



## chances4change public launch 18th March

### Special points of interest:

- \* Open address by Candy Morris, Chief Executive of NHS South East Coast
- \* Inspirational Guest Speakers Karen Pickering MBE & Sarah Dewey, Expert Patient
- \* Attended by over 100 colleagues & partners from all over the region, including Sir Clive Booth, Chairman, Big Lottery Fund
- \* **chances4change** projects showcasing their work

### What is chances4change?

The chances4change programme consists of 62 projects located in some of the most socially, financially and geographically needy areas of the region. The projects are funded by the Big Lottery Fund which is providing £5.6 million over 4 years to help address health inequalities in the region. They are community driven & focus on three strands of activity - improving mental health, encouraging physical activity & healthy eating.

The chances4change programme was officially launched at St Mary's Stadium, Southampton on Tuesday 18th March. The day was chaired by the Regional Director of Public Health for South East, Professor Yvonne Doyle and comprised a collection of presentations by some of the 62 projects involved, the background to the programme and impacts on the South East as well as inspirational speeches from the Commonwealth & Gold Medal winner, Karen Pickering MBE and Sarah Dewey, the expert patient.

Candy Morris, Chief Executive of NHS South East Coast, painted the big picture and described how the programme fits into the role of NHS, as well as other partners, in providing for the health & social needs of the communities across the South East. The launch was opened by two dances from a group based in Hampshire (see picture above left) who had the opportunity to demonstrate how they were keeping healthy through physical exercise. Other projects presented their work including Support to Community Cafes in Oxford, and the Creativity4health project which provides opportunities for children who are currently in, and were, previously in care services through creative activities. There was also singing and music from two other projects, Silver Song for Life and Sound Bites.

The afternoon session involved five workshops covering Building Partnerships, Network & Learning, Communications & Website, Evaluation & Supported Volunteer with some of the resulting actions shown below.



### [chances4change carrot cake](#)

This healthy carrot cake was made by one of the community chefs involved in the programme to celebrate the launch

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### Example outputs from the five workshop discussions

1. Partnerships — A number of meetings with stakeholders and partners are to be arranged and a partner event is being organized in September 08.
2. Network & Learning— Project Visits are to be arranged and events scheduled.
3. Communications & Website— Ongoing work with the build and content for the chances4change website. Planned to be launched at the forthcoming Communications 2 Event in September 08 which is being arranged.
4. Evaluation— Events to support evaluation.
5. Supported Volunteer— Events to discuss meaning of supported volunteer to be arranged.



**Healthy Eating**

Some projects, such as Cook & Eat Hampshire (see photo above) cover the strand of Healthy Eating with Community Events, School Meals & working with young families to promote healthy eating

**Introducing the chances4change team**



Left to Right:  
Jo Belcher, Em Rahman, Mary Shek & Jo Wiltshire

The **chances4change** programme commenced on 3rd December 07, when both Mary Shek, Programme Manger & Jo Wiltshire, Programme Co-ordinator were appointed. Jane Penfold, (pictured here on the right) Management Accountant, joined the team on 1st February 08.



Mary, Jo & Jane are all based at NHS South East Coast in Horley and can be contacted via e-mail:

- mary.shek@southeastcoast.nhs.uk
- joanne.wiltshire@southeastcoast.nhs.uk
- jane.penfold@southeastcoast.nhs.uk

And, more recently, the two Building Blocks Managers were appointed on 7th April 08 who are Jo Belcher, Research & Evaluation Manager & Em Rahman, Networks & Learning Manager

Both Jo & Em are based in Portsmouth County Council and can be contacted via e-mail:

- jo.belcher@portsmouthcc.gov.uk
- em.rahman@portsmouthcc.gov.uk

**NEXT STEPS**

**chances4change website**

- The website has been commissioned to Spooks Studio in Brighton and the architecture is under discussion and will be integrated within the Well Being South East web site
- There will be links within the website to other informative / relevant websites and will include, for example: case studies, forms, members directory, publications
- It will be designed to be interactive with different information being available, dependant on access

**Evaluation & research**

- Finding out about project evaluations already in place
- Working with projects to clarify objectives & milestones
- Working with Big Lottery Fund & sub-contractors to ensure projects' needs are represented
- Scoping projects' needs for evaluation & research support
- Developing an evaluation framework that is flexible enough for all projects to use

**Find out more & get involved....**  
If you would like to know more about the **chances4change** programme, please contact:

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**Support to projects**

- Sub-regional network meetings with projects
- Project Visits by Programme Manager & Building Blocks Managers
- Learning strategy & events plan produced for forthcoming year including Connection 2 Event in London in Sept 08

**Next Issue: To be published in July 08**



**Physical Activity**

Many of the projects promote and encourage all ages to have access to physical activity