

MAY 2011

# FAB! FOOD AND WELLBEING TRAINING PROJECT 2008- 2011

An evaluation



**food  
matters**

sustainable, fair food systems

## Fab! Food and Wellbeing training project 2008-2011 - An evaluation

### Background

We know that mental health problems affect more than 25 per cent of all people at some point in their lives. And, at any one time, about 10% of the adult population is suffering from a mental or behavioural disorder. We also know that these figures rise dramatically for those on the margins of society including those within the penal system, substance mis-users, the homeless, etc.

The fab! Food and Wellbeing training programme was developed in recognition that there was a growing body of evidence demonstrating the link between diet and mental health and yet very little being done to incorporate it into practice at either local or national levels. Food Matters developed pilot projects in response to a clear local need during 2007, which generated interest from organisations wanting to run programmes and incorporate food and well being work into their work with clients. In 2008 Food Matters secured funding from the Brighton and Hove Local Development Plan and the Allen Lane Foundation, and developed a three year programme to expand the fab! programme and to explore the possibility of training workers to deliver key messages and support to their clients as a way to mainstream and embed the skills and confidence needed to make food and wellbeing a critical element of rehabilitation programmes.

### The Project Objectives

#### Year 1

- **Deliver five 6-week fab! Food and Wellbeing training workshops to individuals experiencing poor mental health and behavioural issues.**
- **Pilot one 'training the trainers' course working with support staff in a range of organisations working with those with mental health issues.**

#### Achievements:

- five fab! food and behaviour training workshops all were well attended and well received.
- One pilot 'training the trainers' course *Action on Food and Wellbeing*. Three quarters of the participants that attended the pilot training received follow-on advice and mentoring to deliver food and wellbeing work with their clients.



#### We directly trained

- 11 Professionals (health and social care, support workers etc) who have gone on to cascade their new skills and learning to their clients permanently.

- 34 Clients (vulnerable individuals suffering from enduring mental health problems) who have gone on to work with their support workers to take advantage of other support programmes including skills for independent living, training and substance misuse rehab.
- 11 mental health and other support organisations (Brighton Housing Trust, YMCA, Mental Health Day Services etc) who have integrated food and wellbeing into their rehab programmes.

*'Valuable information that can make a difference to people's life'* **2-day course participant**

## Year 2

- ***Deliver 3 fab! Action on Food and Wellbeing courses (minimum 8 participants on each course)***
- ***Support a minimum of 6 organisations to develop actions around food and wellbeing (this might include, running fab! programmes, guidance on in-house food provision, one to one sessions)***

### Achievements:

- Delivered **five** 2-day *fab! Action on food and wellbeing* courses
- Gave support to the following organisations to develop actions on food and wellbeing within their organisation -

#### ***Youth Offending Team-***

Delivered two 1-day workshops as part of their own twelve week programme. As a result of the *fab!* training the YOT have gone on to develop a 6 week programme centered around food, wellbeing and core asset skills development as part of a restorative justice programme.

#### ***Southdowns Housing-***

Delivered a 6 week *fab!* programme and gave mentoring support to give workers the confidence to deliver training themselves. The impact of this training on clients was reduced purchasing of sugary and sweet foods, replacing pre packed sandwiches with homemade salad and an article in their news letter highlighting the health benefits experiences by one participant following participating in the course.

#### ***Brighton Housing Trust –***

Delivered a 6 week *fab!* programme and gave mentoring support to workers.

#### ***Oasis -***

As a direct result of the *Fab!* training one course participant is now working at Oasis Women's Project where she raised funding to run an 18 month project around Food and Mood and she has been delivering training at Crime Reduction Initiative.

*'Just wanted to say I really enjoyed the workshop last week, I can't stop thinking about what I learnt. I am also full of ideas for delivering the info to the Service Users at Oasis, and am*

*feeling more confident and motivated than before. I think it was great and am really pleased I was given the opportunity to attend.'* **2-day course participant**

### **Crime Reduction Initiative-**

Support workers that have attended the two day training have been supported to deliver food and mood sessions.

### **Mind –**

The mental health charity based at Moulscomb Healthy Living Centre has been delivering food and mood workshops.

### **St Thomas Fund-**

Revamped their nutrition course to reflect learning from the fab! training.

### **Rise-**

Continues to run Food and Mood groups and have taken an allotment and are working to integrate food growing with the food and Mood groups.

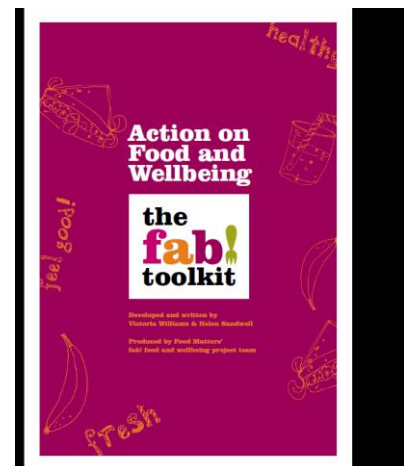
### **Brighton Unemployed Centre Families Project –**

Delivering 1-day workshops

- In addition one professional support worker who attended the training this year has gone on to support the fab! Trainer and Outreach Worker to deliver the 2-day *fab!* *Action on Food and Wellbeing* training in year 3.
- In addition we were able to develop and print a fab! toolkit which accompanies the training programmes.

