Successful further funding for another year.
- Demand continues to exceed supply.

**Organisation:** Tunbridge Wells Borough Council Leisure Services

**Project:** Detached Play Workers

**Area of benefit:** Sherwood, St James, Broadwater wards, Tunbridge Wells

**Main strand:** Physical Activity

**LA:** Tunbridge Wells

**Grant:** £98,328

**Start date:** 1 Jan 2008

**End date:** 31 Dec 2010

**Brief project description**

Three part-time play workers supported young people aged 5-16 in the specified wards to engage with sports and arts activities with informal education about lifestyle choices, e.g. healthy eating and smoking cessation.

**Activities**

- 1312 children and young people took part in the activities in deprived wards of St James, Snowfields and Sherwood in Tunbridge Wells.

**Outcomes to date**

Of those evaluated:

- 75% of children and young people reported that the sessions had encouraged them to be more active
- 7/8 participating in ‘Bush Tucker Trials’ of healthy food reported an increased willingness to try new foods.

In an informal feedback session, children said they enjoyed the sessions and parents liked having something organised and free to let their children go to that provided a break from child care. In later evaluations, children reported finding activities fun, learning how to socialise more, to be a better team player and to be creative.

**Sustainability**

- Due to difficulties recruiting and retaining sessional play workers, the council has decided not to continue the project.

**Organisation:** Stour Valley Arts

**Project:** For You Too (Down Time)

**Area of benefit:** Kings Wood Kent

**Main strand:** Physical Activity

**LA:** Ashford

**Grant:** £21,170

**Start date:** 1 Oct 2008

**End date:** 30 Sept 2011

**Brief project description**

Aimed at young people, especially those at risk, from a hospital school and young carers. Involved being active through art and conservation activities in the extensive woodlands. 24 artists were trained to work with these young people.

**Activities**

- 166 young people have taken part in the activities. (July 2011)
- A research article has been accepted for publication
- A poster presentation was given at the Royal Society of Public Health's conference in September 2011, 'Health and Wellbeing – the 21st Century Agenda'
- A DVD of the project has been produced

**Outcomes to date**

Young people participating reported experiencing feelings of wellbeing, increased confidence, learning new skills and developing their cognitive abilities: "I learnt that I can try new things and improve with practise... I liked being included and involved in all the activities as I usually wouldn't bother."

Staff noted positive changes they had seen:

"For... [young carers]... freedom seemed to be the most important part... they were allowed to be youngsters – to chat, play, be creative and make new friends"

"it is so important for the young people to be treated as equals... it really did loads for [young woman's] self esteem and she has not really got over the way you were all so kind..."

**Sustainability**

Not yet known.

**Organisation:** Eastern & Coastal Kent PCT

**Project:** Kids' Club

**Area of benefit:** Canterbury and Ashford, Kent

**Main strands:** Mental health, physical activity and healthy eating

**LA:** Canterbury and Ashford, Kent

**Grant:** £15,980

**Start date:** 1 Jan 2008

**End date:** 30 June 2011

**Brief project description**

Family-based behaviour modification programmes for overweight children aged between 5 and 13, offering physical activity activities and working with parents on healthy eating, emotional health and physical activity.

**Activities**

- 390 young people took part in the project across East Kent

**Outcomes to date**

Of those evaluated:

- 82% reported increasing their interest in doing physical activity
- 28% reported having increased their overall physical activity levels.

Children reported finding the sessions fun, varied and enjoyed meeting other children.

“I like the fact that there is something different every week and the staff are very encouraging”

### Sustainability

- Each Kids Club was set up in partnership with local community providers which would support local business and engage children and their families long-term.
- Local providers initially offered free taster sessions or a reduced rate cost to attract and engage the target audience and increase participation in activity levels.
- In addition, this supported the local delivery plan which is embedded in their Healthy Weight Strategy for East Kent.

**Organisation:** Eastern & Coastal Kent PCT

**Project:** My Body, My Life

**Area of benefit:** Thanet, Folkestone

**Main strands:** Mental health, physical activity and healthy eating

**LA:** Shepway and Thanet, Kent

**Grant:** £103,600

**Start date:** 1 Jan 2008

**End date:** 30 Sept 2011

### Brief project description

Promotion of healthy lifestyles to mental health service users through buddying scheme, community training courses covering a range of topics and the three strands, taster sessions with local sports centres, allotments and education centres.

### Activities

- 327 people took part in the project. (July 2011)
- 13 buddies recruited and trained.

### Outcomes to date

Of those evaluated:

- 97% of people with mental health problems evaluated reported that taking part in the sessions made them feel good and forget about their worries
- 2/2 people trained by the project reported increased awareness of how to engage people with mental health problems in activity sessions.

“It... encouraged me to take some exercise.... When you don't feel well it is really easy just to stay in on your own.”

### Sustainability

Not yet known

**Organisation:** NW Kent Countryside Partnership

**Project:** Naturally Active

**Area of benefit:** North West Kent

**Main strands:** Mental health, physical activity

**LA:** Dartford, Gravesham and Sevenoaks, Kent  
**Grant:** £161,565

**Start date:** 1 Jan 2008  
**End date:** 1 Oct 2011

**Brief project description**

Development of a range of activities in urban green areas and countryside of NW Kent for BME groups (Sikh communities) people with mild mental health issues and people with a sedentary lifestyle.

**Activities**

- 1287 people took part in the walks and environmental activities. (July 2011)
- Naturally Active chosen as Social Marketing beacon for the South East coast region.

**Outcomes to date**

Of those evaluated:

- 81.8% said they would use green spaces more or consider using them to do physical activity in the future
- 76.7% had health improvements, as measured by self-report or objective measures. These included lowered blood pressure, increased flexibility, weight loss and improvements in overall health.
- 51% reported feeling more relaxed, positive or energised after a walk.

Participants strongly valued the social benefits of the walks, their variety, their accessibility even with mobility problems, the provision of transport and the chance to be in nature.

“You don’t realise how far you are walking because you are enjoying it”

**Sustainability**

- Further funding being sought and work is in progress to support local people leading on activities. This project will be handed over to partner agency, a Healthy Living Centre for the next phase.

**Organisation:** West Kent PCT

**Project:** Postural Stability

**Area of benefit:** Parkwood, Shepway, Maidstone, Kent

**Main strands:** Physical activity

**LA:** Shepway and Maidstone (coded as Kent on the spreadsheet)

**Grant:** £87,046

**Start date:** 1 July 2008  
**End date:** 1 Oct 2011

**Brief project description**

Programme of weekly Prevention Adapted Exercise sessions for older people at high risk of falls. Four locations.

**Activities**

- 171 older people have taken part in activities (July 2011)
- Won local newspaper’s Citizens Award

**Outcomes to date**

- 96% of those evaluated reported that the sessions had improved their physical fitness
- 88% of those evaluated reported that the sessions had enabled them to exercise more.

"I can manage the stairs (can walk up and down, rather than on all fours)"

"Haven't had any serious falls since starting the class"

"More freedom of movement"

#### **Sustainability**

- Dialogue with Social Care colleagues about personalisation budgets and pathways.

**Organisation:** Seven Oaks and Area Mental Health Awareness Group

**Project:** Samhag

**Area of benefit:** Swanley St Mary's, Edenbridge,

**E-mail:** [samhag@sevenoaksareamind.org.uk](mailto:samhag@sevenoaksareamind.org.uk)

**Main strands:** Mental health

**LA:** Sevenoaks

**Grant:** £35,000

**Start date:** 1 Jan 2008

**End date:** 30 June 2011

#### **Brief project description**

Workshops for employers and communities led by people with mental health issues. Aims to challenge stigma.

