Engaging younger people

Examples from Liverpool
Positive About Play

Giving every child the same chance to succeed

Play, more than any other activity, fuels healthy development of young children.
Hearty Lives

“I feel one of the main issues is that food is sometimes used as a standalone topic, but in reality it effects all parts of care providing good quality and productive care”

“I have gained a very good understanding of how food is directly involved in every part of a child and young person’s life, and is an essential component to provide positive outcomes for LAC.”
Play Partnership

Partners:

Liverpool Charity & Voluntary Services (LCVS)
Merseyside Play Action Council
United Way Liverpool
Liverpool City Council
Public Health
Liverpool NHS CCG
John Moore’s Foundation
Community Foundation for Liverpool
Fareshare Merseyside
The Need:

All children deserve a good childhood.

51,417 children aged 5 to 15 in Liverpool.

22% of England’s 100 most deprived small areas.

16,326 children in Liverpool living in the most deprived areas in England.
Reducing play provision

Diminishing opportunity due to economics

Lack of resources

Lack of trained staff

Changing community environment
The Liverpool Fairness Commission report (2012) commented:

“there is an acute danger that the problems of disadvantage and inequality within our society and our city will be greatly exacerbated, those with the least will suffer the most.”
The Play Partnership

• Accessible local play services in school holidays
• Infrastructure to support whole family
• Long term strategic funded support
• Work with local stakeholders
• Support innovation
Play Provision

• Encourages healthy development
• Provides healthy meals
• Reduces anti-social behaviour
• Provides quality child care
• Develops trained volunteers
• Supports families in need
## Summer 2015 – Easter 2016

<table>
<thead>
<tr>
<th></th>
<th>Number of Schemes</th>
<th>Individual Children Attending</th>
<th>Individual Meals Provided</th>
</tr>
</thead>
<tbody>
<tr>
<td>Summer 2015</td>
<td>61</td>
<td>2,500</td>
<td>54,458</td>
</tr>
<tr>
<td>October half term</td>
<td>49</td>
<td>1,655</td>
<td>10,553</td>
</tr>
<tr>
<td>Christmas</td>
<td>25</td>
<td>1,129</td>
<td>5,041</td>
</tr>
<tr>
<td>February Half-term 2016</td>
<td>44</td>
<td>2,170</td>
<td>11,138</td>
</tr>
<tr>
<td>Easter 2016</td>
<td>51</td>
<td>2,529</td>
<td>23,211</td>
</tr>
</tbody>
</table>

Total individual meals provided: 104,401
Case Study 1

• 3 youngest of a family of 5 siblings
• Alcohol & drug dependent parents
• Opportunity to be children
• Increase in self confidence
• Increase in physical activity due to access to nutritious food.
Case Study 2

- Single parent dad & three children
- Minimum wage and English as 2nd language
- Carer role adopted by 15 year old boy
- Clash between school end and job hours
- Volunteer opportunities for 15 year old to reduce social isolation.
Hearty Lives

• Three year project Jul 2013 – Jul 2016

• Looked after children/ children in care

• Carers
Aims

• to research into the health of CiC and LAC;

• to provide support and training around healthy lifestyles;

• to reduce risk of cardiovascular disease by focusing on healthy food and activities.
Hearty Lives

Partners:

Health Equalities Group
Active
Heart of Mersey
Foundation
Liverpool City Council Liverpool
Merseyside Youth Association
Everton in the Community
Food
British Heart
Community Health
Community Food Workers
Sustrans
Life Style Survey

Interest in:

Cookery Sessions
Bike Rides

Reluctance to discuss weight
## Project Interventions

### Nutrition

<table>
<thead>
<tr>
<th>A1</th>
<th>A2</th>
<th>A3</th>
<th>A4</th>
<th>A5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cook &amp; Taste sessions</td>
<td>1-1 healthy eating interv.</td>
<td>Food workshops</td>
<td>Nutrition Champions course</td>
<td>Food 'Train the Trainer' course</td>
</tr>
<tr>
<td>13 x courses, 75 people</td>
<td>8x 1 to 1 interv. 8 YP</td>
<td>5 workshops, 47 people</td>
<td>1 four days course, 22 people</td>
<td>1 full day course, 6 people</td>
</tr>
</tbody>
</table>

### PA

<table>
<thead>
<tr>
<th>B1</th>
<th>B2</th>
<th>B3</th>
<th>B4</th>
<th>B5</th>
</tr>
</thead>
<tbody>
<tr>
<td>BHFNC Active Ability training</td>
<td>BHFNC Make a Move training</td>
<td>Bike Leader Training</td>
<td>Bike rides</td>
<td>walking group</td>
</tr>
<tr>
<td>1 full day course, 11 people</td>
<td>1 full day course, 11 people</td>
<td>1 full day course, 6 people</td>
<td>weekly', 10 people</td>
<td>taster session, 3 people</td>
</tr>
</tbody>
</table>


The cooking course has been a great experience. The fact that we can cook amazing meals with so little healthy ingredient is unbelievable. I personally enjoy cooking in groups. I learned how to make some new meals and how to cook healthy and a lot about health. If I have the opportunity to do this course again, I would definitely do it again.

Rosario (16)
Food Growing
Nutrition Course

“Bought larger fridge to store fresh veg”

“Changed lifestyle. Thank you”
“Will be more likely to use a bike again after today, confidence built up a bit”

“Before starting the bike ride my confidence was really low because I didn't know how to ride a bike before! The people there really helped me and I am now proud to say that I am more confident and able to ride a bike. Which I really enjoy”
Foster Carer 1

“I think any activity that you can share with a foster child is positive and enabling them to meet with other children who are looked after is a good thing, especially in an environment where that is not the focus.”
Foster Carer 2

“I’ve a young lady in my care at present who was restricted from food in the family home. Through doing the course we have introduced changes to her diet that have completely changed her weight, physical appearance and general demeanour – all for the better!”
Recommendations

“Food is not a priority for Children’s Services. But through the training, the activities and the resource pack we have shown that they work”

“The Healthy Lives programme has identified an area that no one has really looked at before. It provides a shift that has the potential to enrich the lives of foster carers and young people.”
Hearty Lives Resource Pack

www.foodincare.org.uk
Conclusions

• Partnership work is key – we don’t all have the answers.

• Experts by experience know best – ask them!

• Play (have fun) and you learn.

Thank you for listening!
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  liverpoolfoodpeople@gmail.com