

Family Cooking Taster Session

High Town Ward

26 October 2016 - held at Luton Irish Forum



EVALUATION REPORT

Luton

Background:

From intelligence gathered over the last year, and from attending various conferences on poverty in the town, Healthwatch Luton ran a funded community event for the High Town ward in Luton. There were many aims of the project, but Healthwatch Luton wanted to provide a platform in which to gather feedback from those hard to reach, or seldom heard in the community.

Aim of the Project:

The aim of the community event was to provide a place for those families on lower incomes to be able to feed their children nutritional food in the school holidays. The event was specifically organised for children aged 5-11 and their families. We also wanted to assist in alleviating isolation. Prior to applying for funding, Healthwatch Luton researched families on lower incomes (as part of our priorities for 2016-2017, working with the homeless or those in poverty) and learned that some felt isolated during the school holidays due to be unable to afford to entertain their children.

The initial aim was to run a week long cookery course, but due to funding, Healthwatch Luton dedicated funded resources to a one day event.

Children from lower income families, or families in poverty statistically present with more health issues, including dental, mental and general well-being concerns. Our focus of the day was to provide the children and families a cooking and taster session, and a goody bag to take home to carry on the nutritional provision of food on a budget at home, which included utensils, recipes and health messages from partner organisations.

Healthwatch Luton's alteria motive was to be able to speak to those in this income bracket, within the High Town ward, who we would not otherwise be able to capture their feedback on health and social care services.

"In Poland they make these savoury pancakes differently, but we will definately try them again at home. We will need to purchase some peas and corn to cook vegetable ones in the future, rather than sweet pancakes"

(Conversation with parent of child attending)



Overview of the day:

The families arrived on the day and were introduced to Luton Irish Forum's activity table, or Open Arts activity table, both providing craft activities for the children and their families, around the theme of healthy eating.

Once the cookery taster session began, the children were shown how to prepare themselves (wash hands, aprons etc) and their food. They watched a demonstration of the food preparation skills involved with cooking, and received hands on practice of measuring, mixing, grating and chopping food.

After cooking the food (savoury healthy pancakes), they were offered the opportunity to taste the food they had made along with their parents, carers or siblings. It was a great opportunity for family time, completely free, and allowed the families to see how to make a healthy meal using inexpensive store cupboard ingredients.

Why a family cooking taster session?

The aim was to provide the children and families with quick, simple and safe techniques in which to make a nutritious meal, to inspire families to cook from scratch and encourage sharing and development through tasting of their own food.

We also wanted to engage with children and families in a fun food activity and create an opportunity to share health improvement messages with partner organisations.

Overview of outcomes:

Healthwatch Luton successfully received partial funding from the 'Your Say, Your Way' participatory fund, and through sponsorship and support from local and national organisations provided an activity which would benefit those we engaged with beyond gathering their feedback on health and social care services.

Further outcomes in reaching the seldom heard are outlined below in the feedback.

In just over 3 weeks from confirmation of funding, Healthwatch Luton successfully hosted 26 children who attended on the day, with their parents and families. In total we had over 40 people from the High Town ward attend. The majority of attendees were Polish, Indian, White British but also included, Brazilian, Chinese, Irish, Bulgarian and Bangladeshi. We collected 14 direct feedbacks on health and social care services and we were supported by just under 10 national and local organisations to run the event. The Children's Food Trust ran the cookery taster sessions for Healthwatch Luton.



