

chances4change celebrates it's 2nd Year Anniversary!

Local communities from across the south east region are being enabled and empowered with the knowledge and skills to be more active, eat more healthily and have good mental wellbeing as a result of chances4change projects.

This special edition newsletter has been produced to highlight and celebrate the work of chances4change. The newsletter will focus on different regions, showcasing the work of projects locally.

TO FIND OUT MORE READ ON!

chances4change is the South East's £5.6m portfolio of 62 projects funded by the Big Lottery Fund's Wellbeing programme. It's aim is 're-addressing the hidden health inequalities in the south east' targeting at risk groups across the region.

The projects address one or more of these three strands of the Big Lottery Fund Wellbeing programme: encouraging people to be more physically active, eat more healthily and have enhanced wellbeing.

The South East Coast Strategic Healthy Authority has undertaken to act as the lead agency for chances4change, but the portfolio has been developed by and is supervised by a substantial partnership of regional and local agencies including South Central Strategic Health Authority, Department of Health South East, SEEDA, RAISE and Portsmouth City Council.

Below are the overall objectives for chances4change set by the Big Lottery. Our progress on each objective is listed below.

By January 2012 - 53,663 people from excluded groups targeted in our portfolio and those with sedentary lifestyles in the South East would have increased their physical activity.

59% (31,793) target beneficiaries reached for physical activity.

By January 2012 - 31,468 people from excluded groups targeted in our portfolio in the South East would have increased their knowledge and skills about healthy food and have greater access to healthy food.

48% (15,307) target beneficiaries reached for healthy eating.

By January 2012 - 28,666 people from excluded groups targeted in our portfolio in the South East would have improved mental well-being through preventative approaches and challenging stigma about mental health issues.

33% (9,595) of targeted beneficiaries reached for mental health

chances4change: Regional Projects

chances4change regional projects work across the south east region. These projects are listed below with a few projects being showcased too!

Project Name	Target Beneficiaries
Silver Song	Older People
Creativity4Health	Young People in Care
Fresh Ideas Network	Community Food Projects
Mindful Employer South East	Employers
VitaliSE	Young People
Go Well	Older People
Sense & Motion	Older People, disabled people, young people
Supported Volunteering Toolkit	Practitioners and professionals

SHOWCASE

Project Name: Mindful Employer

Mindful employer works with employers who wish to improve their ability to employ and manage people with mental health issues. The project delivers the 'beyondblue' training programme to organisations which provides knowledge around mental health problems and how organisations can support their employees. Evaluation of the training has highlighted that employers value the training and support they have received and the training has increased their knowledge of mental health issues.

Feedback from an employer:

A team member was contacted by an employer who had difficulties with a person with psychosis. They discussed the resources that could be useful to them, specifically the Wellness in Work Plan and the HR contact took that as a useful tool to start a discussion with them. This illustrates how having a person in the local area can help to provide support and increase their knowledge about mental health resources within an organisation.

Project Name: Hampshire Dance

Hampshire Dance works across the south east region with local partners in engaging young people in dance as a way to increase their physical activity levels in a fun and creative way.

Hampshire Dance have worked in partnership with West Sussex County Council and NHS West Sussex in developing the NRG2 programme (pictured right). NRG2 is a 12-week project engaging 200 young people in three West Sussex secondary schools between September and December 2009. Run by regional dance charity Hampshire Dance, the project is promoting dance as a fun physical and creative activity, placing a strong emphasis on health benefits.

Young people accessing the programme have said:

"It's basically keeping us active and helping us later in life. We used to hate PE and now its actually quite fun to come and do some dancing. It's fun, you like it and you know it's good for you."



chances4change: Kent & Medway Projects

Kent & Medway region projects work with some of the most disadvantaged areas in the region along with some of societies most vulnerable groups. These projects are listed below with a few projects being showcased too!