In Year 2 we directly trained

- 37 Professionals (health and social care, support workers etc)
- 23 Mental health and other support organisations (Brighton Housing Trust, YMCA, Mental Health Day Services etc)
- 8 mental health service users (attending 6 two hour sessions)
- 6 Young Offenders (attending 2 four hour sessions)
- 5 Young Offenders (attending 1 day session)



*'I'm a cookery worker and already have a good deal of experience of nutrition but I found the fab! training extremely useful in terms of how to pass on information to my clients in innovative and useful ways'* **2-day course participant**

## Year 3

- **Deliver 3 fab! - Action on Food and Wellbeing 2-day training courses (minimum 8 participants on each course). A minimum of one course will be delivered in-house to staff across one organisation.**
- **A minimum of two 6-week fab! Food and wellbeing training programmes with under-represented client groups (Young Offenders and NEETs – Not in Education, Employment or Training).**
- **Support a minimum of 6 organisations to develop actions around food and wellbeing (including, running fab! programmes, guidance on in-house food provision, one to one sessions).**

### Achievements:

- Delivered **four fab! - Action on Food and Wellbeing 2-day training courses** totaling 41 participants.
- Two 6-week programmes - with Peer2Peer, a Brighton Housing Trust and Southdowns Housing Trust joint initiative to support clients with enduring mental health issues to work together to build confidence, and with the E2E (Education to Employment) initiative.
- Mentoring support to the following organisations and projects-  
**The West Pier Project** – as a direct result of attending the 2-day fab! training a key support worker at the West Pier Project started delivering cooking sessions.  
Three **Youth Offending Team (YOT)** workers who attended the training have set up a fab! peer support group and the YOT have delivered an ongoing 6- week workshop based on fab! training, and have secured follow-on funding.  
**Brighton Housing Trust** has run a series of three Food and Mood workshops.  
**Mind** – the mental health charity continue to deliver Food and Mood courses and are using the fab! training activities to roll out a programme for Mind to Brighton and Hove council staff.  
**Out-to-Lunch** parents group has run fab! food and mood workshops and have been able to mentor 12 participants as a result.  
Supporting the **Brighton & Hove Food Partnership** to integrate food and wellbeing into their community cookery programmes.

*'Your fab! course was FAB. I found the information interesting, relevant, it was pitched at the correct level and it reinforced the things I knew and dispelled the myths that I might have held and was really informative, educative, and well balanced over-view of nutrition. I found [the trainer] knowledgeable and not too high browed yet totally confident with the subject and had empirical evidence to back up her training.'* **2-day course participant**

### In Year 3 we directly trained

- 29 Professionals (health and social care, support workers etc)
- 17 Mental health and other support organisations (Brighton Housing Trust, YMCA, Mental Health Day Services etc)

- 8 mental health service users (attending 4 two hour sessions)
- 8 Young Offenders (attending 6 four hour sessions)
- 8 NEETS (attending 9 two hour sessions)
- 6 NEETS (attending 6 two hour sessions)

*'Lively and interesting training'* **2-day course participant**

*'Very well taught'* **2-day course participant**

*'Increased knowledge on how food can influence mental wellbeing'* **2-day course participant**

## **What next?**

As a result of the success mentioned above, and being conscious that the NHS/public health sector is going through massive change in the coming years Food Matters intends to develop the fab! programme to reflect these changes.

One area that has yet to be explored is medical professionals working with vulnerable individuals. Food Matters is planning to work with medical professionals (GPs, practice nurses, specialist nurses and other specialist health professionals) working in surgeries, medical centres, outreach programmes to deliver fab! training with a focus on medical centres and GP practices with a high numbers of street homeless, transient population patients.

Food Matters is also working to deliver the fab! programme across the training and rehabilitation agenda. Food Matters has piloted as a six week programme for young people at risk of offending, to improve their learning opportunities. Using food as a vehicle the training aims to enhance living skills, increase basic nutrition knowledge and incorporate Asset skills (Asset is a set of twelve points which refer to skills such as group working, living skills, motivation to change, life style, physical health, emotional and mental health). Over the next year Food Matters will aim to work with a range of organisations working with young people to improve their mental and physical wellbeing and increase their access to training opportunities.

Food Matters is also currently developing *Food and Reform: Rehabilitate and Resettle*. This project will take the fab! programme into prisons and young offenders institutions and aims to support prisoners and young offenders to understand how the food they eat can impact both positively and negatively on their mental health and how best they can use diet to improve both physical and mental well being. Through addressing the underlying symptoms this training programme will provide a gateway to addressing longer term rehabilitation and resettlement goals.

The Food and Reform Training project will sit comfortably with the government's strategies around mental health and resettlement, addressing mental and physical health, training and skills, and reintegration.

We will continue our advocacy and lobbying work in this area with new commissioners and professionals and to meet the challenges of new structures and new priorities.

***Food Matters, May 2011***