#### **Activities**

- 825 people have participated in the workshops

#### **Outcomes to date**

Of those evaluated:

- 97% increased their knowledge on a mental health awareness quiz

At follow-up:

- 98% reported being better equipped to deal with situations they had encountered
- 90% reported being able to use the information they had learned
- 82% had made a positive change in their workplace

Employers reported:

- an increased ability to recognise mental health issues in others: "I now realise some of my staff may experience mental health issues";
- an increase in empathy for people with mental health problems: "have a deeper understanding of how isolating it can be"; and
- confidence in ability to support employees with mental health issues: "it's okay just to listen and support".

#### **Sustainability**

The organisation is confident that course fees generated will enable the workshops to continue.

**Organisation:** Sheppey Healthy Centre

**Project:** Sheppey Community Involvement Project

**Area of benefit:** Sheerness, Sheppey, Leysdown and Warden, Murston, Kent

**Main strands:** Mental health, physical activity and healthy eating

**LA:** Swale

**Grant:** £135,000

**Start date:** 1 Oct 2008



**End date: 31 Dec 2010**

**Brief project description**

A programme of arts, fitness and education activities using a community development approach and courses on well being, physical activity and healthy eating.

**Activities**

- 686 people have taken part in the programme activities.

**Outcomes to date**

Of those evaluated:

- 92% reported an improvement in physical wellbeing or flexibility
- 73% reported increasing their physical activity levels
  
- 92% reported an increased consumption of fruit and vegetables or other forms of healthy eating
- 88% reported increased confidence, skill or enjoyment across healthy cooking and food shopping activities
  
- 92% reported an increased ability to deal with problems.
- 88% increased their wellbeing (as measured by the standardised Warwick Edinburgh Mental Wellbeing Scale)
- 75% reported lowered stress

Observations of sessions found that people's skills and confidence increased each week. The project was also successful in including people using local mental health services into these mainstream activities.

**Sustainability**

- Courses now sustainable through fees paid by participants.

**Organisation:** Tonbridge and Malling Borough Council

**Project:** Tonbridge and Malling HLI

**Area of benefit:** East Malling, Trench, Snodland

**Main strands:** Physical activity and healthy eating

**LA:** Tonbridge and Malling

**Grant:** £200,000

**Start date: 1 Jan 2008**

**End date: 31 Dec 2010**

**Brief project description**

Expansion of Lifestyles Referral Scheme to include young people, support for physical activity, nutrition advice, weight management. DIG project - outreach work with young single parents and dependents resident in the above wards on dance, growing and healthy eating.

**Activities**

- 2674 people have taken part in the Lifestyles Referral Scheme and DIG project.

**Outcomes to date**

Of those evaluated:

- 97% from the Lifestyles Referral Scheme had an improvement to at least one of the following: BP, flexibility, stamina, tone, strength, joint pain, core strength, fitness, activity levels or exercise tolerance.

“I spend much less time in my wheelchair and am amazed at what I can do in the gym. My daughter can’t believe how much more I can do now.”

“I have more energy now and my mood has improved.”

#### **Sustainability**

- The Lifestyles Referral Scheme will continue.

**Organisation:** Whole school Meals Ltd

**Project:** Whole School Meals

**Area of benefit:** Buckland, Castle, St Radigunds, Tower Hamlets, Town and Pier, Folkestone, Kent

**Main strand:** Healthy eating

**LA:** Dover

**Grant:** £50,000

**Start date:** 1 Jan 2008

**End date:** 31 Dec 2010

#### **Brief project description**

A range of activities including secondary pupils creating a small business within school from market research to production to sales; visits to local food producers; arts projects on themes such as food and healthy lifestyles; and cookery classes. A successful peer-buddying scheme was also set up.

#### **Activities**

- 1570 school children have taken part.

#### **Outcomes to date**

Of those evaluated:

- 80% reported increasing their skills or knowledge after a healthy cookery session
- 89% planned to cook more often or make another form of food lifestyle change
- 66% reported having made positive diet changes (eating more fruit and vegetables or eating a more varied diet).

The project found that children who participated in healthy eating sessions had become more involved in food preparation at home and were more willing to try different foods.

#### **Sustainability**

The Social Enterprise is confident that the profits from school catering will enable these activities to continue beyond the life of the project.

### **HAMPSHIRE AND IOW**

**Organisation:** 3D Crime Concern

**Project:** Vice to health

**Area of benefit:** Southampton

**Main strand:** Mental health and Physical activity

**LA:** Southampton

**Grant:** £50,000

**Start date:** 1 Jan 2008

**End date:** 31 Dec 2010

#### **Brief project description**

A coordinator and volunteers organised physical activities such as swimming, gym visits, walks and visits to farms for women in the street sex industry with substance misuse and/or mental health issues. Activities can be 1:1 or group. Signposting to other services such as alcohol rehabilitation and counselling will be offered.

#### **Activities**

- 216 women took part in the activities.

#### **Outcomes to date**

Of those evaluated

- 100% reported having gained skills in budgeting and cooking to enable them to eat a healthier diet
- 100% of women attending empowerment sessions reported that they had learned ways to increase their self esteem and confidence

The project provided opportunities for peer support ('If you can live without crack [cocaine] then I can try to too'), provided structure and built confidence through a sense of achievement ('at least I can now give cheap healthy dinners to my kids').

#### **Sustainability**

Unknown

**Organisation:** Hampshire Partnership Trust

**Project:** Health and Well Being for People with Mental Health Problems

**Area of benefit:** New Forest, Southampton, East Hants, Fareham, Gosport, North and Mid Hants

**Main strand:** Healthy eating, Mental health, Physical Activity

**LA:** Hampshire wide

**Grant:** £211,957

**Start date:** 1 April 2008

**End date:** 31 March 2011

#### **Brief project description**

A health and wellbeing programme for people with mental health issues with support workers organising at least three Cook and Eat programmes, health walks and support to mainstream, community-based activities. Skills in running activities will be cascaded to other staff, service users and voluntary groups. The project aimed to train community-based staff that had little prior experience of working with service users.

#### **Activities**

- 486 people with Mental Health problems have participated in the project.

#### **Outcomes to date**

Of those evaluated:

- 89% reported increasing their physical activity levels
- 84% reported increasing their skills and knowledge around healthy eating

People reported increases in confidence, social benefits and often exceeded their own health goals.

#### **Sustainability**

- Despite the project being highlighted in Trust bid, this project was not being sustained.

**Organisation:** Isle of Wight Council  
**Project:** Active Wight  
**Area of benefit:** Isle of Wight  
**Main strand:** Healthy eating physical activity, mental health  
**LA:** Isle of Wight  
**Grant:** £75,000

**Start date:** 1 Jan 2008  
**End date:** 31 Dec 2011

#### **Brief project description**

A range of projects targeting people with mental health issues and disadvantaged families will be offered. LIVE programme – based at Riverside centre, Newport; ART at the Heart – focus on three deprived wards of Pan, Oakfield and Freshwater; Return to Sport – across the island and the Isle of Wight Community Chef Programme.

#### **Activities**

- 2517 local people have taken part in the activities.

