

Community Food Subgroup – Choice & Access

19th March 2009

Hamara Healthy Living Centre, Leeds

Attendees

Emma Strachan, NHS Leeds (Chair)
 Sue Mulligan, Health Improvement Team
 Susie Brown, Zest Health for life
 Kirstin Foster, Dietetics, NHS Leeds
 Maureen Parks, Children's Centre Improvement Manager
 Pat Spedding, Extended Services NW
 Rosie Molanari, Education Leeds
 Sally Dodgson, West Yorkshire Joint Services

1	<p>Apologies: Apologies were received from Jackie Moores, Emma Croft, Starr Zaman, Lisa Mallinson, Lisa Gatenby, Katie Parsons, Tessa Irvin, John Parkes and Sarah Bowyer</p>	
2	<p>Minutes of Last Meeting and Matters arising</p> <p>Sue Mulligan highlighted the difference in job role titles for outlined on the minutes for Sue and Janet Smith although they both work in the same team, with the same role.</p>	Emma to change
3	<p>Health Improvement Team Presentation</p> <p>Sue Mulligan gave the group a brief outline of the work which the Health Improvement Team delivers including Hazard House, Falls Prevention, Physical Activity (which is often delivered by Janet Smith), Workplace Health and Smoke Free Homes work, targeting areas in line with the Neighbourhood's Team at NHS Leeds. In regards to food work the team works closely with the All Being Well stall to deliver a variety of food work activities including cookery demonstrations and tasting sessions. The team delivers some work in partnership with Education Leeds to offer some training on food safety to teachers. The Health improvement team currently delivers cooking skills courses and has recently delivered a cooking course in partnership with Together Women who work with women who are at risk of/or have offended. The cooking courses delivered are aligned to the model of the 5 a day project although the duration of the course is normally 3 hour sessions which run, once a week for 6 weeks. Pat Spedding asked if the Health Improvement Team would be available to offer some support at some planned health fairs.</p>	Sue
4	<p>Leeds Food Strategy Update: Emma updated the group on the discussions from the Leeds Food Strategy. The majority of discussions were around the how the food strategy should</p>	Emma/ Lisa

	<p>evolve post 2010. Emma & Lisa Mallinson will keep the group up to date with any further information at the next meeting.</p>	
5	<p>Change 4 life Emma gave a brief update on the Change 4 life campaign. A local supporters guide for Change4 life is now available from the Change4Life website here http://www.nhs.uk/change4life/Pages/PartnerTools.aspx</p> <p>Recently a 3 day Face 2 Face event was held at the Leeds White Rose Centre to promote the how r the kids questionnaires. Each family which fills in a questionnaire will receive a personalised plan through the post to help the family make small changes to their lifestyle. Emma informed the group that following the last two regional food meetings a question and answer session has been delivered around change 4 life, to enable workers to air any concerns. Concerns raised regionally include populating the database of activities for the change 4 life website, using brands and access to resources.</p> <p>Originally agencies and organisation were allowed to design sub brands of change 4 life such as dig 4 life, lunchbox 4 life, however the 8 sub brands announced through the campaign are the only brands which should now be used. Emma suggested there was some conflict of interest here as the stalls held at the White Rose Centre were labelled Juice 4 life, which isn't 1 of the 8 sub brands. Emma will raise this issue at the next regional food meeting.</p> <p>Maureen Parks told the group that she was keen to promote the how r the kids questionnaire, and she wanted to put up a display in each centre to advertise the fact that each family will be receiving a questionnaire. However the central line for change 4 life suggested she download 50 copies as they were unable to supply copies. Emma suggested that some questionnaires maybe floating around from the face 2 face events and will contact the change 4 life contact to check this out.</p> <p>Emma further discussed the schedule for the campaign and informed the group that the first sub brand Breakfast4 Life will be launched shortly to coincide with Mother's day. A tool kit will accompany this sub brand, and has now been launched 1st April, please keep checking the tools section of the partners and supporters section of the website.</p> <p>Emma suggested that if the group have not already they should sign up both as an organisation and as a parent to see the type of resources and information the public receive.</p>	<p>Emma</p> <p>ALL</p>
6	<p>Leeds Food Work Model Emma discussed the Voluntary, Community and Faith sector commissioning arrangements, and informed the group that her team the Obesity, Physical Activity and Food team are working closely with the Neighbourhoods team to ensure food work is part of the arrangements. Emma further informed the group that all teams within the public health directorate including the Food team have been invited to attend a meeting with the Public Health Management Team which will provide an opportunity to discuss performance. Group members suggested that Emma Croft have a presentation item on the next agenda.</p>	<p>Emma</p>
7	<p>Food Updates Rosie Molinari – Education Leeds</p>	

Rosie gave the group an update about work as part of the Leeds Schools Meals Strategy. Rosie made the group aware that the policy was developed and informed by a wide range of agencies not just Education Leeds. RM reiterated the importance of understanding that the packed lunch policy does not align with the Eatwell plate, although recognises the importance of the model and a balanced diet. The PL policy aims to remove food high in fat sugar & salt and responds to the public consultation from parents, pupils and partners. The Eatwell plate forms the education of the whole diet as these foods can be eaten as part of the whole-diet.

