

Engaging younger people



Examples from Liverpool

Positive About Play

Giving every child the same chance to succeed

Play, more than any other activity, fuels healthy development of young children.

Hearty Lives

“I feel one of the main issues is that food is sometimes used as a standalone topic, but in reality it effects all parts of care providing good quality and productive care”

“I have gained a very good understanding of how food is directly involved in every part of a child and young person’s life, and is an essential component to provide positive outcomes for LAC.”

Play Partnership

Partners:

Liverpool Charity & Voluntary Services (LCVS)

Merseyside Play Action Council

United Way Liverpool

Liverpool City Council

Public Health

Liverpool NHS CCG

John Moore's Foundation

Community Foundation for Liverpool

Fareshare Merseyside

The Need:

All children deserve a good childhood.

51,417 children aged 5 to 15 in Liverpool.

22% of England's 100 most deprived small areas.

16,326 children in Liverpool living in the most
deprived areas in England.

Reducing play provision

Diminishing opportunity due to economics

Lack of resources

Lack of trained staff

Changing community environment

The Liverpool Fairness Commission
report (2012) commented:

“there is an acute danger that the
problems of disadvantage and
inequality within our society and our
city will be greatly exacerbated,
those with the least will suffer the
most.”

The Play Partnership

- Accessible local play services in school holidays
- Infrastructure to support whole family
- Long term strategic funded support
- Work with local stakeholders
- Support innovation

Play Provision

- Encourages healthy development
- Provides healthy meals
- Reduces anti-social behaviour
- Provides quality child care
- Develops trained volunteers
- Supports families in need

Summer 2015 – Easter 2016

	Number of Schemes	Individual Children Attending	Individual Meals Provided
Summer 2015	61	2,500	54,458
October half term	49	1,655	10,553
Christmas	25	1,129	5,041
February Half-term 2016	44	2,170	11,138
Easter 20116	51	2,529	23,211

Total individual meals provided: 104,401

Case Study 1

- 3 youngest of a family of 5 siblings
- Alcohol & drug dependent parents
- Opportunity to be children
- Increase in self confidence
- Increase in physical activity
due to access to
nutritious food.



Case Study 2

- Single parent dad & three children
- Minimum wage and English as 2nd language
- Carer role adopted by 15 year old boy
- Clash between school end and job hours
- Volunteer opportunities for 15 year old to reduce social isolation.



Hearty Lives

- Three year project Jul 2013 – Jul 2016
- Looked after children/ children in care
- Carers



Aims

- to research into the health of CiC and LAC;
- to provide support and training around healthy lifestyles;
- to reduce risk of cardiovascular disease by focusing on healthy food and activities.

Hearty Lives

Partners:

Health Equalities Group
Active

Food

Heart of Mersey
Foundation

British Heart

Liverpool City Council Liverpool

Community Health

Merseyside Youth Association

Community Food Workers

Everton in the Community

Sustrans

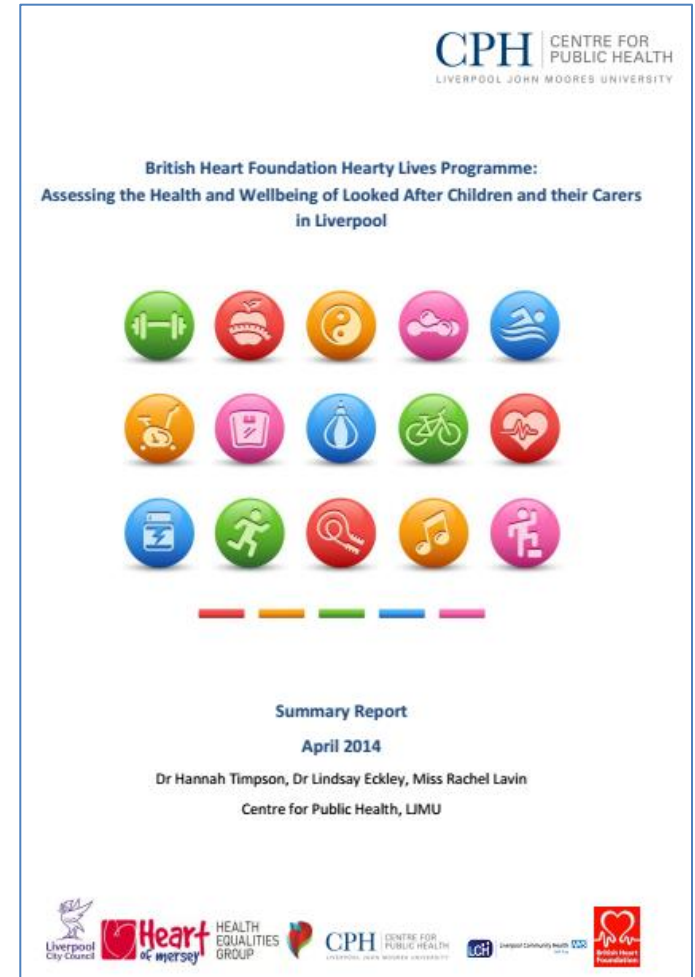
Life Style Survey

Interest in:

Cookery Sessions

Bike Rides

Reluctance to discuss weight



Project Interventions

Nutrition				
A1	A2	A3	A4	A5
Cook & Taste sessions	1-1 healthy eating interv.	Food workshops	Nutrition Champions course	Food 'Train the Trainer' course
13 x courses, 75 people	8x 1to1 interv. 8 YP	5 workshops, 47 people	1 four days course, 22 people	1 full day course, 6 people

PA				
B1	B2	B3	B4	B5
BHFNC Active Ability training	BHFNC Make a Move training	Bike Leader Training	Bike rides	walking group
1 full day course, 11 people	1 full day course, 11 people	1 full day course, 6 people	weekly', 10 people	taster session, 3 people

Cookery

The cooking course has been a great experience. The fact that we can cook amazing meals with so little healthy ingredient is unbelievable. I personally enjoy cook in group. I learned how to make some new meal how to cook healthy and a lot about health. If I have the opportunity to do this course again, I would definitely do it again.

Reshma (16)

Food Growing



Nutrition Course



“Bought larger fridge to store fresh veg”

*“Changed lifestyle.
Thank you”*



Bikes

“Will be more likely to use a bike again after today, confidence built up a bit”



“Before starting the bike ride my confidence was really low because I didn't know how to ride a bike before! The people there really helped me and I am now proud to say that I am more confident and able to ride a bike. Which I really enjoy”

Foster Carer 1

“ I think any activity that you can share with a foster child is positive and enabling them to meet with other children who are looked after is a good thing, especially in an environment where that is not the focus.”

Foster Carer 2

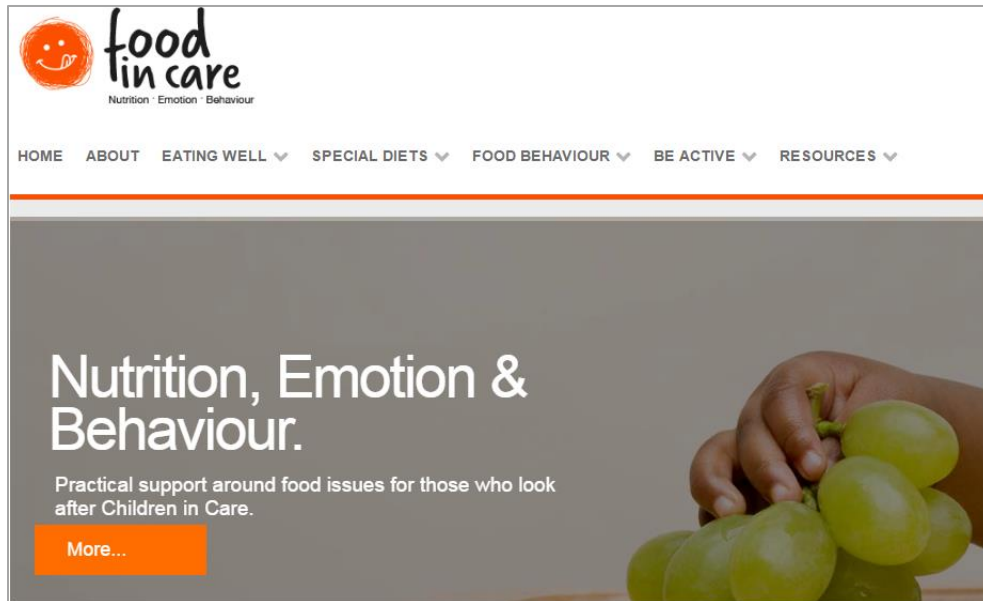
“I’ve a young lady in my care at present who was restricted from food in the family home. Through doing the course we have introduced changes to her diet that have completely changed her weight, physical appearance and general demeanour – all for the better!”