#### **Outcomes to date**

Of those evaluated:

- 67% reported an improvement in health (overall health and flexibility)
- 53% reported increasing their level of physical activity
- 63% reported learning skills that would help them to increase activity levels within sessions for different groups, including those with disabilities
  
- 73% reported increasing their healthy eating skills and knowledge
- 73% reported increasing their daily intake of fruit and vegetables
- 75% reported increasing their skills in providing healthy eating advice
  
- 100% reported increasing their skills through Mental Health First Aid training
- 75% reported positive change known to increase wellbeing (including social benefits, improvement in life, increased confidence and learning a new skill).

Taster sessions of new activities without a regular commitment being made at the outset were very successful in engaging people in doing physical activity.

#### **Achievements**

- Won Wight Mindful Minds Baby and Toddlers Group and Wight Mental Health Excellence in Mental Health Awards for 2 years running.

#### **Sustainability**

- Unknown but confident that some elements will continue

**Organisation:** Hampshire PCT  
**Project:** Cook and Eat Hampshire  
**Area of benefit:** Hampshire wide  
**Main strand:** Healthy eating  
**Grant:** £131,200

**Start date:** 1 April 2008  
**End date:** 31 July 2011

#### **Brief project description**

A six week after school programme offering parents/carers and children training in

cooking skills and awareness of a balanced diet. The programme ran in targeted schools and children's centres

#### Activities

- 3675 school children have taken part in the activities.

#### Outcomes to date

Of those evaluated:

- 93% of staff felt able to deliver Cook and Eat sessions, as measured by combined scores on knowledge gained, awareness of resources and confidence.
- 85% had gained key healthy cookery skills
- 60% increased their consumption of fruit and vegetables

Parents valued learning new recipes and skills, trying them out and tasting them, learning healthy options, meeting new people, learning something with their child and gaining confidence to make changes:

'Gave me confidence to do different food'

Children enjoyed eating and making the food, trying new things and the time with their parent:

'I made fruit smoothies with my Dad'

#### Sustainability

Unknown

**Organisation:** Sport Hampshire and IOW

**Project:** Sport & Physical Activity Alliance

**Area of benefit:** Havant, Fareham & Gosport, Portsmouth, Isle of Wight, Southampton, Rushmoor & Hart, Test Valley, Winchester, New Forest, East Hampshire, Eastleigh and Basingstoke.

**Main strand:** Physical activity

**LA:** Hampshire-wide

**Grant:** £225,000

**Start date:** 1 July 2008

**End date:** 30 Sept 2011

#### Brief project description

A range of initiatives such as physical activity and nutrition activities targeting childhood obesity; outreach physical activity coordinator for deprived wards; programme of activities for people aged over 65 in residential care homes and isolated individuals; sports and activity equipment for youth clubs in deprived wards, crèche facilities to enable access for single parents; diversionary activities for youth offenders and siblings and transport for rural communities.

#### Activities

- 142,229 residents across Hampshire have taken part in the local projects.

#### Outcomes to date

- 99.8% of those evaluated had increased their levels of physical activity

People reported enjoying the escapism, socialising and mood-enhancing aspects of the activities. Some people got enjoyment from the sessions themselves; others from achieving goals through participation, such as weight loss.

## Sustainability

Unknown

**Organisation:** Warren Centre  
**Project:** Family Healthy Eating and Food Preparation  
**Area of benefit:** Southampton  
**Main strand:** Healthy eating  
**LA:** Southampton  
**Grant:** £17,246

**Start date:** 1 Jan 2008  
**End date:** 31 Dec 2010

### Brief project description

Weekly healthy eating and food preparation sessions at the Warren centre for parents and children from Shirley Warren School, Nursery and Warren Centre, children's centre; single parents and families on low income. Sessions included parent and children family cooking, Lunchtime Cookery Club for adults, After School Cookery club for children and Around the World (Cooking from different cultures) and Christmas meals.

### Activities

- 332 people have taken part.

### Outcomes to date

Of those evaluated:

- 85% felt more confident that they could prepare healthy meals
- 79% reported that they ate more fresh produce
- 75% reported they had increased their and/or their family's consumption of fruit and vegetables

Participants particularly valued the fun aspect of taking part, the variety of content in sessions, learning new cooking techniques, meeting other people and having a break from child care.

### Sustainability

- Funding obtained for cookery classes for older people.
- As funding bought essential equipment such as cookers and a sink, only a small amount of funding is needed for future activities.

**Organisation:** Bridgemary Community Sports College  
**Project:** Sunny Side Up  
**Area of benefit:** Gosport  
**Main strand:** Healthy eating, Mental Health  
**LA:** Gosport  
**Grant:** £25,000

**Start date:** 1 Jan 2008  
**End date:** 31 Jan 2009

### Brief project description

A healthy start morning club (Monday to Friday) with healthy meal and development of healthy eating habits and offering social and emotional support for vulnerable and at risk young people.

### Activities

20

- 486 school children have accessed breakfast clubs.

#### Outcomes to date

Of those evaluated:

- 36% reported increasing their consumption of fruit and vegetables
- Children reported attending the club because they didn't get breakfast at home, liked socialising with others, felt it was safe or came as part of a daily routine.
- Representative case studies illustrated the project's impact on mental wellbeing:

"A boy... [who] had difficulty mixing with others... was encouraged to join... he was very lonely... gradually he has gained the confidence to mix with other young people at the club and develop friendships... [and is] much happier"

"A girl... had worrying levels of absence from school, with an attendance percentage of just 85%. Since attending the club... this has... increased to nearly 92% attendance... 20 additional school attendances in the year."

#### Sustainability

- Unknown

**Organisation:** Hampshire County Council

**Project:** Older People Ambassador (OPAL Project)

**Area of Benefit:** Hampshire

**Main Strand:** Mental Health

**LA:** Hampshire wide

**Grant:** £45,000

**Start date:** 1 Jan 2008

**End date:** 30 June 2011

#### Brief project description

This project will reduce social isolation amongst older people and promote their mental wellbeing by the development of a network of Older People's Ambassadors (OPAL workers). These volunteers will identify isolated older people in their community and encourage their engagement with local activities.

#### Activities

- 1010 older people have benefited from the project.

#### Outcomes to date

- In a sample of 15, all had increased their level of wellbeing as measured by a bespoke wellbeing tool developed by the New Economics Foundation.

"There's one 90 year old lady who is going on 50. But she's got a degenerative disease which means she's going blind and can no longer play the piano. So I was able to tell her about a local choir she could join... The more I've been involved with OPAL, the more I've seen what help it is."  
(OPAL volunteer)

Further results will be available by October 2011.

#### Sustainability

- The process of mainstreaming this model into County Council's prevention and early intervention pathway has begun.



**Organisation:** Havant's Women's Aid  
**Project:** Outreach & Resettlement Project  
**Area of Benefit:** Portsmouth  
**Main Strand:** Mental health, healthy eating & physical activity  
**LA:** Hampshire  
**Grant:** £30,000

**Start date:** 1 April 2008  
**End date:** 31 March 2011

**Brief project description**

Havant Women's Aid already provides outreach and resettlement services to women and children experiencing or who have experienced domestic abuse. Freedom groups offer weekly opportunities for women to share their issues.

**Activities**

- 437 women benefited from the project.

**Outcomes to date**

Of those evaluated:

- 77.2% women increased their wellbeing, as measured by the standardised tool, the Warwick Edinburgh Mental Wellbeing Scale

Women identified an increase in their sense of worth or confidence, reported feeling less isolated. They reported enjoying supportive time with their children in a supportive environment:

"It's good to meet other mums who know what it is like"

"I love being able to laugh with my children again"

**Sustainability**

No information available but Freedom group (peer support) looks set to continue.