Rosie suggested that the packed lunch policy could also be utilised in health promotion activities in workplace. This would support schools and encourage / inform / support workplace healthy eating activities e.g, healthy packed lunch to be also aligned to those of their children / families. This recommendation responds to feedback from the public consultation from Mike Simpkins .

Rosie informed the group that the cultural food policy is soon to be launched that aims to tackle families concerns. The policy was informed through working party for SACRA, the policy will be uploaded on the Education Leeds school meals web portal end of April. . Rosie offered to present an update / overview of the Cultural Policy at the next meeting. She also requested that discussions at PCT board to consider the inclusion / funding of the Leeds school food strategy as part of the obesity strategy to ensure continued delivery of improving school meals by supporting school heads and influencing strategic decision makers in commitment to the national key performance indicator (NI52) to support the delivery of health promotion activities to tackle childhood obesity.

Rosie also thanked partners (Voluntary Sector / Extended Service, NHS-PCT, Early Years etc) for utilising the school toolkits and the packed lunch policy and the promotion of free school meal (utilising the toolkit) uptake in their health promotion activities with young families in addressing food poverty. The toolkits are freely available on www.educationleeds.co.uk/schoolmeals

Maureen Parks

Maureen updated the group on the developments with HENRY (Healthy Eating For the Really Young). The programme will eventually be rolled out across all Children's Centre.

Susie Brown – Zest Health for Life

Susie informed the group that Zest the community grocery has been closed for several weeks, but will re-open on the 21st April until mid July. Currently there are bids in place to strengthen Zest, however long term funding is uncertain. Zest Health for Life is delivering a variety of cook 4 life courses following the established 5 a day model of practice. Furthermore Zest Health for life has been working towards acquiring half an allotment in the Richmond Hill area to progress a growing project. Other activities include delivering events through healthy schools week. Rosie requested that when zest works in schools could they support schools to implement the school food policy, and reinforce the different options available.

Pat Spedding – Extended Schools Services

All

	<p>Pat updated the group on a number of health fairs which are currently planned. Pat is leading on the development of a health fair on 6th July for her cluster which includes 2 high schools, and 9 primary schools potential venues are Leeds Metropolitan University or Lawnswood School. Pat asked the group if they could offer any support in regards to holding stalls at the health fair. All to contact Pat if any agencies would like a stall or can offer any support.</p> <p>There is also a health fair planned for the Horsforth cluster on the 12th May, this work is being led by Tessa Irvin – Extended schools.</p> <p>Pat also mentioned the work that the Open XS cluster have been involved in delivering a healthy lunchbox campaign. Charlotte Orton (Health Improvement Specialist – west and north west neighbourhoods) has sent Emma an overview of the campaign to distribute with the minutes</p> <p>Electronic updates which Emma gave to the group John Parkes – Fresh n fruity John attended the Food co-ops conference discussed at the last meeting. Unfortunately the meeting was in London on the day of heavy snow. Despite this some interesting conversation were held. Usually information is available from www.foodcoops.org www.makinglocalfoodwork.co.uk & www.sustainweb.org</p> <p>Esther Foster – Feel Good Factor Feel Good Factor are continuing to deliver session around eating on a budget for older people and after school cooking groups. Throughout March the emphasis will be more on packed lunches working with parents groups in schools.</p>	
	<p>Healthy Living 4 Life Training Emma discussed the work which the training group have been doing over the last 6 months, which has led to the development of a course entitled Healthy Living 4 Life. Healthy Living 4 life encompasses healthy eating, Food Hygiene and Physical Activity key messages and has been designed to quality assure all food and physical activity work delivered. The training will be led by NHS Dietetics, Public Health Improvement Specialists and the Health Improvement Team. Emma presented the course outline to the group for comment and said she would send the outline round with the minutes for further discussion. The group agreed the content was good. Rosie suggested that the course signposts to policies in place such as school food, and highlights the tools available. Maureen suggested that the training may be a good follow on from the HENRY training. Emma said the training will be provisionally planned to run 4 times per year with additional training planned for groups such as the Neighbourhood Network Schemes.</p>	
9	<p>Evaluation Emma informed the group about the evaluation work she has been supporting with Leeds Metropolitan University. Currently two students have been looking at all the tools currently used to evaluate cooking projects, in order to assess what outcomes are being measures and suggest a possible tool which encompasses a wide range of outcomes such as skills, confidence and behaviour change. Rosie said a lot of this work has been previously done. However Emma said she is keen to use a tool which can collect a number of</p>	

	beneficial factors which the courses derive not just dietary changes. Emma further said this work has been raised at the Regional Food Meeting for discussion to see if one tool could possible be used to evaluate food projects across the region	
10	<p>AOB</p> <p>Emma informed the group that she will be updating the Leeds Food Map in April. As two years worth of data will now be available she is keen to keep projects which no longer run on the map, to see what has worked and what hasn't and to further inform the development of any other food projects.</p>	
11	<p>Date and time of next meeting:</p> <p>4th June 09, 1pm - 3pm @ Public Health Resource Centre (downstairs)</p> <p>24th July 09 10am - 12pm @ Healthy Living Network (Leeds)</p>	