

A Healthier Me Impact



A Healthier Me is a project about eating healthily.



Internal funding was used for projects and creating resources.




Bexley Mencap
Carlisle Mencap
Colchester Gateway Clubs
Heart of England Mencap
Hertsmere Mencap
Kingston Mencap
Mid Surrey Mencap
Midland Mencap
Mencap Liverpool and Sefton
New Forest Mencap
Nottingham Mencap
Pennine Mencap
Yatton House Society

13 Network Partners were awarded funding to deliver unique projects between January and June 2021.

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	<p>Each month the Network Partners met virtually to discuss updates and any challenges.</p>
	<p>384 people participated including people with a learning disability, supporters and family members.</p>
	<p>Staff members and volunteers from each Network Partner completed surveys about the A Healthier Me programme.</p>

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	<p>Covid 19 restrictions and lockdowns meant delivery could only be done online at first.</p>
	<p>Some network partners noticed more people with a learning disability having mental health issues due to lockdowns.</p>
	<p>Some Network partners found it hard to engage everyone in the projects online.</p> <p>Others found delivering by Zoom useful.</p>

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 Three spiral-bound calendar pages are shown. The top page is labeled 'March', the middle page is labeled 'June', and the bottom page is labeled 'October'. The pages are slightly overlapping and tilted.	<p>Some projects started later than planned as there were not enough staff.</p>
 A photograph of a person in a dark jacket pushing a shopping cart in a store aisle. The person is reaching for an item on a shelf. The entire image is crossed out with a large red 'X'.	<p>Some groups reported some people with a learning disability do not have control over shopping or what they eat.</p>
 A photograph of two women standing side-by-side. The woman on the left is wearing a red top and a dark skirt, and has her arm around the shoulder of the woman on the right. The woman on the right is wearing a light pink top and dark pants. Both are smiling.	<p>They found that a supportive family member or staff member led to a higher chance of positive lifestyle changes.</p>

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There are a lot of unhealthy foods given as a reward for taking part in activities.



It was hard to work with learning disability nurses as they are so busy.



Some people lost weight as a result of A Healthier Me

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Network Partners felt the people they support had more knowledge and skills to make healthier choices.

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturates 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Using the Traffic light label on food packaging.







Sessions had a high attendance, possibly reducing social isolation for people with a learning disability.



Network Partners reported the people they support had new skills in cooking, gardening and making healthy choices.

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	<p>It could be seen that digital skills improved as many sessions were held online.</p>
	<p>The working group helped with sharing ideas and creating resources.</p>
	<p>Some people tried new foods that they hadn't before.</p>
	<p>Some groups felt that they needed to do more than they thought.</p>

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	<p>Some groups found it hard to tailor the project to people with profound and multiple learning disabilities.</p>
	<p>Mencap is unsure if the project helped to increase friendships or reduce stigma.</p>
	<p>It is unclear if some of the projects have led to people making long term healthier choices.</p>

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The project has been a success in helping people to make small changes to what they eat and how they exercise.



The project is flexible and can be run online or face to face.



More research may be needed for some of the projects.

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Some of the A Healthier Me objectives may need changing.



Adding a programme for parents, carers and support workers would be valuable.

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The A Healthier Me Pack

Working with the Network Partner's and a graphic designer a healthy eating resource pack has been created which includes:

Information booklet



Carbohydrates

(3-4 portions a day)

Carbohydrates are one of the main sources of energy for our body. They should make up a third of what we eat each day.

Some examples of carbohydrates and portion sizes are:

- 2 cupped hands of cooked pasta and rice
- 2 medium slices of bread
- Mashed or baked potatoes the size of your fist.
- 4 egg sized boiled potatoes or 16-20 oven chips.
- 3 handfuls of cereal or 1 1/2 handfuls of dried porridge oats.



Fruit and vegetables

(5 portions a day)

Fruit and vegetables are a good source of **vitamins, minerals and fibre**.



Vitamins and minerals are nutrients your body needs in small amounts to work properly and stay healthy. Vitamins and minerals help us:

- grow
- see well
- form bones, muscles, skin and organs
- battle infections and prevent us from becoming ill.

Fibre is a different type of carbohydrate which helps us:

- feel fuller
- digest and process food
- stop us getting constipation.

We should eat 5 portions of fruit and vegetables a day. This can be called "getting your 5 a day".