**Organisation:** The Shaw Trust  
**Project:** Healthy Living Experience  
**Area of benefit:** Leigh Park, Havant  
**Main strand:** Healthy eating  
**LA:** Havant  
**Grant:** £25,000 (Original) £8334 (Used)

**Start date:** 1 April 2008  
**End date:** 9 March 2009

**Brief project description**

The project covered food technology/life skills for local secondary school students. Young people spent a day running the Shaw Trust café. Sessions covered customer care, food preparation, cost and roles.

**Activities**

- 21 young people took part in the activities.

**Outcomes to date**

An evaluation method was agreed but unfortunately the project closed before it could be

implemented.

**Sustainability**

Early closure of project as staff made redundant.

**Organisation:** Portsmouth Foyer  
**Project:** Get Real About Health  
**Area of benefit:** Portsmouth  
**Main strand:** Mental health and physical activity  
**LA:** Portsmouth  
**Grant:** £57,090

**Start date:** 1 Jan 2008  
**End date:** 31 March 2011

**Brief project description**

The project worked with young people in Portsmouth Foyer, offering advice, counselling, information and support. Various activities were organised, such as budgeting and healthy eating courses, physical activity (football, fishing, martial arts) and well being courses.

**Activities**

- 949 young people have taken part in the activities

**Outcomes to date**

Of those evaluated (across whole project, not by strand activities):

- 42% increased their self-confidence
- 36% increased their self-esteem
- 28% increased their levels of motivation
- 23% decreased their stress levels
  
- 33% increased their intake of fruit and vegetables
  
- 28% increased their physical activity levels

“I have learnt communication skills, team working skills, fitness [and] healthy lifestyle”

**Sustainability**

- At the time of closure, there was reorganisation and it is unclear whether the model will be sustained.

**Organisation:** Portsmouth City Council  
**Project:** Obesity Awareness  
**Area of benefit:** Heart of Portsmouth  
**Main strand:** Healthy eating  
**LA:** Portsmouth  
**Grant:** £50,000

**Brief project description**

The project aimed to promote healthier eating for children, parents and the wider community, particularly BME groups and disadvantaged families, through an intergenerational DVD promoting healthy eating and exercise within BME communities, a healthy eating arts based project in schools, healthy eating workshops targeting dads, toddler lunch café and Snack attack for weaning practices.

**Activities**

- 836 people have participated in the activities.
- A DVD was produced on healthy eating adaptations to traditional recipes for BME communities

#### Outcomes to date

Of those evaluated:

- 3 out of 4 reported an increase in skills and knowledge gained from a healthy eating course
- Children's knowledge of 5-a-day in one school increased across sessions from 25% to 90%
- 50% who took a breakfast bag pack reported now having a healthier attitude to breakfast

"I learnt new facts about fat. It was quite shocking when I saw... what saturated fat does to your body. I've also kept all the recipes that are shown on the DVD so that I've got some recipes from other countries to cook if I get bored with Portuguese food, which I usually cook."

#### Sustainability

- Initial continuation of funding was picked up by the Healthy Towns initiative, which has now ended.
- Breakfast clubs continue in Children's centres.
- DVD and resources widely used.

### THAMES VALLEY

**Organisation:** Restore

**Project:** Activate!

**Area of benefit:** Oxfordshire

**Main strand:** Mental health, Physical Activity

LA: Oxfordshire

**Grant:** £126009

**Start date:** 1 April 2008

**End date:** 30 June 2011

#### Brief project description

The project supported people with mental health problems to take part in sport and physical activities like canoeing, table tennis, hiking and badminton. It also worked with mainstream facilities to make them more accessible and to challenge stigma and discrimination by offering training events and consultancy to staff at these venues.

#### Activities

- 542 people have taken part in the project, with good success rate in engaging with BME communities.

#### Outcomes to date

Of those evaluated:

- 100% of those trained in mental health awareness reported that training had increased their skills and knowledge
- 82% of those taking part in activities reported increased confidence

People reported that the physical benefits alongside the mental health support has supported them in their recovery and had a positive effect on their wellbeing.

**Sustainability**

- Part funding from PCT to continue the activities.

**Organisation:** Root and Branch and Bridwell Organic Gardens

**Project:** Healthy Eating Programme

**Area of benefit:** Oxfordshire

**Main strand:** Mental health and Healthy Eating

**LA:** Oxfordshire

**Grant:** £59,985

**Start date:** 1 July 2008

**End date:** 30 June 2011

**Brief project description**

The project helped mental health users to cook nutritious healthy food from locally-grown organic produce or own grown sources, to learn about healthy eating and use diet plans and symptoms journal.

**Activities**

- 440 Mental health users have taken part in the project – via outreach work.

**Outcomes to date**

Of those evaluated:

- In evaluations of two sample sessions, 15/15 reported having learned healthy eating skills and having made a change to their diet.

People enjoyed the informal structure of the sessions: “it was good that all their questions were answered rather than just lecturing.”

**Sustainability**

Worker aspires to continue these activities on a freelance basis but needs resources.

**Organisation:** Oxford Healthy Living Partnership (now ceased)

**Project:** Support to Community Cafes

**Area of benefit:** Barton, Blackbird Leys, Rosehill, Cuttleslowe, other areas in Oxford

**Main strand:** Mental health, Healthy eating

**LA:** Oxford

**Grant:** £17,280

**Start date:** 1 Jan 2008

**End date:** 30 June 2011

**Brief project description**

The project will support communities to develop their own community catering initiatives in key community venues. Groups and individuals will receive training in food hygiene, budgeting, first aid and nutritional standards as well as specialist advice on aspects like constitution and business planning. The cafes will provide local people with social opportunities and a good food experience.

**Activities**

- 140 people have benefited from the support
- 9 cafes have been supported – 50p tea (Rosehill), Eatwell (Barton), My life, My Choice, Word Fountain (works with people with learning disabilities), Cuddesdon Community Café, Blackbirds Ley Community Café, Littlemore Children’s centres, Cuttleslowe Allotment and café, Pepperpots café (African and Afro-Caribbean over

50s) in Blackbird Leys.

- Training on all aspects of setting up and running a community café has been provided as needed.

#### **Outcomes to date**

Of those evaluated:

- 9/10 people reported increasing their skills in running healthy eating sessions
- 2/2 groups and one individual reported that they were satisfied with the support they had been given

In-depth, purposeful interviews with two cafes at different stages of development found that the project's involvement:

- improved the structure, viability and delivery of the cafes
- increased professional skills
- increased staff members' confidence. This had led to volunteer or work opportunities for people with mental health problems

The project's flexibility, approachability, encouragement, expertise and reliability were highly valued.

"I think it's changed an awful lot from going back [before their help]... I don't think it will ever... die, the café"

"So it's completely different now, yeah... I guess if we hadn't had that initial contact, none of that would have come about would it?"

#### **Achievement**

- Barton café won an award for the Oxfordshire Investors in Education Award for Innovation work with 14-16 years old.

#### **Sustainability**

- Cafes continue to operate but Oxford Healthy Living Partnership ceased to exist after the host PCT decided to close it.
- Some cafes' activities have continued – the 50p Tea, Eatwell, My Life, My Choice. Some, like Word Fountain, are still seeking funds.