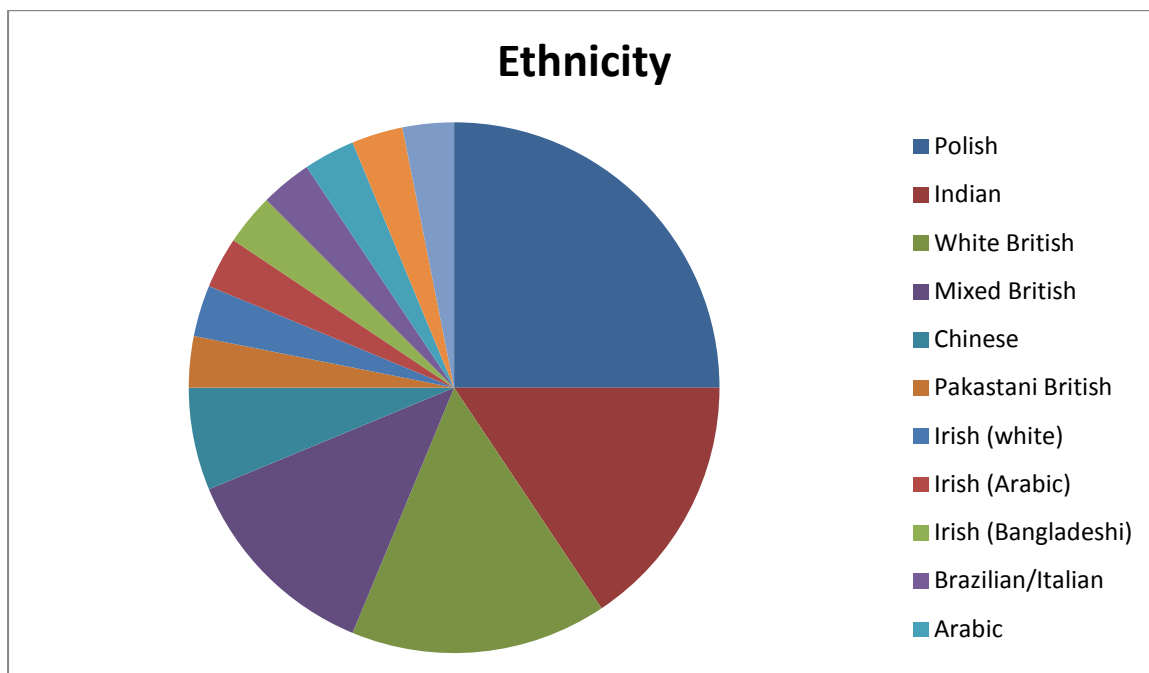
Attendees:

26 children attended the day, and 22 took part in the cookery taster session, which was managed and run by the Children's Food Trust. We ran 3 sessions which ran for 30 minutes, showing the children how to prepare, make and cook the food, with the opportunity to taste the food they had made. The sessions involved making savoury pancakes.

16 parents, carers or grandparents attended and Healthwatch Luton managed to gather feedback from 11 parents on 14 services (details below).

Demographics:

The breakdown in ethnicity of attendees who told us their ethnic origin was:



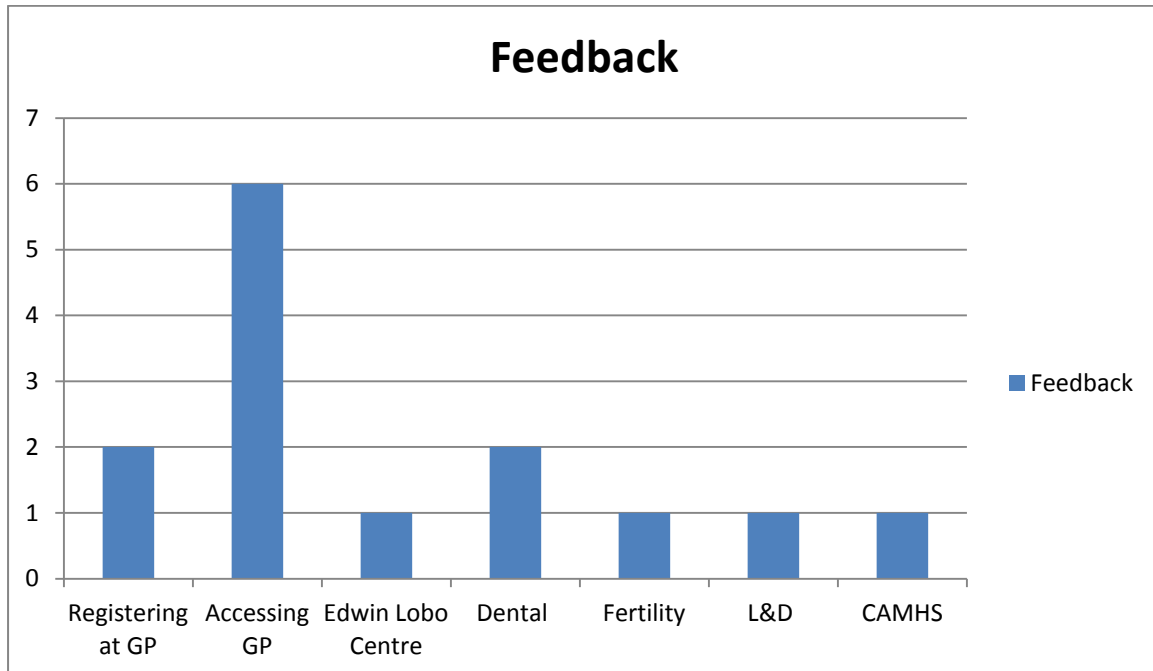
Evaluation of the Day:

23 out of the 26 children who took part in the day evaluated the activities for us. They all said they had fun, they all said they would want to come again to a similar session. The favourite part for most of the children was the cooking and tasting session.

14 adults of the 16 who attended completed an evaluation form. All of them thought the event ran as they expected it to (with one comment of 'even better'). They all were interested in other events Healthwatch Luton may do similarly in the future, and 13 would recommend Healthwatch Luton to others. The best part for the adults was that the children were happy - and one commented that with her son who had autism, the event allowed him to partake and concentrate on something enjoyable. We asked how it could be improved, and people thought it did not need too - no one offered suggestions on changing the event.

Feedback on health and social care services in Luton:

14 out of the 16 adults in attendance gave feedback on health and social care services in Luton.



Following the trend of general intelligence Healthwatch Luton are gathering, accessing GP's seemed to be the highest recorded feedback.

The difference with our feedback on this day, was many of those giving feedback mentioned 'language' and inability 'to understand' communications from the GP and how to access the services. Fertility was a new feedback to Healthwatch Luton, along with further trends showing in dental issues.

"We learned how to stay fit and healthy, and had fun too!"

(Feedback from parent on attending the day)



Supporters:

In order to run this funded community event, Healthwatch Luton contacted the Children's Food Trust who organise cookery taster programmes. The Children's Food Trust ran the cookery taster programme, and other organisations, such as the Luton Irish Forum and local arts organisation, Open Arts provided crafts and activities for siblings and family members.

Tesco and Sainsbury's supplied ingredients and bits for our free goody bag for the children, along with Happy Days local charity, Flying Start, the Food Bank, and the PreSchool Learning Alliance.

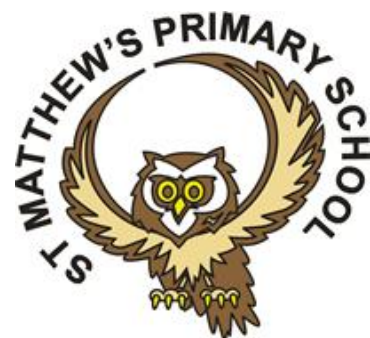
The funding from the 'Your Say, Your Way' only completed partial funding for the event. Healthwatch Luton were then contacted by Penrose who offered to donate further funding for the event. Live Well Luton also supported the event by offering free health checks and St Matthews School in High Town and Bushmead Primary School kindly handed out flyers for the event to all the school children.



LUTON IRISH FORUM



Giving Children in Luton a



Sustainability:

Healthwatch Luton are very grateful for the national and local support to this event, and could not have run such a great day for the families of the High Town ward without the support of those above. In order to run the event again, Healthwatch Luton would look to run the event fully funded and have been approached by various national and local organisations willing to roll out this session to other wards within Luton.

Healthwatch Luton are committed to completing their work plan for the next year until March 2017 using our resources, but our Community work stream will look to planning a possible future event, with the aid the of Income Generation work stream to provide full funding to roll out in Luton. Children In Need has also shown an interest in funding the roll out but this will be discussed more internally.

The Children's Food Trust are able to run a teaching programme to Healthwatch Luton or other organisations in order to run the event ourselves, and this is something we would consider in our planning for next year.



Thank you:

Healthwatch Luton thoroughly enjoyed working in partnership with other organisations in a short time frame to provide an enjoyable event for the families of High Town in Luton. We managed to meet our aims of the day and feel it was a hugely successful event to organise.

We would like to thank all the staff, champions and board members of Healthwatch Luton, and all the partner organisations and supporters.



