

# Community Food Initiative (CFI)

Newcastle-upon-Tyne

## An Evaluation of the Funded Projects

# 2017/18

Requested: **£32,070**

Available: **£10,000**

Funding bids were received from 19 projects across the city, requesting £32,070 to develop food and health activities between September 2017 and June 2018. A budget of £10,000 was available to allocate to a maximum of 8 projects.



Organisation	Location	Project Name	Project Type	Population/Beneficiaries	Amount
<b>Barnardo's Newcastle Young Carers and Young People's Support Team</b>	Citywide	<b>Young Families Love Food Live Well Project</b>	Cooking skills and healthy eating knowledge	Young parents resident in Newcastle who are supported by Barnardo's	<b>£1020</b>
<b>Sure Start West Community Family Hub</b>	West Newcastle	<b>Little Diggers</b>	Food growing skills	Parents/carers and children (early years) accessing family hub activities in Elswick, Scotswood and Benwell	<b>£1331</b>
<b>Bridgewater School</b>	West Newcastle	<b>Family Cooking Club 'Dee's Delights'</b>	Cooking skills and healthy eating knowledge	Families resident in Elswick, Scotswood and Benwell whose children attend Bridgewater School	<b>£516</b>
<b>West End Women and Girls Centre</b>	West Newcastle	<b>Cook it!</b>	Cooking skills and healthy eating knowledge	Women and girls resident in Newcastle who access the WEWG Centre	<b>£930</b>
<b>Search Project</b>	West Newcastle	<b>Search Cooking Clubs</b>	Cooking skills and healthy eating knowledge	Adults aged 55 and over who are members of Search Project	<b>£2065</b>
<b>Bind Food Waste innovation CIC</b>	Citywide	<b>Food Waste Fighters</b>	Food waste minimisation	Whole school based activity with school staff, pupils and parents/carers	<b>£2250</b>
<b>Tyneside Women's Health</b>	East	<b>Good Mood Food</b>	Cooking skills and healthy eating knowledge linked to emotional wellbeing	Women supported by Tyneside Women's Health to enhance their mental health recovery	<b>£1188</b>

# *"In their own words..."*

## Feedback from Participants

**Barnardo's Newcastle  
Young Carers & People's  
Support Team**

*"Knowing about healthy eating was helpful and knowing how about how energy drinks can make you feel."*

*"I really liked making the food, getting new ideas on what to cook and help with budgeting,"*

**Sure Start West  
Community Family Hub**

*"My son has really enjoyed watching seeds grow into plants at home."*

*"I thought jam making was a long process, it was great to know that we can do it using a microwave, we can use fruit that's nearly at its end, to make jam rather than throw them away. It saves on money and less waste."*

*"My children have enjoyed planting and watching them grow, can't wait to taste them."*

**Bridgewater School**

*Staff:*

*"All the children commented on the smell of the spices when making the curry. Most weren't keen when they were cooking it but were alright when they had tried it!"*

*Parents:*

*"Really enjoyed."*

*"Good to meet other parents."*

*"A great club."*

**West End Women and  
Girls Centre**

*"I liked the food and the company with everyone."*

*"It was fun today. I loved everything."*

*"Very welcoming group. Food we made is very nice."*

*"I like to cook and play."*

*"Good food, enjoyed myself. Had a good chat. Feel like I got a little family."*

*"I really enjoyed it."*

# *“In their own words...”*

## Feedback from Participants

<p><b>Search Project</b></p>	<p><i>“My confidence has grown in cooking. I couldn't cook before I came here. Well I wouldn't try really.”</i></p>	<p><i>“It always tastes better if you cook for yourself.”</i></p> <p><i>“Lovely session, friendly people.”</i></p>
<p><b>Bind</b> <b>Food Waste innovation CIC</b></p>	<p><i>“Coming to these sessions has changed the way I think about food. I'm much more conscious of food waste now and I'm thinking more about how to reduce waste at home.”</i></p>	<p><i>“I love the recipes. I've been on a few courses like this but this one is great—they're really simple recipes I can cook with the kids using foods I always end up throwing away.”</i></p> <p><i>“I've never cooked before but I enjoyed it here and I'm going to cook at home.”</i></p>
<p><b>Tyneside Women's Health</b></p>	<p><i>“Knowing what we can do to make us better made me feel motivated. Really helpful. I'm trying to stick to the advice, especially on caffeine.”</i></p>	<p><i>“Very enjoyable and a great way to get some company on a Sunday.”</i></p> <p><i>“I like coming to the drop in when the café is on. The soups are lovely and healthy and wouldn't have made it at home before.”</i></p>

**Young Families  
Love Food Live  
Well**

**Barnardo's Newcastle Young Carers  
and Young People's Support Team**

The food grant funded a project to reach the most vulnerable young people (including young pregnant women and young parents) to give practical support on healthier lifestyles for them and their children.

**Key Outcomes**

The project aimed to promote eating habit change through education and health promotion awareness alongside practical skills demonstrations.

**Dad's and Young Parents Group**

13 sessions were delivered focusing on food and wellbeing.