**Organisation:** Oxford Healthy Living Partnership (now ceased)

**Project:** Community Food Workers

**Area of benefit:** Barton, Blackbirds Ley, Rosehill, Wood Farm, Cutteslowe

**Main strand:** Healthy eating

**LA:** Oxford

**Grant:** £54,720

**Start date:** 1 Jan 2008

**End date:** 30 June 2011

#### **Brief project description**

The project worked with individuals and families in deprived communities, BME groups, homeless people and mental health service users. Community groups were supported to run their own healthy eating sessions. Community Food Workers conducted outreach with local groups and jointly identified activities with them, such as healthy lunchbox, cooking skills for single men, farm visits, games and quizzes.

#### **Activities**

- 1022 people have benefited from the project.
- Resource kits have been produced.

**Outcomes to date**

Of those evaluated:

- All of 12 people taking part in a healthy eating session reported having increased their skills and knowledge
- All (2) taking part in some Cookery Leader training reported increasing practical skills in running a cookery session.

Those taking part reported an increased ability to cook healthy meals from scratch to a limited budget, and were surprised at how easy this could be. They especially valued practical nutritional tips, like replacing salt with herbs.

**Sustainability**

- OHLP is no longer in existence due to the PCT's decision to close them.
- Resource toolkits are available on loan to local groups.
- Chances4change ltd is looking at a programme to sustain some of this work.

**Organisation:** The Sunshine Centre

**Project:** Family Cookery

**Area of benefit:** Banbury

**Main strand:** Healthy eating

**LA:** Cherwell

**Grant:** £20,000

**Start date:** 1 Jan 2008

**End date:** 31 Dec 2010

**Brief project description**

The project provided family cookery sessions promoting healthy eating and nutrition, cooking skills and managing a budget for disadvantaged families at family centres across Banbury.

**Activities**

- 392 people have taken part in the project.

**Outcomes to date**

Of those evaluated:

- 61% increased their consumption of healthy food (as measured through reported consumption of meals prepared from scratch, fruit and vegetables and reduction of takeaway food).
- 78% tried new foods at a sandwich box day and 68% reported picking up useful sandwich box tips

When asked how the sessions had affected home cooking, parents reported cooking more from scratch and serving fewer unhealthy snacks, like cake.

**Sustainability**

Unknown

**Organisation:** West Berkshire Council & Berkshire West PCT

**Project:** Particip8

**Area of benefit:** Rural West Berks, Newbury, Hungerford, Tilehurst

**Main strand:** Physical Activity

**LA:** West Berkshire

**Grant:** £24,000

**Start date:** 1 Jan 2008

**End date:** 31 March 2011

**Brief project description**

This joint project involved the purchase of specially designed gym/fitness equipment for the use of young people aged 8 -16. This is linked with the existing exercise on referral scheme for children. It also involved purchase of 'Green' physical activity packs that contain outdoor games to be used in green spaces for loan on a nominal fee.

**Activities**

- 837 people have made use of the equipment and 'green gym' packs.

**Outcomes to date**

Of those evaluated overall:

- 15% increased their levels of physical activity

In a set of early evaluations undertaken by session leaders, all participants indicated that they felt more positive about their own health and were more self confident.

**Sustainability**

- This project needs no further outlay as equipment will be used on a continual basis at leisure centres.
- The 'Green Gym' packs will be hired out at a 'nominal' fee.

**Organisation:** Berkshire West and West Berks Council

**Project:** Healthy and Active Parishes

**Area of benefit:** Aldworth, Fawley, Sulhampstead and Ufton Nervet and other parishes in West Berkshire

**Main strand:** Physical Activity

**LA:** West Berkshire

**Grant:** £23,000

**Start date:** 1 Jan 2008

**End date:** 31 March 2011

**Brief project description**

The project worked with local groups and established an infrastructure of locally owned activity and information outlets to promote health and activity messages to isolated communities. Activities being developed by local volunteers include ping pong, cricket and Tai Chi.

**Activities**

- 961 people have benefited from the project.
- 33 new volunteers involved
- 30 local active partnerships

**Outcomes to date**

Of those evaluated:

- 61% increased their levels of physical activity

People taking part valued the opportunity to do something locally with friends and family that was more interesting than watching television.

**Sustainability**

- This is a sustainable model based on the Big Society concept of ownership by local communities.



**Organisation:** Berkshire PCT  
**Project:** Health Activist Project for Gypsies and Travellers  
**Area of benefit:** West Berkshire (Paces Hill and Four Corners Housing and non-permanent sites)  
**Main strand:** Healthy eating, Physical Activity, Mental Health  
**LA:** West Berkshire  
**Grant:** £22,000

**Start date:** 1 April 2008  
**End date:** 31 Dec 2010

#### **Brief project description**

The project aimed to train a number of health activists in the travelling communities who will identify their own specific health needs and provide feedback to inform strategic planning. These volunteers will offer support, advice and information in their own communities and work with health care professionals to improve access to services.

#### **Activities:**

- 172 people from the Gypsy and Traveller communities have taken part in the project in two sites.
- Two people from the Gypsy and Traveller communities have been trained as Health Activists.

#### **Outcomes to date**

- Adults want more physical exercise and healthy eating activities for their children
- Liaison has been improved with children's services and some health visitors.
- Children enjoyed tasting different fruit and making smoothies
- Children learned about the importance of 5-a-day
- A few Traveller mums have accessed the local children centre (a first for this particular community). The children's centre will continue to outreach and encourage the mums to attend with their children.
- Both Health Activists have enjoyed having the opportunity to get training and work.

Learning from the project about engaging with this community will be included in a legacy paper on working with hard-to-reach groups, available in November 2011.

#### **Sustainability:**

- The PCT has a Partnership Development Fund for Health Improvement activities for GRT communities.
- There is uncertainty about the sustainability of this project although it has been acknowledged that it needs a long time scale to have successful outcomes.

**Organisation:** Wokingham Borough Council  
**Project:** Health Mentors for Older People  
**Area of benefit:** Hawdedon/Lower Earley, Swallowfield in Wokingham  
**Main strand:** Physical Activity and Healthy Eating  
**LA:** Wokingham  
**Grant:** £36,250

**Start date:** 1 April 2008  
**End date:** 1 October 2010

#### **Brief project description**

The project will train 15 older people as mentors to provide informed, community focussed peer support for older people, targeting those over 70. Volunteer mentors will deliver programmes encouraging physical activity and helping to maintain healthy lifestyles. The second year's work aimed to extend to black and minority ethnic elders and older people with

disabilities.

#### Activities

- 139 older people have participated in the activities. (July 2011)
- 15 older people trained as volunteer mentors

#### Outcomes to date

Of those evaluated

- 76% reported an increase in their levels of physical activity.

People have been meeting up outside the groups and socialising, which is reducing levels of isolation.

"I was very depressed and lonely before I started exercising. I now enjoy exercise and have found new friends"

"The relaxing effect of the exercises is as beneficial as the physical one".

#### Sustainability

Unknown and training of volunteers is still in progress.

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**Organisation:** Berkshire West PCT

**Project:** Reading Health Activists

**Area of Benefit:** Reading

**Main Strand :**Healthy Eating, Physical Activity & Mental Health

**LA:** Reading

**Grant:** £38,642

**Start date:** 1 Jan 2008

**End date:** 30 Sept 2010

#### Brief project description

With regards to disadvantaged families and individuals in deprived communities, the project aims to have 12 fully trained Health Activists working in deprived localities and delivering measurable outcomes to improve health.

