

Borders Healthy Living Network Impact Report 2016-17

Annual Report

2016-17

*Reducing Health Inequalities by Building
Community Capacity for Health
Improvement*



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BORDERS HEALTHY LIVING NETWORK

HLN would like to thank all of our partners, groups and volunteers who have delivered on our work over the last year and supported us to gather information and develop case studies to produce our annual report.

STRATEGIC PRIORITIES

HLN makes a contribution to strategic planning processes including:

Scottish Borders Community Plan 2017

Theme:

- Our Health Care & Wellbeing

Outcomes:

- More people in good health and leading an active lifestyle at every age and stage of life
- More people in good mental health at every age and stage of life
- Improved support and care for older people

Community Learning & Development Strategic Plan 2015-2018

Objective 1:

Reduce inequalities and improve the well being of Borders Communities through early intervention and prevention approaches

Outcomes:

- Individuals and groups will have the capacity and capability to take action to improve their own health and wellbeing
- Community-led health and peer support approaches will be developed to increase the availability of informal social support networks in communities (with a specific focus on older people)

Health & Social Care Locality Plans 2017

Priority

Increase the range of available care and support options across the locality to enable people to remain in their own homes and communities

How HLN contributes to this priority

- Supports local people to continue to be managed at home
- Supports the health inequalities agenda

Borders Director of Public Health Annual Report 2015

Vision

All residents in the Borders have the right to good health and enjoy equal opportunities to lead healthy, safe and fulfilling lives

Actions on Inequalities

- Actions that undo the underlying structural inequalities in power and resources
- Actions that mitigate the health and social consequences of social inequalities
- Actions that help individuals and communities resist the effects of inequality on health and wellbeing

Integrated Children & Young People's Plan 2017-2020

Vision

By 2023, quality of life will have improved for those who are currently living within our most deprived communities, through a stronger economy and through targeted partnership action

National Outcome

07 We have tackled the significant inequalities in Scottish society

Board Strategic Priorities

2. Reduce Inequalities

Community Planning Partnership Priorities

3. Promoting the health and well-being of all children and young people and reducing health inequalities



HLN STAFFING PROFILE

The HLN staff team is made up of a number of posts operating across Burnfoot, Eyemouth and Langlee. One of our significant achievements has been the recruitment and retention of our Modern Apprentice who is now employed full time as a Project Assistant, working alongside the Burnfoot Community and learning about new ways of working. (See appendix 1)

HI Lead	1 full time post	37.5 hours
HI Specialist	2 part time posts	34 & 22.5 hours
Food & Health Development Worker	1 part time post	17.59 hours
Project Assistant	1 full time & 1 part time posts	37.5 & 28 hours
Secretary	1 part time post	15 hours



BORDERS HEALTHY LIVING NETWORK (HLN)

Borders Healthy Living Network was established in 2003. HLN's main aim is to work in partnership to reduce health inequalities and build community capacity for health improvement.

Originally, HLN worked successfully across Walkerburn, Burnfoot, Eyemouth, Langlee & Selkirk. Since 2011 we have adapted, in line with community planning processes, to take a more focused approach in Langlee and Burnfoot and Eyemouth. HLN staff co-located to the new Burnfoot Community Hub in January 2016 to work in partnership and take forward new ways of working that promote wellness.

HLN works across the life stages and develops programmes based on an understanding of what strategic data tells us is important alongside consultation with partners and local people on what works.

HLN recruits, trains and develops local people to become NHS Borders community health volunteers. Volunteers work with HLN staff and partners to co-design and facilitate health improvement opportunities in their communities that promote inclusion, wellbeing and the prevention of avoidable illnesses.

Parent & Child Cooking Classes

Holiday Breakfast Club

Wellbeing Week

Family Cooking

Festive Lunch

Tea Dance

Youth Club

Drop in Lunch

Cooking Cafe

Food Event

Microwave Cooking

My Main Man

Reminiscence Group

Games Night

Street Food Event

Good Food Partnership

Buggy Walks

Olympic Brunch Club

ReConnect

Cooking Group



HLN DATA

COMPARING SESSIONS & PARTICIPANT ENGAGEMENT

The table below demonstrates HLN sessions and registrations between 2015- 16 and 2016-17.