- With support from Newcastle Nutrition the project provided support on:
  - healthy eating during pregnancy
  - breastfeeding and weaning
  - family cooking on a budget
  - oral health & reducing sugar consumption
  - effects of drinking energy drinks
- Participants reported a greater understanding on how and where to access reasonable priced healthy food.

**One to one family Cooking support sessions**

5 families were given one to one support in their home environment.

**Young Men's Sporting Group**

In partnership with Sporting Chance this group were given a combined practical healthy eating and sports session. 8 young men participated who are not engaged with the other groups. These young men are identified as at risk due to not being engaged in education, employment or training and all under 19 years of age.

The energy drinks session resulted in 6 young people - who admitted to heavily consuming these drinks - to reducing their intake due the raised awareness of the negative health effects that they were experiencing.

**Key Challenges**

- Keeping the interest in health promotion and cooking can be challenging and has to be approached in a meaningful and creative way that grabs the interest of young people.



**Evaluation Methods**

- Observations
- Verbal feedback



**Numbers Participating**

- 37 young people
- 20 children

**Learning Points**

- Start by asking the young people what they like to eat and try to approach the cooking so that it meets their needs.
- Adapt the recipes to use different cooking methods and/or add healthier ingredients.

## Little Diggers

# Sure Start West Community Family Hub

This funded project was to enable parents and children to develop new skills and knowledge in growing and cooking with their own 'home-grown' fresh produce.

### Key Outcomes

- Weekly food growing sessions were run from Scotswood Natural Community Garden for parents/carers and their children.
- A plot of land was adopted for families to learn food growing skills and then transfer those skills to their home environment to grow food in pots, containers, planters and grow bags.
- Families experienced additional learning on nature, wildlife and the links between food and the environment.
- Family food workshops were also offered during school holidays, including jam making using fruit gathered at the garden.
- Parents stated that they had increased their knowledge and confidence in 'growing their own'.
- Families also reported that they had made some changes to their diet.
- Most parents reported that their children were now more willing to eat fruit and vegetables.
- The project has developed further over time with parents taking more of a lead on planning what to grow and where.

### Key Challenges

- Weather was the main challenge for this project! We had a very cold winter so it did setback the timeframe.
- Low attendance was more likely on the colder days.
- When children moved onto nursery a second phase of recruitment was needed.



### Evaluation Methods

- Learning journal
- Questionnaire
- Feedback
- Observation



### Numbers Participating

- 79 children
- 54 adults

### Learning Points

- Offer more indoor activities during the winter to try to keep the momentum.
- Being flexible is important when planning activities, parents maybe keen to do planting but the children may have other ideas!

## Family Cookery Club

### Bridgewater School

The food grant funding supported a family cookery club 'Dee's Delights' to give people the know-how, skills and confidence to produce healthy meals on a low budget.

#### Key Outcomes

- Provided step by step practical support to families in cooking a variety of healthy meals at home; all on a low budget.
- Families were given the skills needed to cook several dishes; from what ingredients and utensils were needed to where to buy quality ingredients at the lowest cost.
- Families reported an increase in confidence and skills.
- Some parents went onto cooking the recipes at home.

#### Key Challenges

- Managing the behaviour of the children could be challenging during periods where they deemed it less interesting or when their parent/carer was preoccupied with a task.
- It was difficult to introduce new recipes to families when they were restricted by a lack of access to some of the basic cooking equipment or utensils.
- The parents also lacked in confidence which took a while to overcome.



#### Evaluation Methods

- Focus group



#### Numbers Participating

Children: 48

Adults: 30

#### Learning Points

- Working with HealthWorks brought many advantages; everyone - school staff, parents/carers and children - gained in knowledge that they shared.
- The participants benefitted most from learning about microwave cooking (in comparison to the cost of heating and cooking using an oven)
- The tips and hints on reducing food waste were well received, including the freezing of foods that are commonly thought as being unsuitable for freezing.
- The salt and sugars session - highlighting the hidden quantities in food and drinks - was also well received.

## Cook it!

# West End Women and Girls Centre

The food grant funded the women's cookery sessions and the younger girls cook it groups.

### Key Outcomes

- The cooking skills sessions were delivered to two different target groups which were a women's group and younger girls group.
- The sessions were group orientated—to learn new skills from each other, working as a team and feeling more confident when it comes to cooking healthily.
- A significant benefit was the way the diverse groups came together, developed friendships and had a better understanding of each others backgrounds.
- The groups focused on developing new cooking skills and gaining an awareness of different cooking styles.
- All individuals in both groups reported gaining more confidence in their cooking skills.

- They also reported an increased ability to try new things - in terms of trying new foods but also trying new activities.
- 62 cooking skills sessions were delivered in total.

### Key Challenges

- When meat was used in the cookery sessions it highlighted the different cultural practices in relation to washing it pre cooking. Some women perceived it to be unclean not to wash the meat. For others - including those who had done food hygiene training - it was seen as a salmonella risk.
- It was a challenge at times to overcome the reluctance of the women and girls in trying new types of food.



### Evaluation Methods

- Session feedback
- Individual feedback using a cloud outline tool



### Numbers Participating

Children: 30  
Adults: 45

### Learning Points

- There is an opportunity to further develop the women's skills and knowledge through food hygiene training.
- The women showed amazing skill at budgeting and planning meals with many of the women having large families.