#### Activities

- 832 people have been supported by the Health Activists
- Activists have supported delivery of four healthy eating programmes and physical activity schemes like biking, walks and Keep Fit sessions.

#### Outcomes to date

Of those evaluated:

- 84% reported an increase in physical activity
- 76% reported an increase in the amount of fruit and vegetables consumed
- 60% increased their skills and knowledge in eating healthy food

People reported implementing the advice at home by using recipes from the sessions and making healthy changes to their diets.

#### Sustainability

- A number of Health Activists have been employed on a freelance basis.

**Organisation:** Bucks & Milton Keynes Sports Partnership  
**Project:** Active Communities  
**Area of benefit:** Targeted wards in Aylesbury Vale, Chiltern, South Buckinghamshire and Wycombe  
**Main strand:** Physical activity  
**LA:** Buckinghamshire-wide  
**Grant:** £76,765

**Start date:** 1 Jan 2008  
**End date:** 1 Oct 2011

**Brief project description**

Aylesbury – behaviour change programme to help people to be more active and healthy, provisions and incentives for physical activity opportunities e.g. reward scheme, pedometer loan scheme, health walks, walking to work and school, community sports coaches. Chiltern – includes community sports coaches, sports zones, walks and training for youth leaders. South Bucks – includes family activity days and new Simply Walk Routes. Wycombe – includes 8-12 year olds’ group at Land End youth centre and training youth workers in sports.

**Activities**

- 3063 local people have taken part in sports and physical activities (July 2011)

**Outcomes to date**

- 71% of those evaluated reported an increase in physical activity level

Participants reporting enjoying being with other like-minded people who aren’t ‘super sporty’ and the relaxed, relatively informal approach in sessions.

**Sustainability**

- Training of local people to deliver own activities in progress.

**Organisation:** Healthy Living Centre  
**Project:** Cook and Eat Bucks  
**Area of benefit:** Targeted wards in Aylesbury, High Wycombe, Chiltern  
**Main strand:** Healthy Eating  
**LA:** Buckinghamshire wide  
**Grant:** £49,694 (original) Used only £23,493

**Start date:** 1 Jan 2008  
**End date:** 1 Oct 2009

**Brief project description**

A multi-partner project delivered a programme of cookery, nutrition and food hygiene skills training. It was held in community settings in deprived wards throughout Buckinghamshire targeting disadvantaged families, children and young people and teenage parents.

**Activities**

- 3675 people have taken part in the project.

**Outcomes to date**

The project had difficulties getting questionnaires returned. Course leaders reported that participants gained a greater understanding of healthy cooking, cooked more at home and some kept in contact with other attendees following the course. One woman went on to do a catering course.

"I enjoyed the course. I feel like I have improved on my food and I have lost weight. Thank you!"

#### **Sustainability**

- The project closed early because it was sustained and mainstreamed into the Learning Programme in Oxfordshire.

**Organisation:** Buckinghamshire and Milton Keynes Sports Partnership

**Project:** Leisure Opportunity for People with a Learning Disability

**Area of benefit:** Aylesbury, Wycombe

**Main strand:** Physical Activity

**LA:** Buckinghamshire

**Grant:** £112,140

**Start date:** 1 April 2008

**End date:** 31 March 2011

#### **Brief project description**

The project provided access for people with learning disabilities to participate in sport and physical activity by employing a project coordinator who created, supported and developed a series of activities using community based sports facilities. Training of staff and volunteers was given.

#### **Activities**

- 318 people with learning disability have taken part in the project.

#### **Outcomes to date**

- 83% of those evaluated reported being more confident about taking part in sport and physical activity.

For most of the participants the main reason for attendance is to be involved, be part of a team and meet people, although being healthy and better movement were also reported as being important.

"It's helped me a lot. I've been able to get about more easier than I would have done"

#### **Sustainability**

Activities will continue in the short term, funding being sought for longer term.

**Organisation:** Milton Keynes PCT

**Project:** Well Being Co-ordinator

**Area of benefit:** Milton Keynes

**Main strand:** Physical Activity

**LA:** Milton Keynes

**Grant:** £106,985

**Start date:** 1 Jan 2008

**End date:** 1 May 2011

#### **Brief project description**

A Well Being coordinator will help to increase opportunities for healthier living and develop a programme of culturally-appropriate physical activities for people in targeted areas of Milton Keynes, for example, pole walking.

#### **Activities**

- 2734 people have taken part in the project

**Achievement:**

- Awarded Workplace of the Year, 2010 by Bucks Sports Partnership.

**Outcomes to date**

Of those evaluated

- 63% reported an increase in their physical activity levels
- All of 15 volunteer walk leaders trained reported increased confidence and understanding to lead walks

Comments included that people had increased mobility and flexibility, increased confidence, improved fitness, lost weight and some went on to do a sport or join a gym independently.

**Sustainability**

- Post is supported by the PCT on 2 days a week on Weight Management and Exercise Referral Scheme.

**Organisation:** Berkshire East PCT

**Project:** WEBE (Well Being in Berkshire East)

**Area of benefit:** Targeted wards in Slough, Bracknell, Windsor and Maidenhead

**Main strand:** Mental health, physical activity, healthy eating

**LA:** Berkshire

**Grant:** £159,732

**Start date:** 1 April 2008

**End date:** 31 March 2011

**Brief project description**

A portfolio of projects targeting BME communities, disadvantaged and vulnerable families, young people at risk, those who are housebound. Included obesity reduction programmes; healthy eating for BME groups and older people, falls prevention (extended SHAPE project); theatre in education on mental health awareness and anti-bullying, healthy eating in hospitals and workplace health.

**Activities**

- 9338 people have taken part in the projects under WEBE programme.

**Outcomes to date**

Of those evaluated:

- 99% reported an increase in physical activity levels
- 8 of 11 mothers and grandmothers reported they would like to do a physical activity session again
- 79% reported an increase in cookery and healthy eating knowledge
- 53% of children watching an anti-bullying play reported that it would change their behaviour toward bullying
- 76% adults rated a stress management workshop as useful
- 97% reported that an activity session had social benefits
- 12/12 rated a Health in the Workplace initiative as benefiting their physical, mental and spiritual health

Health in the Workplace classes were valued for being available directly after work and providing relaxation as well as a challenge. Relaxation techniques were noted as being particularly useful in Stress Less sessions.

**Sustainability**

- Healthy Eating in the Acute Trust left a legacy of a fruit and vegetable fridge in the canteen. Due to increased sales, the catering company is introducing the fridge in other contracts.
- Some of the Body Smart activities will carry on in some schools using Extended Schools' funding.
- Project4wellbeing will evolve into online courses funded by Funding Skills Agency.

## SUSSEX AND SURREY

**Organisation:** Sussex County Sports Partnership

**Project:** Active Workplace

**Area of benefit:** Adur, Arun, Mid Sussex, Chichester, Crawley, Eastbourne. Hastings, Horsham, Rother, Wealden, Brighton and Hove, Lewes, Worthing

**Main strand:** Mental Health, Physical Activity, Healthy eating

**LA:** Sussex

**Grant:** £108,257

**Start date:** 1 Jan 2008

**End date:** 31 Aug 2011

### Brief project description

The Active Workplace officer has been employed to develop workplace physical activity and to increase positive attitudes towards healthy eating and improving well being. Targeted workplaces are in areas of deprivation and with high stress levels.

### Activities

- 3427 employees of various organisations have participated in the project. (July 2011)
- Over 14 companies have taken part.