HLN sessions have increased as a result of an increase in demand for a range of activities, ongoing support particularly during school holiday periods and a reflection of partnership working. HLN have recorded partnership projects in the last year and will use this to make comparisons with 2017-18 annual report data.

Participant registrations have decreased, this relates to our more focused approach, engaging with people who need support the most, a change in demographics with more people moving into employment in addition to the increase in community led groups and activities that support early intervention and prevention.

01/04/15 to 31/03/16

Total no. of programme sessions delivered	154
Total no. of programme registrations	3,566

01/04/16 to 31/03/17

Total no. of programme sessions delivered	186
Total no. of programme registrations	1,216
Total no. of partnership projects	66

Further analysis of the data available tells us that we are engaging with those most in need across a range of contexts. We are actively tackling isolation and loneliness with just under a third of HLN participants reporting living alone, we will continue to make progress in reducing isolation throughout 2018. The large majority of our HLN participants are female, we will be looking to increase the number of males accessing HLN services.

Although most people who engage with the service assess themselves to be in good health, they still engage and benefit from health improving activities in line with the social model of health which lends itself readily to social prescribing and information to support the maintenance of a healthy lifestyle. 14% of HLN participants registered themselves as having mental health concerns, we are aware that emotional wellbeing is a high priority across our delivery areas and we will aim to support this agenda by raising awareness of the six ways to be well at every opportunity, www.nhsborders.scot.nhs.uk/six-ways-to-be-well

GENDER

- 79% of HLN participants are female.

AGE RANGE

HLN engages people across the life stages, in particular a higher proportion of working age people.

- 45% of people are between the ages of 21 and 40 years
- 16% of people are aged over 65 years

HEALTH STATUS

HLN records baseline information on each participant which is a reflection of their own view of their health at point of engagement.

- 72% of participants considered themselves to be in good health
- 11% of participants considered themselves to be in poor health with a long term illness

DISABILITY

HLN participants record their own disability status:

- 48% of HLN participants have no disability
- 14% of HLN participants told us they had a mental health concern
- 9% of HLN participants have a learning disability
- 9% of HLN participants have a physical disability
- 19% of HLN participants did not respond

ECONOMIC STATUS

HLN records the economic status of participants.

- 42% of HLN participants are unemployed
- 18% of HLN participants work part-time
- 16% of HLN participants are retired

LIVING ARRANGEMENTS

- 31% of HLN participants live alone
- 58% of HLN participants live with a spouse or partner

CARING RESPONSIBILITY

Almost half of HLN participants have a caring responsibility:

- 37% of HLN participants have a caring responsibility for one or more children
- 6% care for another adult
- 16% did not respond

LOCALITY INFORMATION

LANGLEE

Langlee has a population of around 2,600. Engagement in community activities is growing year on year. It has become clear that people engage in activities in a variety of different settings including the primary school, community centre, church, men's shed and early years centre. HLN staff have worked in partnership to bring added value to settings and activities.

KEY HIGHLIGHTS

- Diabetes peer support group
- Holiday breakfast club
- Family cooking groups & school sports snacks
- Microwave cookery training
- Volunteer led community cooking group
- Men's shed

CASE STUDY: HOLIDAY BREAKFAST CLUB

In 2014 conversations with Langlee Primary School and local people suggested that children might be missing out on breakfast and activities during school holidays.

A trial holiday breakfast club attracted positive feedback and a number of local people wanted to help this continue. It is now an established part of the Langlee calendar with regular volunteers and partners from a range of agencies including the Early Years Centre, Community Learning & Development, Live Borders, Abbotsford House, Langlee Community Centre, Yoga with Sharday, Border Berries, Langlee Residents Association and Langlee Primary School.