Project Name	Target Beneficiaries
All Sorts	Young men who are gay, bisexual or unsure of their sexuality.
Am I Bovvered?	Young girls
Baby Explorers	Parents/carers
Detached Play Workers	Young people
For you too	Young people
Kids Club	Young people
My Body, My Life	People with Mental Health Problems
Naturally Active	BME groups, young people, people with mental health
Postural Stability	Older people
Seven Area Mental Health Awareness Group (SAMHAG)	Employers
Sheppey Community Involvement Project	Vulnerable groups in targeted wards
Tonbridge & Malling Health Living Initiative	Young people
Whole School Meals	Young people

Project Name: Naturally Active

This project is working in North West Kent to encourage people to get out and enjoy local green spaces for activities such as healthy walks, Tai Chi, treasure hunts. The project also provides enviro-Gyms, where people get fit and help improve their local environment at the same time. There's help with transport and costs for people who might otherwise not be able to take part. As one participant said: "You don't realise how far you are walking because you are enjoying it."

Evaluation so far has shown that people are increasing their levels of activity along with enhancing participants wellbeing.



Project Name: SAMHAG

Sevenoaks Area Mental Health Awareness Group runs workshops for employers to raise awareness of mental health issues and challenge stigma so that employers have the knowledge to support their employees. The workshops include short presentations from people with experience of mental ill health, either personally or as carers. The project has been included in a government report (the Boorman Review of Health and Wellbeing) as an example of good practice.

Project Name: Whole School Meals

A social enterprise, Whole School Meals provides after-school cookery clubs based in local secondary schools for children aged eight and up. The project aims to encourage children to eat more healthily while giving them the skills and knowledge about healthy meals. Evaluation to date has shown that children have gained skills and confidence in cookery but are also eating more fresh fruit and vegetables every day.

To find out more about projects from the Kent & Medway region, contact Em Rahman, Networks & Learning Manager at em.rahman@portsmouthcc.gov.uk

chances4change: Surrey & Sussex Projects

Projects working across Surrey & Sussex encouraging people to become healthier. Projects work within the most disadvantaged areas with some of societies most vulnerable groups. These projects are listed below with a few projects being showcased too!

Project Name	Target Beneficiaries
Active Workplace	Employers
Active, Healthy Crawley	Older People, BME Groups, People with Mental Health Problems
Community Cookery Development	Excluded Young People & Community Workers
Community Growing	Unemployed and low income groups and socially isolated people
Get Active	People with Mental Health Problems
The Active for Life Project	Deprived and isolated groups
Sorted! Tea Time to Dance	Intergenerational Project
Healthy Mind – Healthy Body	People with Mental Health Problems
Sound Bites	Intergenerational Project
Prevention of Eating Disorders	Schools and Young People
Active Surrey – Breaking the Tape	Schools for children with special needs
Cook and Eat Surrey	Staff working with children and families

Project Name: Healthy Mind - Healthy Body

This project is working with members of the Leatherhead Clubhouse (a charity for people with mental health problems) and people from the local community who experience mental health problems. The aim is to encourage people to be more active and eat more healthily. Activities include cooking on a budget sessions, growing vegetables at the local allotment, cycling groups, health walks and gym membership.



Project Name: The Active for Life Project

The Active for Life Project is providing accessible exercise for adults and young people in deprived areas of Brighton. Activities are identified in consultation with the local community and include Tai Chi, Nintendo Wii Fit sessions and a family activity project.

Project Name: Cook & Eat Surrey

Cook and Eat Surrey is training children's centre workers and childcare workers in Guildford, Waverley, East Elmbridge and Mid Surrey in nutrition, food preparation and cooking skills. They then deliver their own healthy eating and cooking sessions for children and parents, cascading the key messages about healthy eating to them along with building capacity.

Project Name: Community Cookery Development

Community Cookery Development runs training, mentoring and support for people who work with vulnerable young people. They can then become cookery leaders, giving the young people they work with skills in nutrition and cookery, addressing issues such as the limits of a fast food diet and cooking on a budget.

chances4change: Hampshire & IOW Projects

Hampshire & IOW region projects are working with communities in local areas to promote healthier lifestyles. Projects work with disadvantaged communities to address health inequalities. These projects are listed below with a selection of projects being showcased.

