

February 2011

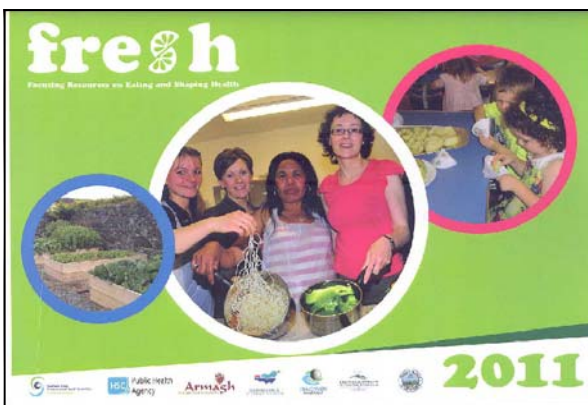
## Welcome

Hello everyone and welcome to the second issue of the FRESH newsletter. We've got lots of news and information packed into this edition!

## What's Included...

- Page 1:** Welcome, FRESH Calendar, Networking Morning
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- Page 3:** Meet Anne FRESH participant
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## FRESH Calendar



The FRESH Calendar was printed and distributed in January 2011. It is a useful resource to keep track of important dates. There is also a lovely section of photos which tell the story of FRESH... Enjoy!

## Networking Morning

The 'Share and Learn' Networking Morning took place on Wednesday 17th November 2010 at Armagh Community Fire Station.



Information stands at the 'Share and Learn' Networking Morning. They included the Ulster Cancer Foundation, Action Mental Health and the Southern Health and Social Care Trust. Individuals got the chance to chat and view the stands.

The event gave participants the opportunity to meet each other, share their experiences of FRESH and find out about other programmes in the area e.g. Community Cooking Skills (Southern Health and Social Care Trust), Investing for Health Officers and Closing the Gap (SGEHC).

It was also an opportunity for the groups to meet the FRESH Project's External Evaluator, Dr Joanna Wydenbach.

## Networking Morning

Participants were given the opportunity to feedback their views of FRESH to facilitators. A range of topics were discussed e.g. ideas for future FRESH programmes, the benefits and what could be changed/done differently.



Residents from Seapatrick, Banbridge discuss their experiences of taking part in the Community Food Gardens, Cook it! and Weigh to Health with Joanna, the external evaluator.



Participants from REACT, Armagh discuss their experiences of FRESH programmes with Collette.

### Feedback on future programmes:

*"Development of Cook it! ... advanced and as a progression"*

*"Would like to teach children new skills, planting, growing and using end produce"*

*"More and ongoing developments (training and the legacy)"*

### General feedback on the 'Share and Learn' Networking Morning:

*"Really enjoyed this morning, meeting people from other groups and being brought up to date with what they are doing"*

*"Good to hear various perceptions from other people on the FRESH project, good to hear the work and participation that goes on behind the scene"*

*"We have learned quite a bit today and we could learn more if FRESH is able to continue"*

## Meet one of our FRESH participants....Anne Donnelly



Anne at Cook it!

### **Anne, tell us about yourself?**

"I work part time and assess a range of accredited training modules across Northern Ireland. I love meeting new people, reading, playing the piano".

### **How did you hear about FRESH?**

"I read about the FRESH project in the local newspaper and was interested in this approach of self managing a healthy lifestyle".

### **What programmes have you taken part in?**

"Cook it!, Weigh to Health and a Supermarket Tour".

### **Can you tell us about the Programmes and if/how they have been of benefit to you?**

"I am recovering from a successful heart operation and as part of my cardio rehab programme I am encouraged to 'self manage' my condition with a healthy diet and physical exercise programme.

The **Cook it!** programme was a wonderful opportunity to learn new skills and healthier cooking methods over a 6 week period – I really looked forward to each week as the sessions were informative and social. I met people just like myself and we enjoyed the craic while preparing and sharing a meal together. We were presented with a recipe book at the end of the course and it is still well 'thumbed' through...!

The **Supermarket Tour** was delivered by the project's Dietitian Specialist. We selected food items and were given clear information and guidelines on how to read food labels and assess levels of salt / fat / carbs etc on each item. We were then shown how to compare leading brands to cheaper brands of food produce. This was an excellent session which followed on from the Cook it! programme.

**'Weigh to Health'** was a weight management course which included exercise. We were given information and guidance on how to lose weight in a healthy way, on the importance of general keep fit and the programme offered a health check on Body Mass Index (BMI) and a regular 'weigh in' with a food diary. Some of the sessions offered 'chair based activities' with a trained facilitator and on evenings when the weather was fine we walked outdoors".

### **Would you recommend FRESH programmes to others?**

"After my operation I had to work part time as I was no longer able to work full time and I was quite frightened about the future. After participating in the programmes, I feel more self confident and empowered to cope with my condition and still live life to the full!"

### **How would you feel if there was no further funding for FRESH?**

"I believe that Government would miss the opportunity to support community led initiatives that provide a vital link in delivering cost effective education programmes. These programmes promote community health and independent lifestyles to a professional standard and could reduce the burden on health resources".

## What's been happening?



A group of young adults who recently completed a Cook it! programme through REACT were invited to a Mayor's Reception at the Palace Demesne on Wednesday 2nd February. Mayor of Armagh City and District Cllr Jim Speers presented the group with their certificates of participation.

*"The programme has been a great experience and has given me more confidence"*

### The Big Cook

The Big Cook programme is currently taking place at ArKe Sure Start, Armagh. The programme aims to give people the opportunity to develop cooking skills and cook and explore food/recipes from different cultures. Participants originate from Bulgaria, Lithuania and Armagh. Recipes have included Snejanka (Snow White Salad) and Zeppelins (dumplings).

### Good Food Toolkit Training

On 31st January the Southern Health and Social Care Trust delivered a one day training session on the Good Food Toolkit. Some of the groups involved in FRESH were represented at the training.

The aim of the training was to provide people with basic nutrition knowledge and skills and to enable them to deliver nutrition sessions to adults within the community.

### External Evaluation

The external evaluation of FRESH is almost complete. Evaluator Dr Joanna Wydenbach has spent the last few months attending programmes, carrying out focus groups and interviewing those involved in FRESH. A full report will be available to download from our website [www.sgehc.com/fresh.aspx](http://www.sgehc.com/fresh.aspx) by the end of March 2011. We would like to take this opportunity to thank everyone who took the time to be involved in the interviews and discussions.

Newsflash

## FRESH Celebration

The FRESH Celebration will take place on Wednesday 23rd March 2011 from 11am—1pm at the Jethro Centre, Lurgan. The event will give participants the opportunity to hear about the work carried out and to meet the groups/organisations and individuals involved. It will also provide an opportunity to hear some of the recommendations from the evaluation of FRESH.

## Contact us

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