Parents, children, volunteers and staff come together to have breakfast and get physically active. Families enjoy participating in games, painting, crafts, indoor tennis, dodge ball and rounders.

A total of 11 volunteers supported the holiday breakfast club in the summer of 2016. This summer we spoke to families who came along to get their views on the development of a food cooperative in Langlee. Flat packed meals, recipes and a range of locally grown produce was made available for people to take home. This proved popular and photos of meals cooked went onto the Early Years Centre facebook page.

Families were positive about the food cooperative and would like to see something providing affordable produce with an emphasis on local produce that can be easily adapted to different meals. This work was supported nationally by the Grocer's Federation, Health Scotland's Eat Better, Feel Better campaign and SBC's Criminal Justice Services who grew the produce for us at our new Greenhouse Project in Galashiels.

Attendance figures have grown year on year:

2014: 35

2015: 74

2016: 115

FACTS AND FIGURES 2016

- 30 sessions over 9 weeks
- 375 volunteer hours
- 115 people attended, most of them children
- 14 partners supporting the club
- Staff and participants enjoyed fruit daily & took recipes home
- Children did at least 30 minutes of daily physical activity

- “This is the first time she has had fresh strawberries”
Mother of 11 month old
- “It’s good just to be able to sit while they do some painting”
Grandmother
- “Lots of space for the kids to run around”



EYEMOUTH

Eyemouth has a population of around 3,546. The range of community activities available has grown significantly over the last few years with the whole town approach and local people driving forward their vision for Eyemouth. HLN has taken forward much of the partnership work that contributes to 'living in a healthy town' which is part of the Eyemouth Community Trust's agenda as well as supporting local authority work to re- imagine daytime services for older people.

KEY HIGHLIGHTS

- Inter-Agency Good Food Partnership established (30 orgs./local people)
- Older People's Tea Dance
- Wellbeing Week
- School Holiday Programme
- Christmas Lunches
- Volunteer Development

CASE STUDY: EYEMOUTH STREET FOOD EVENT

The Eyemouth Street Food Event was held over two days during May 2016 in 'Splash' at the Chill Space on Eyemouth Harbour, an outdoor community run space. HLN worked with a range of partners to plan the event, including Eyemouth and District Community Trust, Eyemouth Primary School and Eyemouth High School. Children and young people from both schools were invited to participate in a voting style consultation to give their views on food and what living in a healthy town meant to them. They were then given the opportunity to get involved in six cooking demonstrations over the two days, whilst tasting good food and interacting with the chefs.

Two chefs were used for the event who cooked up many recipes and as Eyemouth has a reputation for being a main supplier of fresh fish in the Scottish Borders, the recipes used included fish as well as a range of fresh fruit and vegetables.

The event was filmed by Deep Fried Film who supported three young people from Eyemouth High School to take part in the filming of the event and this footage has been used to produce a short film covering the two days, this can be found at: <https://vimeo.com/167334623>

The Street Food event was also recorded through photographs.



FACTS AND FIGURES 2016

- 169 people attended the event, with about 193 people involved over the two days, including many volunteers. Eyemouth community & 5 partner agencies supported delivery of event
- Participants tasted many different fresh foods
- A range of different cooking styles and techniques used to demonstrate many different recipes
- Extensive consultation with the Eyemouth community demonstrates a demand for more cooking demonstrations and good food work in the town
- A significant number of people consulted said they would like to eat more fruit and vegetables and see more cooking classes offered
- Evidence used to inform the Eyemouth Good Food Partnership action plan for 2017

A large proportion of people who gave their views reported that they would like to eat more fruit and vegetables as well as see more cooking classes being offered.

“Brilliant / great idea, the quality of the food she used, full of ideas, we’ve got the recipes”

Anonymous member of the Eyemouth community

“The street food festival in Eyemouth was a great event. It was great for so many people to experience and see how fresh tasty recipes are made”.

Kathleen Rogerson, SBC Local Area Coordination Team, Learning Disabilities.