Recommendations

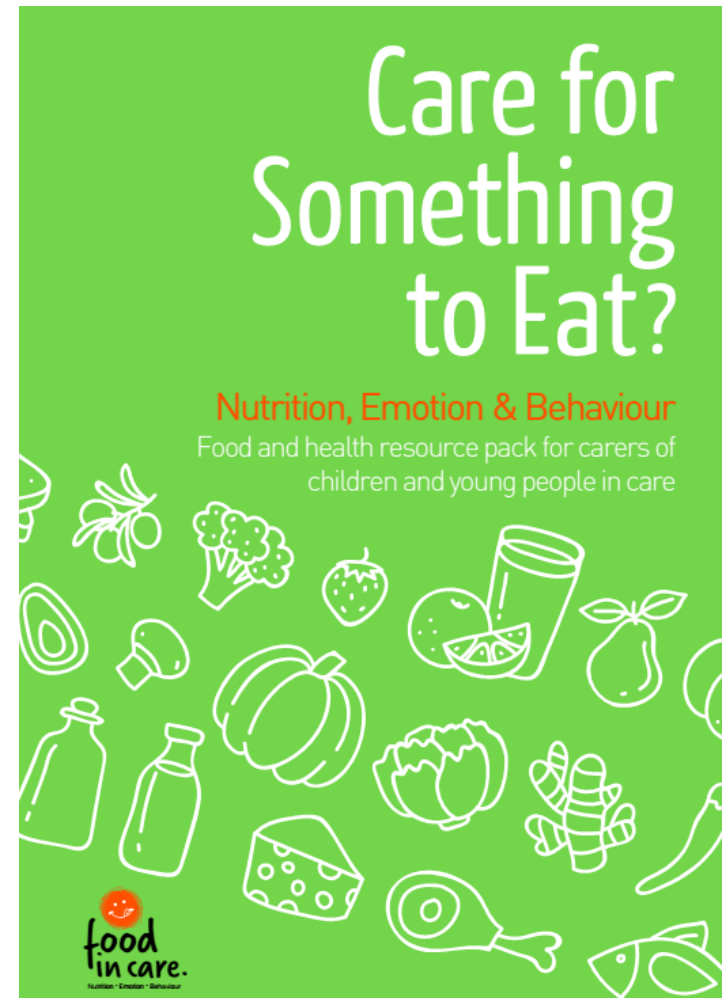
“Food is not a priority for Children’s Services. But through the training, the activities and the resource pack we have shown that they work”

“The Healthy Lives programme has identified an area that no one has really looked at before. It provides a shift that has the potential to enrich the lives of foster carers and young people.”

Hearty Lives Resource Pack



www.foodincare.org.uk



Conclusions

- Partnership work is key – we don't all have the answers.
- Experts by experience know best – ask them!
- Play (have fun) and you learn.

Thank you for listening!

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