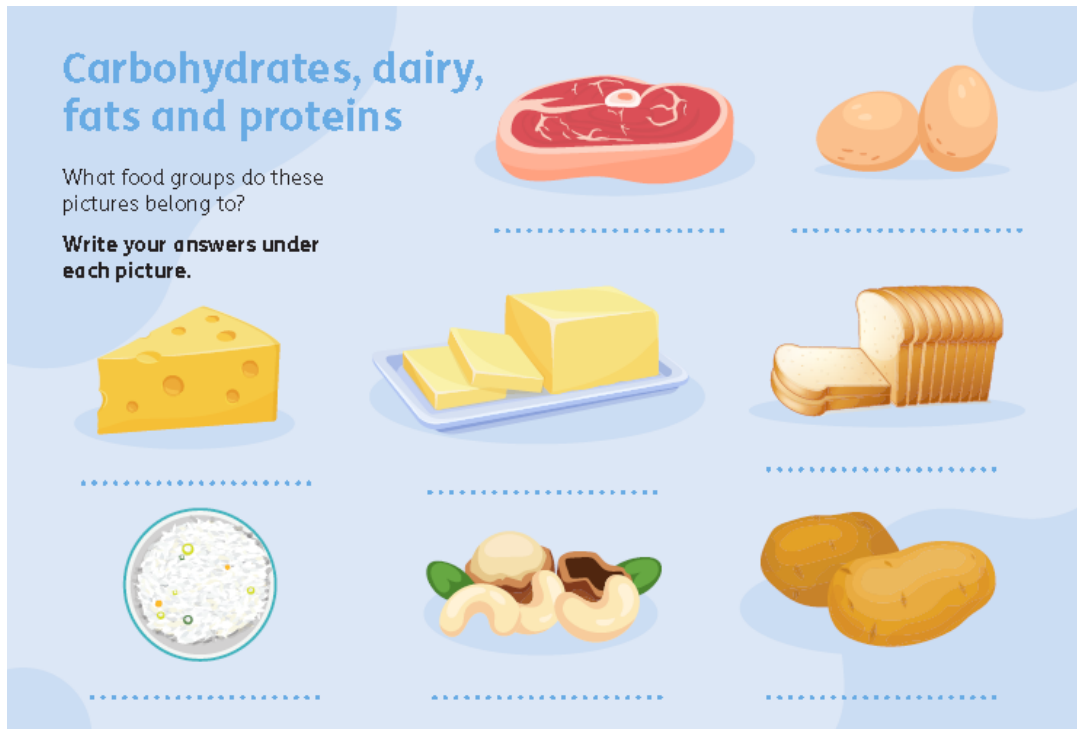


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Activities

Carbohydrates, dairy, fats and proteins

What food groups do these pictures belong to?
Write your answers under each picture.



The activity features a 3x3 grid of food illustrations. Each illustration is accompanied by a horizontal dotted line for a student to write the food group it belongs to. The food items are: a slice of meat (top-left), two eggs (top-right), a wedge of Swiss cheese (middle-left), a tray of butter (middle-center), a loaf of sliced bread (middle-right), a bowl of white rice (bottom-left), cashews (bottom-center), and two potatoes (bottom-right).

Recipes

Dinner recipe

Tortilla pizza your way

Ingredients required:


- 1 wholemeal wrap
- 2 sliced tomatoes
- 50g of grated cheese
- Tomato puree
- Dried Italian mixed herbs (1 tablespoon)
- Toppings

Equipment required:

- Oven
- Baking tray
- Plate
- Knife
- Fork
- Cheese grater

Steps:

1. Turn on the oven to fan 180 degrees/Gas Mark 6.
2. Place the tortilla wrap on a large baking tray.
3. Spoon tomato puree on top of the wrap and spread evenly.
4. Arrange the tomatoes on top. Scatter with half the cheese and then sprinkle with the herbs.
5. Add your topping(s) of choice.
6. Sprinkle the rest of the cheese over the whole pizza.
7. Bake for 12 to 15 minutes until the cheese is bubbling.
8. Let the pizza cool for a few moments before slicing & serving.



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Meal planner

Healthy eating planner
Keep track of your meals

Use this planner to write what meals you plan to have each day. Tick off how many portions of fruit and vegetables you have. And how many glasses of water you have.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Breakfast								
Lunch								
Dinner								
Healthy snacks								
Have you eaten your 5 fruit & vegetables?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
How many glasses of water have you had?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>



Bexley Mencap supported people who would like to be healthier to access groups and sessions.

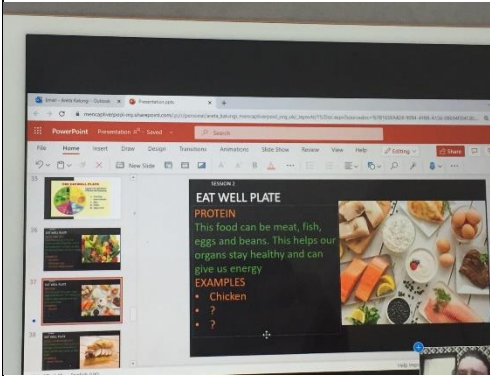


Mid Surrey Mencap produced a home cooked meal at the day service for all members and held cookery lessons

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Kingston Mencap worked with a Nutritionist to cover food topics and offer support to members.