BURNFOOT

Burnfoot has a population of around 3,391. The last year has focused on developing our co-location arrangements with Burnfoot Community Futures. The HLN staff team are now based within the Hub and activities have relocated from what was the 'health flat'. Staff are working alongside and learning from the community and partners as they work in partnership to drive forward new ways of working. Community led activities enable local planning and development of what works in Burnfoot.

KEY HIGHLIGHTS

- BCF/HLN Co-Location
- Reminiscence Sessions with Older People
- Food Festival with Burnfoot Community School pupils
- Drop-In Lunch
- Food Security Project
- Participatory Budgeting
- International Event
- School holiday breakfast club
- LCAP community consultation

Hub Partners report: "The HLN co-location within the Hub has strengthened BCF's role in addressing health in the broadest context. The networks of both agencies are allowing us wider reach than was previously possible, new ideas and co-produced projects are now beginning to develop and we are sure this will only lead to positive outcomes for our communities in the forthcoming years".

CASE STUDY: HAWICK INTERNATIONAL EVENT

Following the success of Eyemouth's International Day, Hawick was targeted as an area in the Scottish Borders with a number of different nationalities being represented; this has been articulated through local Primary Schools, Hawick Polish School and ESOL provision. Hawick International Day enabled us to find out more about the needs of this population and barriers to health and wellbeing.

The event took place at Wilton Lodge Park as part of Hawick's Summer Festival which received funding from Scottish Borders Council Community Grand Fund, involving partnership agencies, community groups and volunteers.

The event included a range of engagement activities with different cultures showcasing traditional cuisine, attire and crafts, emphasising openness for those volunteering to inform those attending about their country of origin. This created an atmosphere buzzing with community spirit, enthusiasm and mutual respect. As well as showcasing Diversity it gave services an opportunity to engage with the community and increase their visibility and accessibility.



FACTS AND FIGURES 2016

- 500 – 650 people in attendance
- 25 services, community groups & nationality tables
- 22 volunteers represented their nationality
- 4 volunteers supported the running of the event

Volunteers expressed an interest in participating in similar events in the future and agreed on the importance of embedding Diversity into our Borders communities. Education around differing cultures and ethnic diversity within the community would be useful as well as an event to celebrate diversity.

OUTCOMES:

- Funding to facilitate a Diversity Week in October 2017
- 18 events took place across Scottish Borders
- 40 organisations, services & community groups
- Key focus on integration and empowerment



VOLUNTEERING WITH HLN

DOUGLAS ANDERSON

I decided to volunteer to give me more of a purpose to my life and to give something back to my community as I enjoy helping other people. At first I went along to a consultation day in Eyemouth, run by the NHS, aimed at finding out what was needed in the area. I met someone from the Keep Well project and mentioned that I used to be a Chef but suffered for years from a mental health problem. She took down my details and got back in touch to tell me about a volunteer opportunity with the Healthy Living Network in Eyemouth.

I met with the Healthy Living Network staff and decided I would come on board as a volunteer. I officially started my volunteering on the first of June 2015. My main job has been supporting three cooking groups, each lasting between 4 to 6 weeks. I have really enjoyed these groups, some more demanding than others. I feel I am gaining confidence with each one I do as teaching people to cook was a new concept for me.

I have also been involved with the Christmas lunch in Eyemouth, alongside 10 other volunteers, for about 30 older residents. Last year I helped the HLN food and development worker to do the cooking but this year I was in charge of producing the meal which was a great success. This left me feeling elated and proud of myself as I have achieved a great deal in myself this year in relation to building self esteem and confidence.

I have also done a health inequality and community course that lasted 9 weeks with an accredited essay at the end of the course that I passed and found this course interesting and thought provoking and am interested in doing more courses. I have helped out at two food demonstrations in Eyemouth and done train the trainer microwave course which I hope to use next year.

To sum up my volunteer work has given me a sense of purpose and an interest in food work again and I have enjoyed meeting and working with new people and helping the community through the tea dance which we have started monthly where I am in the kitchen. I have gained a lot of confidence and my self esteem is better than it has been in years because of my volunteer work with the Healthy Living Network. The only drawback in not living in Eyemouth as I live in Duns and transport is not always convenient but I get help with transport when needed. I am looking forward to next year where I hope to have more opportunities to develop my skills and enhance my talents. I am hoping to get involved with the Good Food Partnership and Abundant Borders.