Project Name	Target Beneficiaries
Vice to Health	Women in the street sex industry
Health & Wellbeing for People with Mental Health Problems	People with mental health problems
Active Wight	People with mental health issues and disadvantaged families
Cook and Eat Hampshire	Parents/Carers and Children
Sport & Physical Activity Alliance	Vulnerable groups
Family Healthy Eating and Food Preparation	Parent/Carers and Children, and staff working with children and families.
Sunnyside Up	Young People
Older People Ambassador (OPAL Project)	Older People
Outreach & Resettlement Project	Women and Children who have experienced or are experiencing domestic abuse
Get Real about Health	Young People
Obesity Awareness	BME Groups, Schools & Children and Families
Healthy Family Feast	Families

Project Name: Sport & Physical Activity Alliance (SPAA)

This project delivers a range of local initiatives across Portsmouth, Hampshire, Southampton and the Isle of Wight aimed at increasing levels of physical activity for people at risk of obesity. Interventions range from aerobics sessions for Bangladeshi women, green gyms for people with mental health problems and cycling sessions with adapted bikes for people with disabilities. Evaluation is showing that people are participating in activities and increasing their levels of activity.

To find out more about projects from the Hampshire and IOW region, contact Em Rahman, Networks & Learning Manager at em.rahman@portsmouthcc.gov.uk

Project Name: Health & Wellbeing for People with Mental Health problems

The project is based in the Hampshire, Southampton and Portsmouth areas, running cook and eat programmes to develop skills and knowledge around eating more healthily. There are also health walks and support for people to access mainstream community based activities such as swimming and weight management courses. The project also works with leisure services in raising their awareness of mental health issues and how to best support people accessing their activities.

Project Name: Family Healthy Eating and Food Preparation

Based in Southampton targeting parents and children the project aims to provide sessions which develop the skills and knowledge of parents and children on healthy eating. The project runs weekly healthy eating and food preparation sessions in the form of after school cookery clubs, parent and family cooking, lunchtime cookery club for adults and cooking from around the world. Evaluation so far has shown that people are increasing their consumption of fruit and vegetables and feel more confident in cooking as a result of the project.

chances4change: Thames Valley Projects

Projects from Oxfordshire, Buckinghamshire and Berkshire regions working to address health inequalities by targeting the most disadvantaged communities and empowering them to become healthier. These projects are listed below with a few projects being showcased too!

Project Name	Target Beneficiaries
Activate!	People with mental health problems
Healthy Eating Programme	People with mental health problems
Support for Community Cafés	Local communities
Community Food Workers	BME Groups, Homeless people, children and families and people with mental health problems
Family Cookery	Families
Particip8	Young People
Healthy & Active Parishes	Local communities
Healthy Activist project for Gypsies & Travellers	Gypsies and Traveller communities
Health Mentors for Older People	Socially isolated older people
Reading Health Activists	Disadvantaged families and individuals
Active Communities	Children & Families
Move & Munch	Children and Families
Leisure Opportunities for people with learning disability	People with learning disabilities
Well Being Co-ordinator	Disadvantaged groups
Well Being in Berkshire East (WEBE)	BME Groups, Children & Families, Young people, Workplace,

Project Name: Wellbeing Coordinator

In Milton Keynes this project aims to provide and promote culturally appropriate activities for families to increase their levels of physical activity. This includes healthy walks which are targeted through GP surgeries. Evaluation so far has shown that people accessing the project are increasing their levels of physical activity along with being supported to maintain their levels of physical activity.

Project Name: Reading Health Activists

This projects has trained up Health Activists who have been recruited from the communities that they will work with. The activists work across reading working with their communities to access physical activities and healthy eating sessions.

Project Name: Healthy Eating Programme

Working across Oxfordshire helping people with mental health problems to grow their own vegetables in community settings, cook nutritious healthy food from locally grown organic produce and to learn about healthy eating and use diet plans and symptoms journals. Evaluation so far has shown that people have found the practical sessions useful and as a result feel more confident in cooking more healthy meals.