Mencap Liverpool & Sefton created a course for their members on Zoom. Some topics included the eat well plate, shopping and food labels.





Hertsmere Mencap ran cookery class with their members for 12 weeks at a local community kitchen.



Colchester Gateway Clubs linked A Healthier Me to the Gateway Award and supporting people in their own homes with healthy recipes.

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	<p>With the success of the project A Healthier Me, they are working in other areas of Essex.</p>
	<p>Yatton House bought a polytunnel and used some land to create a market garden. This garden meant they could grow their own fruit and vegetables.</p> <p>They have Linked A Healthier Me with other projects, Round The World Challenge and the Lets Get Digital to reach more members during covid, as well as giving members their 'Grow Together' packs for home use.</p>
	<p>Pennine Mencap use their 'Cook Along Live' to support people to cooking healthy meals by following weekly cook along videos.</p>

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Carlisle Mencap have worked with members to create healthy recipes.

They have started growing vegetables with the local wildlife trust.

A short film has been created by members to show the history of how food was grown, harvested, prepared and cooked.



Carbohydrates

(3-4 portions a day)

Carbohydrates are one of the main sources of energy for our body. They should make up a third of what we eat each day.

Some examples of carbohydrates and portion sizes are:

- 2 cupped hands of cooked pasta and rice
- 2 medium slices of bread



- 1 medium baked potato the size of your fist
- 4 egg sized baked potatoes or 16-20 oven chips
- 2 handfuls of cereal or 1-2 handfuls of crisp porridge oats



Fruit and vegetables

(5 portions a day)

Fruit and vegetables are a good source of vitamins, minerals and fibre.

Vitamins and minerals are helpful for your body needs to start growing to work properly and for healthy vitamins and minerals help us:

- grow
- see well
- form bones, muscles, skin and organs
- battle infections and prevent us from becoming ill



Fibre is a different type of carbohydrate which helps us:

- feel fuller
- digest and absorb food
- stop us getting constipated

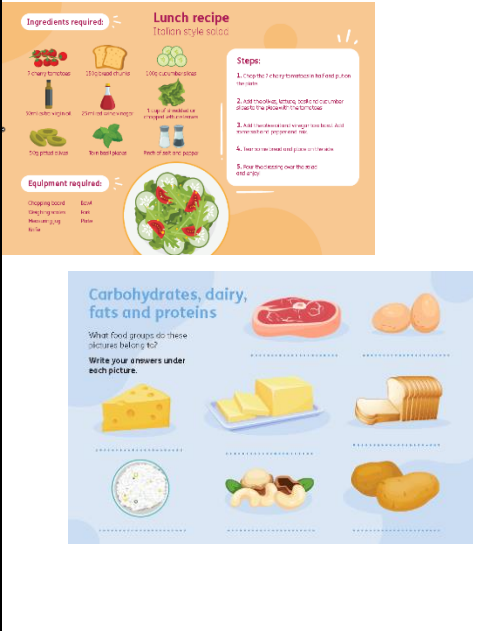
We should eat 5 portions of fruit and vegetables a day. This can be called "getting your 5 a day".



Nottingham Mencap have been learning about food types, fat and sugar content, protein, and portion sizes.

The groups have learnt about calorie control and special diets such as allergies and health conditions and physical

A Healthier Me Impact

	<p>activity.</p>
	<p>Heart of England Mencap started a 'Healthier Me' group. A recipe book and activities have been produced by the Health and Wellbeing Champions.</p> <p>They have also started growing fruit and vegetables.</p>
	<p>Midland Mencap held 3 courses to learn about health and food with members. Each course included theory and practical cooking sessions.</p> <p>Midland Mencap created some accessible resources which members have been</p>

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involved in designing.

Carbohydrates
(3-4 portions a day)

Carbohydrates are one of the main sources of energy for our body. They should make up a third of what we eat each day.

Some examples of carbohydrates and portion sizes are:

- 1/2 cup of pasta, potatoes, the size of your fist
- 2 sliced hands of cooked pasta and rice
- 2 medium slices of bread
- 1/2 cup of cereal or 1-2 handfuls of area porridge oats

Fruit and vegetables
(5 portions a day)

Fruit and vegetables are a good source of vitamins, minerals and fibre.

Vitamins and minerals are needed by your body. They are small amounts to work properly and stay healthy. Minerals and iron help us:

- grow
- see well
- form bones, muscles, skin and organs
- build a strong and immune system

Fibre is a different type of carbohydrate which helps us:

- feel full
- digest and process food
- stop us getting constipated

We should eat 5 portions of fruit and vegetables a day. This can be called "getting your 5 a day".

New Forest Mencap delivered sessions about topics like "what is a balanced diet" "importance of food and sleep" and other sessions about "fats" and "sugars".