VOLUNTEERING WITH HLN

MIRANDA WHELLANS

My name is Miranda Whellans and I am a Healthy Living Network volunteer in Hawick. I joined the volunteering program after completing a Catering for Life course through Borders College in November 2015. As part of the course I took part in a work placement with HLN, I really enjoyed the placement and decided to stay on and volunteer. I felt part of the volunteering family and established my own role as the pudding maker! Everyone likes my puddings and I enjoy cooking for the lunch club every Friday.

When I found out I had been nominated for an Adult Learning Award I was shocked and happy. I had never heard of one before and never thought I could be a potential nominee after all I only cook for a group of people!

HLN team nominated me, I was overwhelmed reading the application they wrote for me. I didn't realise the journey I have been on or realise that other people have noticed my confidence soar. It was really nice reading about myself and what I have achieved from someone else's point of view.

"Volunteering has changed my life because I feel more confident when I am meeting new people. Volunteering has helped me have the confidence to apply for a part time job that has now turned into a full time job!! I now have the confidence to try new things."

My application was accepted and I was invited to the Adult Learners Award Ceremony in March 2017, my dad also came along to support me on the night.

"I had a great evening at the Adult Learning Awards Ceremony and even though I didn't win any of the categories' I was really happy for the people who did. I got the chance to meet people and other people I haven't seen in a long time. I would like to thank HLN team for nominating me in the first place."



VOLUNTEERING WITH HLN

LYNNE MCCOURT

I've spent most of my life in Galashiels and worked in the mills for 25 years. Redundancy meant a move to Glasgow and work as a cleaner, kitchen worker then a floor walker before poor health meant having to give up work. This seemed to be the right time to come back to the Borders. I was finding it hard to get around which meant being stuck in the house staring at the walls all day. I found my mood slipping down and I was avoiding going out. Afraid of meeting people and not able to do the things I wanted to do.

In 2014 my husband started going to the local men's shed and through this I met staff from the Healthy Living Network team.



After coming along to a group that was running at the school I was interested and wanting to help out. The idea of volunteering gave me the push to get more involved and now 2 years later I am just one of an active group of volunteers in Langlee.

I really enjoy volunteering and help out at the breakfast club at the local Early Years Centre as well as doing healthy eating in the local youth club. I have also been on training through the NHS and went to a Community Food and Health Conference in Edinburgh in November 2016.

I have loved every minute of being a volunteer. I really like getting involved and just getting on with what needs to be done. I love being at the breakfast club and chatting to the parents and children who come along as well as making sure that everyone gets a good breakfast.

Lynne evaluates the impact herself:

- Before starting at volunteering I did not get out much and felt that the depression had got to me. Did not want to get out and just sit about the house. I thought no I need to do something to get out the house and just do it.
- During the summer I was out three mornings a week at the breakfast club. Before I was doing this I would be lucky if I got out one day a week.
- We have the breakfast club coming up in the Easter and I am already looking forward to that. It's like, yes this is great, and I'm about as excited as the kids.
- I feel a lot better and the depression has backed off now. I know I am doing something useful and helping other people. I am really enjoying it.

PARTNERSHIP PROJECTS

CRIMINAL JUSTICE SERVICES

The ReConnect women's service provides a 12 week group work programme for women who are at risk of offending and/or women who have a number of complex social, emotional and psychological needs. The service aims to provide a safe and secure environment in which individuals can build their confidence and self-esteem, and make positive steps towards improving their overall wellbeing. Offering a service which empowers the women to live healthier lifestyles is a central component in helping achieve this vision.

The ReConnect women's service and HLN explored in partnership how the women could be enabled to increase their uptake of healthier, affordable foods and translate this learning into their home environments. We combined budget cooking skills sessions with REHIS Food Hygiene certificates increasing knowledge, skills and understanding and potentially improving employment prospects.

