

INNER WEST COMMUNITY COMMITTEE UPDATE-LEEDS CITY COUNCIL - PUBLIC HEALTH

Health & Wellbeing

FEBRUARY 2023

Trinity Project-Weight Management for Local Children, Young People and Families

Due to the rising Public Health issue of residents living with obesity within the Inner West Wards and are struggling with weight management, exacerbated by the sedentary nature of the recent coronavirus pandemic local partners have created three free, fun and friendly options to help communities enjoy healthier lives by achieving a healthy weight. With funding from Local Care Partnerships, local business and Leeds City Council Public Health this initiative runs in tandem with established evidence based parenting programmes like HENRY (Healthy Exercise and Nutrition for the Really Young) and clinical interventions at hospital weight management interventions. More information about HENRY course in Leeds can be found here [School Wellbeing](#) & [Online Healthy Families Programme - Leeds | HENRY](#)). Trinity comprises of three choices for residents, they are.

- Recipe Station
- Flourishing Families
- Grow-Cook-Move

Recipe Station ([Recipe Station Flyers \(barca-leeds.org\)](#)) and **Flourishing Families** ([Home - Flourishing Families \(flourishingfamiliesleeds.com\)](#)) can be accessed across the Inner West Wards. They are well established and tested interventions run by trusted community organisations. **Grow-Cook-Move** is an experimental all year round weight management course, for One successful pilot has been run, not without it's challenges but worth repeating and partners are now developing these sessions further and looking for funding for a programme that runs for 52 weeks a year so professionals can refer families and young people into this course all year round.

Explanation of each project is below.

FLOURISHING FAMILIES

FAMILY COOKERY CLUB

(One of Three Interventions from the Trinity Project) (Updated 07-02-23)

Introduction

How it works.

Local families can be referred on to the course or can refer themselves. It operates in the following way.

1. This popular intervention is a structured programme consisting of

- a. **4 x 6-week** courses centred around nutritional education, cooking on a budget and fuel-efficient meal production for local families from poorer neighbourhoods.
 - b. This would cater for 24 families in total by year end.
2. Advice, help, support, referral, and signposting to a whole host of services around health, financial inclusion, and fuel poverty is also involved in the course.

How does it help with Health Inequalities?

- This project will operate within the neighbourhoods experiencing the greatest health inequalities. These inequalities in health are long-lasting, persistent, and driven by social, economic, and environmental inequalities. Over the last forty years review after review from the Black Report (1980) to Marmot (2010, 2020) and Due North (2014), have all described these inequalities and set out clear recommendations for action to tackle them. Health inequalities are not inevitable, they are preventable. (Source; discussion paper: Build Back Fairer: Opportunities for using a Marmot approach in Leeds). One of these recommendations involves ensuring a healthy standard of living for all. Recipe Station contributes to this aim.

Flourishing families allows local people to increase their knowledge and skill base in assembling nutritious, easy, and affordable meals irrespective of income, education, and comprehension. This is all irrespective of where they live, who they are and how they are treated (Health Inequalities Triangle) Economically challenged residents do not have to travel to initiatives such as the excellent Ministry of Food and consequently save on significant travel costs. In turn a healthy diet and increased awareness leads to a healthier life, fewer long-term conditions in later life, less reliance on Primary Care and the path to self-sufficiency and increased resilience.

Who will provide the free cooking equipment?

The Home Plus Service can provide the equipment or a equipment lending library in West Leeds

Venue:

Most effective in schools as teachers can identify those families struggling most with the cost-of-living crisis. It has a strong preventative element as families on the cusp of financial hardship are also engaged.

Flourishing Families go to where the people of the highest need are. They are conscious of residents not being able to afford travel and having the mindset of not leaving the estate. The sessions do not breach more than a ½ mile radius of the where the intended audience live.

Impact:

The Flourishing Families are justifiably proud of achieving 100% repeatability meaning that 100% of families engaged in the programme can successfully replicate these simple healthy dishes 100% of the time!