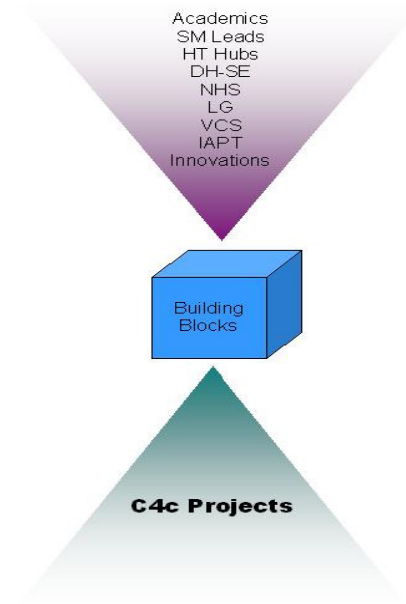


Nordic Walking:
Naturally Active,
Kent

chances4change: Building Blocks Project

The Building Blocks Project is one of chances4change's capacity building project. The project provides support and knowledge and skills development for projects so that they are equipped to deliver public health effectively. The Building Blocks managers have worked with projects in supporting them to develop evaluation plans along with providing capacity in conducting evaluation. The project has also delivered a number of training courses for projects such as Project Management, Project Evaluation, Social Marketing, Health Improvement and Mental Health First Aid.

The Building Blocks Project is currently working on supporting projects with their sustainability plans so that they are equipped with knowledge and skills to present an effective business case to commissioners for future funding. This is particularly important in the current climate. The project is also exploring opportunities to add to the evidence base via research and is currently working in Partnership with the Open University to look at physical activity in early years.



The Building Blocks Project acts as a conduit between chances4change projects and wider partners and stakeholders enabling a 2-way communication and information exchange.

chances4change: Moving Forward

The next two years of the chances4change programme will see the development of the legacy work that chances4change will leave behind as it comes to an end. The portfolio will aim to share practice with wider stakeholders along with information on successes and lessons learnt. The programme will also be supporting projects with their exit strategies and sustainability plans.

chances4change is always keen to explore potential collaboration, links and synergies with other work programmes along with engaging new stakeholders. If you feel that you would like to explore this with us then please contact the team to discuss further. Information about how to contact us can be found on page 8.

Please join us in congratulating all of our projects in enabling our communities to lead healthier lives. We hope that the work of chances4change will leave a legacy of permanent health improvement, sustainable partnerships and capacity for further improvements.

To find out more information about chances4change visit:
www.chances4change.org.uk

About Us

chances4change is the South East portfolio of 62 projects funded by the Big Lottery Fund's Well-being programme. Its aim is 're-addressing the hidden health inequalities in the South East' targeting at risk groups across the region. The projects have a range of activities, working across the age range in a variety of settings and are delivered in partnership by public, voluntary and private sector organisations.

The projects address one or more of these three strands of the Big Lottery Fund Well-being programme: encouraging people to eat more healthily, be more physically active and enabling people to have enhanced well being.

The South East Coast Strategic Health Authority has undertaken to act as the lead agency for chances4change, but the portfolio has been developed by, and is supervised by a substantial partnership of regional & local agencies including Department of Health South East, SEEDA, South Central Strategic Health Authority, RAISE and Portsmouth City Council.

The chances4change portfolio will provide a "legacy of permanent health improvements, sustainable partnerships and capacity for further improvement" in the target communities. Of the 62 projects, 4 focus on mental health, 19 on physical activity, and 13 on healthy eating, with an additional 21 cutting across two or more of the strands. In addition, 5 capacity building projects will involve activities including helping to recruit and retain volunteers, working with employers on challenging the stigma of poor mental health such as depression.

The Team

Building Blocks Project

The Building Blocks project is a capacity building project which provides support to projects and management on areas relating to evaluation, research, networking and learning.

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