Reconnect report that HLN took great care to design well laid out cookery sessions and meal plans that catered to each of the women's needs and strengths. The learning provided was relevant, inspiring and engaging and not only offered practical benefits to the women, it also strengthened their confidence and self-assurance to sustain healthier eating patterns for themselves and their families.

HLN offered an inclusive service that the women valued, with feedback highlighting that the service:

- Empowered women to challenge negative perspectives surrounding their cooking abilities
- Reflect and review eating habits and identify physical health barriers
- Learn new steps in achieving affordable, sustainable, healthier meals
- Hold a more positive self-concept in relation to their cooking abilities

Our partnership work has led to:

- 2 blocks of cooking sessions
- 13 women gaining a REHIS certificate
- 1 festive Christmas lunch
- Support for Charity bake sale (raising over £300 for Cash for Kids)
- 1 participant has volunteered with HLN and now helps with cooking classes at her child's primary school

Going forward we have confirmed another three week block of cooking and another festive Christmas lunch.

Reconnect report: "The ReConnect women's service hopes our partnership with the HLN continues to strengthen and our initiatives together grow and expand".

THE GREENHOUSE PROJECT

The Greenhouse Project was first developed in February 2016. This project was set up to enable people on community payback orders to have an opportunity to be involved in a growing project that would see fresh produce distributed back into the community through HLN activities. Activities were designed to generate an interest in the development of local growing projects and support the development of a community food network. CJS identified a redundant greenhouse site in Galashiels and HLN agreed to support development with funding over a two year period for initial set up, equipment and seeds.

HLN identified a distribution point through the Early Years Centre holiday breakfast programme, 2 summer lunch groups, school and community cooking groups and through local families and volunteers. Produce was also made available within the Langlee Community Centre, we discovered this was a useful engagement tool. Produce and recipes have been made available at the Langlee Carnival to find out more about local opinion on growing and the use of fresh vegetables.

WHAT DID WE GROW?

In year 1 we grew a broad range of produce 2016: Chard, Courgette, Lettuce, Tomatoes, Peppers, Beetroot, Strawberries, Kale, Onions, Carrots, Peas, Broad Beans, Cabbage, Potatoes, Celery, Broccoli, Chillies, Dill, Radish, Spring Onion, Squash, Cucumber

Based on demand and to minimise waste we adapted what we grew in year 2 2017: Courgette, Lettuce, Tomatoes, Peppers, Beetroot, Onions, Carrots, Peas, Broad Beans, Cabbage, Potatoes, Celery, Broccoli, Chillies, Dill, Radish, Spring Onion, Squash, Cucumber

WHAT DID WE DISTRIBUTE?

- The produce was distributed to 20 families through the summer breakfast club in 2016 and 17 families in 2017
- Breakfast club snacks included cucumber, peas, carrots, lettuce and tomatoes
- Peas and cucumber were very popular with children and tomatoes with parents
- Extra ingredients were provided by HLN to complete recipes for: Mexican eggs, Ratatouille and spinach pasta, Indian cauliflower and potatoes, green vegetable pasta, courgette pizza and lettuce wraps. Recipes were sourced from HLN community food resources and the Eat Better Feel Better website
- Feedback from parents was positive and photographs of finished dishes were displayed on the EYC facebook page in 2016
- The produce provided the basis for a range of recipes at school cooking groups, back to basics budget cooking groups, 4 summer lunches and one autumn lunch in both years.
- 26 people took produce from Carnival events in 2016-2017
- Produce has been distributed in Burnfoot

WHAT HAVE PEOPLE TOLD US?

- A mobile distribution project works best, people engage in a variety of settings
- Run a stall once a month in the community centre or school
- Set up a virtual distribution network through social media
- Link to existing project to support distribution
- Set up a small independent shop selling locally sourced produce

SUMMARY

The project has brought partners together to provide opportunities for growing, distributing and helping families who may be trying to overcome many barriers to accessing fresh, simple, affordable and healthy food for their families.