Capacity:

This project can accommodate up to twenty-four families over the year.

G-C-M FAMILIES PROJECT 2023

GROW-COOK-MOVE HEALTHY FAMILIES PROJECT (GCM) PROJECT- (HOLLY BUSH-BRAMLEY BATHS-BARCA-FULL CIRCLE)

(One of Three Interventions from the Trinity Project) (Updated 07-02-23)

Introduction

The Healthy Families Cook & Grow Project is a local place based 6 x 6-week programme during term time, which helps local families from our poorer neighbourhoods reconnect with how their food is grown, experience the health benefits of the natural environment, learn how to cook delicious, nutritious, quick, and easy meals on a budget and enjoy gentle and fun physical activity such as swimming irrespective of ability and knowledge and skills. All to contribute to achieving and maintaining a healthy weight. As a bonus to the course the growing section of the course can be dipped into for 52 weeks of the year.

Ambition

Our Aim is to create an environment for local children, young people, and families (adults) where healthy living and maintaining a healthy weight becomes easier, fun, and achievable.

Aims:

The broad aims of the project are to.

1. Increase the capacity of evidence-based family provision where children, young people and families can learn about where fresh and healthy food comes from, learn about preparing, cooking, and assembling quick, easy, nutritious, and affordable healthy dishes which can be easily replicated at home in an energy efficient or cold assembly way.
2. Provide opportunities for local children, young people, and families to become more physically active whilst reconnecting with nature and the natural environment and enjoying all the physical and emotional health benefits this brings.
3. Maximising the benefits for families, children, young people, and the wider community by strong partnership working within the third sector. This achieves more outcomes for our families, adds more value from funding and capacity to run the project for 52 weeks of the year.

How it works. Professionals working with families can refer them into the project. This includes GPs, Social Workers, Mental Health Councillors / Therapists, Youth Workers, and Charity Workers

Local families can be referred by any professional working with them where support with healthy eating/healthy cooking, physical activity, mental and emotional health, and general healthy lifestyles is required. It operates in the following way.

During Term Time

(Mondays 3.30-5.00pm)

1. Operated jointly by Barca and Bramley Baths this session comprises of.
 - a. An hour of fun and accessible physical activity run by Bramley Baths. This may be at different locations. Followed by.
 - b. ½ hour of Barca Recipe Station where ingredient bags and recipe cards are handed out for those who require them. Discussion and feedback will happen on the cooking of the recipes and how the previous weeks recipe went, with a view to helping them adapt more varied, healthier cooking habits. There is also an opportunity for families to ask for advice and support on the cost of living and any other relevant issues for the families.

During School Holidays

(Monday's 10.00am to 2.00pm)

1. These Monday four-hour sessions are highly flexible and run throughout the year allowing families a valuable opportunity to see the growing cycle throughout the year and appreciate and benefit from the rhythm of the seasons. It also allows a 12-month opportunity for professional workers to refer families into. This session is highly adaptable where participants learn about growing, where their food comes from and the natural environment with all the physical and emotional health benefits being reconnected with nature brings. The session may be an hour play, an hour learning about planting/ growing an hour cooking and an hour of making (e.g., bird feeders / art /sculpture etc).

Local Partnerships

This project is a multiple partnership created by BARCA ([Home | Barca-Leeds](#)) a local third sector organisation who operate in the West of Leeds with over 25 years of community experience, Hollybush Conservation Centre a magical nature centre with an amazing array of growing, conserving and creative experiences based around the natural world [Hollybush Conservation Centre | The Conservation Volunteers \(tcv.org.uk\)](#), Bramley Baths ([Bramley Baths | Community run Edwardian bath house - since 1904.](#)) a community run, award winning charity providing a whole host of services around physical activity and emotional

health. Full Circle ([Funeral Directors in Leeds, West Yorkshire - Our Local Services \(fullcirclefunerals.co.uk\)](http://fullcirclefunerals.co.uk)) another local caring community based funeral and bereavement service and Leeds City Council Public Health ([Public health \(leeds.gov.uk\)](http://leeds.gov.uk)), Locality and Primary Care Team. This intervention runs within Leeds 10% most deprived neighbourhoods.