### Outcomes to date

Of those evaluated

- 34% of those who did not cycle reported cycling occasionally and 17% reported cycling regularly three months after a cycling challenge
- In the same challenge, 29% of former occasional cyclists report cycling regularly three months later
- 96% taking part in healthy eating activities lost weight
- 98% reported that they had an increased awareness of what it means to have a mental health problem
- 95% reported that they had increased skills and knowledge around managing stress
- 94% reported increased levels of wellbeing, as measured by self-reported self esteem, concentration, memory and alertness

Participants reported that getting active again was quite easy - they just needed a push, someone to organise and reminding that sport could be fun.

### Sustainability

- The Officer is funded on a freelance basis to continue this work until April 2012 in the first instance.

**Organisation:** Crawley Borough Council

**Project:** Active, Healthy Crawley

**Area of benefit:** Crawley

**Main strand:** Mental Health, Physical Activity, Healthy eating  
**LA:** Crawley  
**Grant:** £107,783

**Start date:** 1 Jan 2008  
**End date:** 30 April 2011

**Brief project description**

Supporting people from three target groups: people at risk of mental health problems, BME groups and socially-isolated older people. Aim is to enable people to become more active and eat healthily via programmes supported by an outreach specialist.

**Activities**

- 4109 local residents have taken part in the programme.

**Outcomes to date**

Of those evaluated:

- 95% of those undertaking volunteer walk leader training reported increased skills and knowledge
- 44% reported that they planned to or had thought about continuing exercising in the future
- 50% reported feeling energised after a physical activity session

In feedback forms people noted that the sessions helped reduce stress, they felt fitter and healthier, they were less frightened of having a fall and had gained social benefits from participating.

**Sustainability**

- Activities are now mainstreamed under Crawley Well Being services and freelance workers are contracted to deliver them.

**Organisation:** Good Food for All  
**Project:** Community Cookery Development  
**Area of benefit:** East & West Sussex, Brighton and Hove  
**Main strand:** Healthy Eating  
**LA:** Sussex  
**Grant:** £119,329

**Start date:** 1 April 2008  
**End date:** 1 July 2011

**Brief project description**

Strategic approach to community cookery and nutrition skills development incorporating skilling up of key workers and development of training programme; volunteer programme for community cooks; development and delivery of lifestyles courses.

**Activities**

- 1025 people have taken part in the project
- 2/3 of trainees from the Train the trainers programme are from disadvantaged communities
- Supported 12 Social Enterprises, 9 community cafes and 2 mentees, who have now gained catering jobs.

**Outcomes to date**

Of those evaluated

- 89% increased their healthy cooking skills (budgeting, using fresh ingredients,



- cooking skills)
- 100% said they would use these new skills at home
- 67% reporting increasing their fruit and vegetable consumption
- 94% of those trained or mentored in cooking group leadership reported increasing their skills, knowledge and confidence
- 95% reported having put this training into practice

In a Pupil Referral Unit, staff commented how participants had improved confidence and self-discipline.

#### **Sustainability**

- The grant has enabled the project to become a Social Enterprise.

**Organisation:** Common Cause Co-operative  
**Project:** Community Growing  
**Area of benefit:** Sussex (targeting Brighton and Hastings)  
**Main strand:** Healthy Eating  
**LA:** East Sussex  
**Grant:** £145,099

**Start date:** 1 Jan 2008  
**End date:** 30 Sept 2011

#### **Brief project description**

The project promoted existing healthy eating resources; revised and rolled out the Beet That card game; provided workshops and accredited training sessions in partnership with a local college for unemployed people and those on a low income, people with brain injury and people who were geographically and socially isolated. Mentoring and support was provided as well as work with local professional growers to develop work experience.

#### **Activities**

- 1647 people have taken part in the project. (July 2011)

#### **Outcomes to date**

In a free-comment form or through informal feedback, the following benefits were noted:

- Increased skills and confidence
- Children enjoyed trying fresh fruit and vegetables from a garden and food cooked with them
- Increased skills and independence
- Adults in disability group got more engaged in social events where they have run stalls offering information

#### **Sustainability**

- Plan in place to seeking funding and resources

**Organisation:** Worthing and Littlehampton MIND  
**Project:** Get Active  
**Area of benefit:** Worthing and Littlehampton  
**Main strand:** Mental health, Healthy Eating  
**LA:** Worthing and Arun, West Sussex  
**Grant:** £90,045

**Start date:** 1 Jan 2008  
**End date:** 31 March 2011

**Brief project description**

Get Active provided sports and other forms of physical activity for people with mental health problems in Worthing and Littlehampton. This included swimming, gym, walks, skating and camping.

**Activities**

- 332 people with Mental Health issues have taken part in the activities

**Outcomes to date**

Of those evaluated:

- 55% of those taking part wanted or felt confident enough to access mainstream exercise opportunities
- 78% reported that activities provided improvements related to wellbeing (positive feelings, relaxation, sense of achievement, increased confidence)
- 50% reported improvements in global wellbeing (using a modified version of the Warwick Edinburgh Mental Wellbeing Scale)

The project reported that many participants derived great benefit from the company, friendships and teamwork experienced through the Get Active project.

**Sustainability**

- Some participants are now confident to access mainstream services and have taken up volunteering.

**Organisation:** Brighton and Hove City Council Sports Development

**Project:** The Active for Life Project

**Area of benefit:** Two deprived areas in Brighton

**Main strand:** Mental Health, Physical Activity

**LA:** Brighton and Hove

**Grant:** £107,293

**Start date:** 1 Jan 2008

**End date:** 30 Sept 2011

**Brief project description**

An Active for Life coordinator worked in two deprived areas in Brighton and delivered new accessible exercise activities. Local people were trained to be leaders, volunteers and coaches. The project worked with local community clubs and schools.

**Activities**

- 742 people have taken part in the activities. (July 2011)

**Outcomes to date**

Of those evaluated:

- 14% increased their physical activity levels

**Sustainability**

Unknown though worker has been helping local groups to apply for own funding to sustain activities.

**Organisation:** Arts Partnership Surrey

**Project:** Sorted! Tea Time to Dance

**Area of benefit:** Surrey

**Main strand:** Mental health, Physical Activity

**LA:** Surrey

**Grant:** £24,292

**Start date:** 1 Oct 2008

**End date:** 31 July 2011

### **Brief project description**

An intergenerational dance project across the county involved young dance makers and over 50s' groups and ended with a celebration showcase festival. Have involved older people in care homes, young people with mental health issues and looked after children.

### **Activities**

- 3097 people have taken part in the project.

### **Outcomes to date**

For those evaluated (at mid-point):

- 98% reported benefits relating to improved mental wellbeing (improved mood, feel better emotionally/mentally, socially beneficial)
- 4/4 who were asked said they would continue to dance in the future
- 100% reported that training sessions had increased their skills in providing creative dance or seated dance activities for older people with mental health and mobility difficulties

"[It] was special as participants aged 3-80, able bodied and less able, worked together...A special use of imagination and concentration. Magical."

### **Sustainability**

- iID (Inclusive Intergenerational Dance) Consortium and Dance Company has been set up. Further funding is being sought.
- Started and continue to develop the training programme for Staff and Volunteers to deliver Seated Dance Classes in their Care Homes and Day Centres which means the classes are sustainable as there are no costs.
- Trained dance Artists through training, shadowing and mentoring to be able to deliver high quality experiences. We have fund raised and have allocated Surrey Arts Funding to carrying on the areas of work developed through TTTD.