The distribution has been along many paths with an emphasis on easy accessibility for local families and focusing on the places people go.

It has also combined a skills element by supporting cooking groups and is currently helping to provide the ingredients for a skills based cooking group for the growers themselves.

This should be seen as a long term and ultimately self sustaining programme that brings about a shift in the current food accessibility picture in the Langlee area.

CATERING FOR LIFE

This partnership pilot project was led by Borders College with funding from the Department of Work and Pensions. This course aims to offer a broad experience of 'Catering for Life' which includes certificated training and softer lifeskills and experience in preparation for the workplace.

HLN have offered a range of complementary inputs as part of this programme including health inequalities training, walk leader training, physical activity and stress management sessions. In addition the Lifestyle Adviser Support Service offers a brief health assessment which leads to the development of a self-generated health action plan. HLN have also supported the interview process and 4 placement opportunities in Burnfoot & Langlee in the last year. Participants attended school holiday breakfast clubs and three attended the Men's Shed Festival.

We intend to develop our input further to include the 6 ways to be well resource.

The Catering for life partnership programme received very positive feedback at this year's Community Learning & Development HMIE Inspection:

- Strong Partnership
- Almost 100% positive destinations
- Commitment to removing barriers

SELKIRK HIGH SCHOOL SKILLS FOR LIFE GROUP

Students participating in Selkirk High School's (SHS) Skills for Life (SLF) class have taken part in a REHIS cooking programme designed to provide them with the skills and knowledge needed to cook healthy, cost effective meals from scratch. The SFL programme intends to provide students with a variety of learning experiences to help them develop transferable life skills which can be used in a range of environments and situations. The course is designed to work towards the following Curriculum for Excellence outcomes:

- HWB 2-13a
Through contributing my views, time and talents, I play a part in bringing about positive change in my school and wider community
- HWB 2-19a
Opportunities to carry out different activities and roles in a variety of settings have enabled me to identify my achievements, skills and areas for development. This will help me to prepare for the next stage in my life and learning.

Building on from the cooking programme which was delivered to the previous year's SFL cohort, it was agreed that the CLD worker would undertake a food and hygiene course to enable them to be the lead worker in this year's cooking programme. This allows for cost effective delivery of the programme and increased sustainability. HLN then worked with CLD to produce a cooking programme which would offer learning accreditation through REHIS. The course had to achieve REHIS outcomes of:

- Increasing basic food preparation skills
- Increasing basic cooking and presentation skills
- Gaining an awareness of food safety
- Gaining an awareness of using safe and hygienic practices

HLN and CLD consulted with the SFL students during the planning stage to find out what foods they enjoy eating. From this, recipes were identified that would achieve the requirements of the REHIS course but which would also be appealing to the group. As HLN were not involved in the delivery of the cooking lessons, they worked with the group the day before they were due to cook with the group the day before they were due to cook. This provided the opportunity to prepare students for what they would be asked to do the following day during their cooking sessions as well as explaining safe and hygienic practices and the eat well plate model. This was a valuable addition to the programme and helped build relations between HLN and the young people.

LEARNER EVALUATION

As part of their learning experience and portfolio building, SFL students are asked to complete a pre and post activity evaluation form. Most students completed the forms for this cooking session and most reported an increase in how they rate their skills and abilities in relation to cooking techniques, cooking from scratch and understanding of safe, hygienic practices and healthy eating. There were some very reluctant students who did not want to participate in the cooking programme. They saw it as being of no relevance, importance or interest to them. Whilst they haven't changed their mind about cooking, they did find elements of the course they enjoyed and recognise they have benefited from the experience in terms of their skills and abilities. Photos were taken of the group during the cooking sessions and were printed and annotated by the students to remind them of what they achieved during each lesson.