## Search Cooking Club

### Search Project

This project aimed to provide opportunities for small groups of vulnerable and isolated older people to enjoy and benefit from cooking and eating together.

#### Key Outcomes

- The project offered four community based cooking clubs attended by small groups of older people who have been working with the Chain Reaction team.
- The project proved to have an impact on participants overall health and wellbeing.
- Participants enjoyed cooking and eating together socially.
- Participants reported an increase in confidence in cooking as well as experiencing improved eating habits.
- They also felt increased enthusiasm and interest in cooking at home.
- A significant but unexpected outcome was the number of older men engaged in the project.

#### Key Challenges

- Some of the individuals who engaged with the project struggled to commit to attend every week for a variety of complex reasons.
- The sessions were initially delivered Newcastle Nutrition but due to the irregular attendance of participants at times and some of their complex health needs it became apparent that the clubs should have a social focus rather than a nutritional focus. The session delivery was re-negotiated with HealthWorks.



#### Evaluation Method

- Session feedback
- Photographs
- Questionnaire



#### Numbers Participating

- 20 adults (aged 50 years plus)

#### Learning Points

- The expected number of sessions were not delivered. The original proposal was perhaps over ambitious and there were many challenges with the co-ordination of venues, dates, staff availability and ultimately getting the Chain Reaction clients along to the sessions.
- When the original plans were adapted part way through the delivery the sessions were hugely successful highlighting the need for a flexible approach to delivery.

## Food Waste Fighters

### Bind

## Food Waste Innovation CIC

The aim of this project was to reduce the levels of food waste in the homes of individuals and families in Newcastle, improving their environmental impact and saving them money.

### Key Outcomes

- Interactive food waste awareness and prevention workshops were delivered at Byker Community Centre.
- Focusing on the impact food waste has environmentally, socially and financially both globally and at a household level.
- Workshops involved themed hands-on cooking sessions, followed by a discussion whilst we shared the food made.
- Every attendee was provided with a food waste caddy and a food waste diary and instructed to document all the food they wasted over a 1 week period, and to place it in the caddy. As part of every weekly discussion we looked into what had been wasted which allowed us to design future workshops around specific problem areas e.g. portion sizes and leftover recipes.
- Recording the waste was celebrated rather than demonised and every week tools/prizes were given out for people

who repeatedly got involved and/or measured their waste, to help them reduce it the following weeks.

E.g. spaghetti portion measurers.

- Dishes were created from overripe fruit, leftover cooked pasta/rice, and random leftover vegetables.
- We had families attending the workshops as a unit and working together to create meals for other centre users and there was a real feeling of community by the end of the programme.

### Key Challenges

- Keeping the attention of the younger participants.
- Giving people one to one help with food preparation and cooking when working with groups of 10+ people
- Collecting waste in the caddies and disposing of it correctly, not having compost on site.



### Evaluation Method

- Verbal feedback
- Observation



### Numbers Participating

32 adults  
6 children

### Learning Points

- Any group discussion needs to be very well planned and facilitated to stay on topic.
- The sessions should have been advertised through the community centre too, not just social media to have a more direct community reach.
- Hands on workshops need to have a cap on numbers to ensure it is manageable.
- Giving simple items like Tupperware, portion measurers and fridge thermometers gave participants the chance to carry on exploring ways to reduce waste and save money.

We left with a belief that behaviour change had started and attitudes towards things like brown bananas, stale bread and wilted greens really had changed.

**Good  
Mood  
Food**

## Tyneside Women's Health

The purpose of this project was to encourage women to make healthy food choices and to link what they eat with how they feel to improve mental health.

### Key Outcomes

- A fortnightly Sunday Lunch Group was provided where women came together to prepare, cook and eat a healthy meal.
- Some of the women also developed the outside space to do some food growing together.
- Drop in sessions at the café were offered to provide soups etc.
- The majority of participants reported an increase in confidence in their cooking skills which helped to enhance their mental health recovery.
- 85% of project participants reported having an increased awareness of healthy food and 'good mood food'.
- 75% of the women reported feeling more confident about growing, preparing and cooking food.
- 89% of participants reported feeling less isolated as a result of attending the sessions.

### Key Challenges

- The main challenge faced during the first half of the project was the weather. This prevented the work to the outside area being done for the food growing element.
- Due to the nature of the services, attendance at the group fluctuates as this has an impact on the gardening, café and the Sunday Lunch Group.



### Evaluation Method

- observation
- verbal feedback



### Numbers Participating

- 13 women regularly attended the Sunday Lunch Group
- 4 women regularly participated in preparing food for the café (including the food for the drop in)
- 9 women attended workshops about the Eat Well Plate
- 8 women regularly attended the gardening group
- 10 women attended the drop in sessions at the café

### Learning Points

Overall the project has helped us to start a new process of growing food to support the delivery of the Sunday Lunch and Café projects.

The project has highlighted how what we eat can affect how we feel and this sharing of 'good mood food' knowledge can really help to better manage the symptoms of mental health conditions.