How does it help with Health Inequalities?

- This project will operate within the neighbourhoods experiencing the greatest health inequalities. These inequalities in health are long-lasting, persistent, and driven by social, economic, and environmental inequalities. Over the last forty years review after review from the Black Report (1980) to Marmot (2010, 2020) and Due North (2014), have all described these inequalities and set out clear recommendations for action to tackle them. Health inequalities are not inevitable, they are preventable. (Source; discussion paper: Build Back Fairer: Opportunities for using a Marmot approach in Leeds). One of these recommendations involves ensuring a healthy standard of living for all. Recipe Station contributes to this aim.

The G-C-M project facility allows local people to increase their knowledge and skill base in assembling nutritious, easy, and affordable meals irrespective of income, education, and comprehension. This considers any inequalities they may experience because of **where they live, who they are** and **how they are treated** (Health Inequalities Triangle). Economically challenged residents do not have to travel to initiatives such as the excellent Ministry of Food and consequently save on significant travel costs. In turn a healthy diet and increased awareness of such leads to a healthier life, fewer long-term conditions in later life, less reliance on Primary Care and the path to self-sufficiency and increased resilience. It allows families to move more, become physically active in a fun way and strengthening their emotional health. This project embeds habits for a healthy life and helps families cope with some of the challenges they face.

Capacity:

This project can accommodate up to twenty family members per six-week session.

RECIPE STATION-(BARCA)

(One of Three Interventions from the Trinity Project) (Updated 07-02-23)

Introduction

The Recipe Station is a mobile place-based intervention which allows residents on our poorer estates to access advice and free ingredients on how to prepare delicious and healthy affordable meals. It is an intervention which is dropped into the very heart of the community. It operates on different priority estates at different times and days of the week.

How it works.

There is no requirement to book, residents can just show up. It operates in the following way.

3. Recipe Cards are available for residents on how to create delicious, healthy, simple, and affordable meals for the family. Each recipe is tried and tested and designed to use the least amount of fuel to prepare.
4. A free bag of ingredients to replicate the meals at home.
5. Advice, help, support, referral and signposting to a whole host of services around health, financial inclusion, and fuel poverty.

Recipe station was created by BARCA ([Home | Barca-Leeds](#)) a local third sector organisation who operate in the West of Leeds with over 25 years of community experience. Recipe station and variations of it to fit local criteria has been running successfully for over ten years within Leeds 10% most deprived neighbourhoods.

How does it help with Health Inequalities?

- The stations will operate within the neighbourhoods experiencing the greatest health inequalities. These inequalities in health are long-lasting, persistent, and driven by social, economic, and environmental inequalities. Over the last forty years review after review from the Black Report (1980) to Marmot (2010, 2020) and Due North (2014), have all described these inequalities and set out clear recommendations for action to tackle them. Health inequalities are not inevitable, they are preventable. (Source; discussion paper: Build Back Fairer: Opportunities for using a Marmot approach in Leeds). One of these recommendations involves ensuring a healthy standard of living for all. Recipe Station contributes to this aim.

An estate-based Recipe Station facility allows local people to increase their knowledge and skill base in assembling nutritious, easy, and affordable meals irrespective of income, education, and comprehension. This is all irrespective of where they live, who they are and how they are treated (Health Inequalities Triangle) Economically challenged residents do not have to travel to initiatives such as the excellent Ministry of Food and consequently save on significant travel costs. In turn a healthy diet and increased awareness leads to a healthier life, fewer long-term conditions in later life, less reliance on Primary Care and the path to self-sufficiency and increased resilience.

Who will provide the free cooking equipment?

The Home Plus Service can provide the equipment for local families struggling to buy energy efficient cooking equipment.

Capacity:

The station can accommodate up to twenty walk- in residents a day

END OF REPORT