STAFF EVALUATION

Both HLN, CLD and SHS feel positive about the experience offered to this year's SFL cohort. The programme was well managed, well received in general and effective. Having a single period with each group to prepare them for the next day's cooking worked well and should be repeated next year. The group have a good understanding of food groups and what makes a healthier meal. They also have printed recipes of meals they can cook at home. Recipes could be tweaked further to be even more appealing to young people whilst retaining the criteria of the REHIS certificate. Some young people were reluctant to take part in this programme and they haven't changed their opinion about the importance of knowing how to cook. However, they have increased knowledge and a skillset they can use in future should they choose to do so. Other young people in the group thoroughly enjoyed cooking and demonstrated good skills and knowledge. The boost this gives to confidence can't be underestimated.

DIABETES SUPPORT GROUPS

In October 2016 we linked up with Diabetes Scotland who had identified a lack of peer support for people with Diabetes in the Scottish Borders. A public meeting in Galashiels had attracted about 10 people from across the Borders who thought this was worth trying to take forward. We worked with Diana Findlay to try and find out if this was something that the people of the Borders wanted and if there was a desire to get something going in the Galashiels and Langlee area.

The first support group took place on the 2nd November and 15 people came along to hear a bit more about diabetes and how people could support each other. A small steering group has developed to plan future meetings and arrange speakers and venues.

Support groups have taken place in January and March 2017 with further dates planned every second month for the rest of the year. A healthy Living Network volunteer has signed up for the steering group and has been invited to attend the diabetes Managed Clinical Network meetings in the area. Speakers have included the diabetes training coordinator and diabetes specialist nurse with speakers planned for the rest of the year.

Diana has also started support groups in Eyemouth alongside the Healthy Living network and in Kelso with future plans for Coldstream and Hawick. These groups offer valuable peer support to people with diabetes in the Borders and hopes to develop its role to promote and support good diabetes care and raise awareness of the needs of people living with Diabetes.

CONCLUSION

HLN have demonstrated the breadth of partnership work that can be developed by making best use of resources and opportunities at a locality level. Staff actively recruit volunteers and partners to make things happen while maintaining an active role in planning processes that support a reduction in inequalities and promote wellness in communities.

HLN have been successful in gaining two awards in the last year:

- Rising Star Award
- Improving Health Award

The HLN team have an engagement model that works, is community led and supports new ways of working to promote wellness. Staff have their finger on the pulse of partnership working and are well able to make a contribution at locality level in terms of the range of activities that are intended to enable people to take control of their own health and wellbeing.

HLN should continue to work in partnership to build the capacity of other agencies to improve health and wellbeing through training and development & project specific work. HLN are planning to focus on demonstrating the difference their work makes and use every opportunity to evidence impact through improvement planning and evaluation.

HLN are also planning to actively seek out funding opportunities to increase capacity and support partnership developments in other HLN areas. HLN will continue to make a contribution to wider strategic work including Health and Social Care locality planning, Community Learning & Development Strategic Planning & Health Inequalities Action Planning.

APPENDIX

APPENDIX 1: STAFF CONTACTS



From Left to Right: Penny Oliver, Leanne Haining, Nichola Sewell, Barbara Smith, Gordon Elliott & Sandy Armstrong
(Not Pictured Carole Allen, Lizzie Ireland)

Nichola Sewell	01835 825970	Health Improvement Lead – Communities & Vulnerable Groups	SBC HQ
Penny Oliver	018907 52031	HLN Health Improvement Specialist	Eyemouth
Gordon Elliott	01896 755110	HLN Health Improvement Specialist	Langlee
Lizzie Ireland	01450 390410	Health Improvement Practitioner (Equality & Diversity, Health Inequalities)	Burnfoot
Leanne Haining	01896 755110	HLN Food and Development Worker	Langlee
Carole Allen	01896 755110	HLN Project Assistant	Langlee
Barbara Smith	01450 390410	HLN Project Assistant	Burnfoot
Sandy Armstrong	01835 825975	HLN Secretary	SBC HQ

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Scottish Borders Council | Headquarters | Newtown St Boswells
MELROSE | TD6 0SA
tel: 0300 100 1800 | email: strategy@scotborders.gov.uk