**Organisation:** Mary Frances Trust

**Project:** Healthy Mind – Healthy Body

**Area of benefit:** Leatherhead and other areas in Surrey

**Main strand:** Mental health, Physical Activity and Healthy eating

**LA:** Surrey

**Grant:** £58,092

**Start date:** 1 Jan 2008

**End date:** 1 July 2011

### **Brief project description**

The project supported people with mental health issues to access activities in local leisure centres; provided healthy eating education programme, cycling, walks, gardening, crafts and poetry workshops and complementary therapies. Took part in Time to Change initiative to reduce stigma with service providers.

### **Activities**

- 124 people have taken part in the activities

### Outcomes to date

The project chose an annual small sample for detailed feedback in interviews. Those chosen to participate represented the wide range of people using the Clubhouse in terms of background and mental health issues.

- 11/11 reported an increase in physical activity
- 6/6 reported having an increased knowledge of healthy eating
- 5/5 reported eating a healthier diet
- 8/9 reported increased knowledge about healthy eating
- All 10 participants on a 'Celebrating Yourself' course reported increased confidence

In 2009, all five members surveyed reported that they now look after themselves better and have improved self confidence. This has made it possible for them to join outside groups and has improved their relationships. Through feeling more positive and happy they have been able to take more control in their lives over budgeting and other tasks.

Further information will be available in November 2011.

### Sustainability

- Fundraising for their own Frances Jones Education and Wellbeing fund
- Staff and volunteers trained to deliver own sessions.

**Organisation:** Music, Mind, Spirit Trust

**Project:** Sound Bites

**Area of benefit:** Farnham and Cranleigh, Park Barn and Bellfields

**Main strand:** Physical Activity

**LA:** Surrey

**Grant:** £75,000

**Start date:** 1 Jan 2008

**End date:** 31 March 2011

### Brief project description

An intergenerational project with music and dance activities for pre-school and school children, parents, grandparents and older people. Training programmes were provided for teachers in both state and public schools, artists and healthcare workers. Two concerts were organised to showcase the work.

### Activities

- 3538 people have taken part in the project.

### Outcomes to date

Of those evaluated:

- 93% reported that singing had made them feel more physically fit
- 91% reported increased wellbeing after singing (measured by relaxation and happiness ratings)
- 83% reported that singing songs about healthy eating made them more aware of which foods are healthier

### Achievement

- Won the Finalist award of South East Coast Health and Social Care awards 2010

under the Mental Health category.

#### **Sustainability**

- Written and aural education materials on healthy eating, physical activity and well being available to schools
- Initial funding of this work through new Public/State Schools initiative.

**Organisation:** Surrey PCT (East Elmbridge & Mid Surrey)

**Project:** Prevention of Eating Disorders

**Area of benefit:** Surrey

**Main strand:** Mental health, Healthy eating

**LA:** Surrey

**Grant:** £28,500

**Start date:** 1 April 2008

**End date:** 30 July 2011

#### **Brief project description**

This training project supported the prevention of eating disorders with people working with 11-19 years old and young people themselves through a rolling education programme.

Workshops were delivered to school teachers and school nurses to help them recognise signs of eating disorders. 'In the Pantry', a multidisciplinary arts programme complemented these workshops with young people in schools and Pupil Referral Units. The website is:

[www.cuspinc.org](http://www.cuspinc.org)

#### **Activities**

- 1293 people have taken part in the project.

#### **Outcomes to date**

Of those evaluated:

- 88% rated the workshops as of benefit (evaluated by a questionnaire measuring usefulness, relevance and skills gained)

In evaluation form comments, staff noted they were more aware and would be more vigilant for signs of eating disorders, would foster the self esteem of their students, would disseminate information about eating disorders and provide a more supportive environment for healthy eating. Where policies for dealing with eating disorders did not exist, staff aimed to set them up.

#### **Sustainability**

Unknown about the work in schools. Arts in the Pantry work extends now to work with young people with learning disabilities and a pilot has been planned in Essex.

**Organisation:** Surrey PCT (Surrey Heath & Woking/North Surrey)

**Project:** Get Up and Go

**Area of benefit:** West Surrey boroughs

**Main strand:** Physical Activity

**LA:** Surrey

**Grant:** £21,000 (original) Actual used: £2,155

**Start date:** 1 Jan 2008

**End date:** 1 April 2009 (EARLY CLOSURE)

#### **Brief project description**

The project established a training course for people working with older people to help deliver chair based physical activity in the communities such as day centres, residential homes etc.

**Activities**

- 962 people have taken part in the project.

No outcome data was provided.

**Sustainability**

- Due to the increased providers' fees, the host organisation decided to close the project earlier than planned.

**Organisation:** Active Surrey Sports Partnership

**Project:** Active Surrey – Breaking the Tape

**Area of benefit:** Surrey

**Main strand:** Physical Activity

**LA:** Surrey

**Grant:** £66,000

**Start date:** 1 Jan 2008

**End date:** 31 March 2011

**Brief project description**

The project worked with Special Schools to enable them to provide quality physical activities for students with disabilities through training of staff and community sports coaches and also through the annual event, 'From Playground to Podium'. It worked with local clubs to ensure that disability clubs have the right support to provide appropriate physical activities for their members. People with disabilities were supported to be sports coaches and volunteers.

**Activities**

- 1445 people have taken part in the project.

**Outcomes to date**

Of those evaluated:

- 39% of young people reported increasing their physical activity levels
- 89% taking part in training reported gaining skills or confidence in making sports more accessible to young people with disabilities
- 100% of those running school sessions reported they would be putting these skills into practice

Those trained reported that the ideas and techniques were practical and useful.

**Sustainability**

- Funding for this project continues till March 2012 using partnership funding.

**Organisation:** Surrey PCT (Guildford & Waverley, East Elmbridge & Mid Surrey)

**Project:** Cook and Eat Surrey

**Area of benefit:** Surrey

**Main strand:** Healthy eating

**LA:** Surrey

**Grant:** £48,630

**Start date:** 1 Jan 2008

**End date:** 30 Sept 2011

**Brief project description**

The project provided a 'cook and eat' training programme to childcare workers in children's centres, staff in pupil referral units and delivered practical sessions with ex-offenders, and

homeless people.

### **Activities**

- 880 people have taken part in the project. (July 2011)

### **Outcomes to date**

Of those evaluated:

- 96% reported increased skills or confidence in cooking healthy meals
- 73% reported increasing their daily intake of fruit and vegetables
  
- 97% reported increased skills or confidence in running cookery sessions on a Cookery Leader course.

People noted that the course had helped them to eat healthier food.

### **Sustainability**

The project is deemed sustained as it is a train the trainers' project.



### Important information about outcomes data

- Percentages are reported for results covering 20 or more people. Where fewer than 20 people were evaluated, results are reported in fractions, showing number increasing their score/number evaluated
- Response rate for quoted statistics is not included in this information for reasons of space, but is available on request
- Further information will be available in a later version of this summary, available in November 2011

If you have any questions about the outcomes reported here, please contact Jo Belcher before 28<sup>th</sup> October 2011 at [jo.belcher@portsmouthcc.gov.uk](mailto:jo.belcher@portsmouthcc.gov.uk)

After 28<sup>th</sup> October 2011, please contact Mary Shek at [mary.shek@southeastcoast.nhs.uk](mailto:mary.shek@southeastcoast.nhs.uk)