



Health Action Local Engagement
Healthy Living Project



Update

Spring/Summer 2011

HALE is a healthy living project which has been successfully delivering community based health improvement activities in the Shipleigh and Frizinghall areas since 2003

Health Action Local Engagement

About HALE

HALE is a healthy living project working in the Shipley, Heaton and Frizinghall areas of Bradford.

HALE aims to reduce health inequalities by creatively engaging and working with local communities. We believe that to make a lasting difference to people's health and wellbeing, local people need to be involved in developing projects right from the start. We also work in partnership with community groups, schools, GP practices, Bradford Council and other voluntary organisations.

Our services

Mental health and wellbeing

Networker Programme: free one-to-one service to support isolated and lonely people to link with local activities that are of interest

Stepping Stone: specialist Networkers working across Bradford to help refugees and asylum seekers get out and about in their community (interpreters available)

Befriending Project: matches local volunteers with older isolated people who want someone to chat to for around an hour a week

Social activities for older people: including cinema clubs and gents' and ladies' social clubs and our monthly Well Being Café

Health through the Backdoor: a programme that responds in creative ways to enhance and sustain people's wellbeing, through fun and unusual activities such as cheerleading, singing or arts and crafts

Weight, exercise and nutrition

HALE Allotment: growing food, learning about the connection between the earth and what we eat, and cooking food in our bread oven on site

123 Club: weekly exercise and weight management course to help maintain a healthy lifestyle

Ready, Steady, Cook: a fun four-week course to promote healthy eating and teach basic cooking skills

Hot Wheels: healthy cooking and nutrition advice on our mobile outreach venue

One-to-one cooking: targeted support to help people learn basic cooking skills



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Sexual health and relationships

CLASH (Collaborative Learning About Sexual Health): a programme for young people to build confidence and self-esteem and learn more about relationships and sexual health

Peer-to-peer Chlamydia screening: recruiting and training young people to screen their peers and engage their friends in discussions around sexual health

Speakeasy: a course for parents and carers to develop the confidence and skills to speak to their children about relationships and sexual health



Oral health

Teethtastic: courses for parents and carers of children under five years old to learn about basic oral hygiene and teeth-friendly food choices, including role play and fun activities for the children - we also offer '**train the trainer**' courses for people working with parents and children

Health information

Kirkgate Katch Up: drop-in services for parents and carers of young children and expectant parents, with access to a midwife, support worker and breastfeeding mentor

Catch up in Frizinghall: new maternity drop-in service in Frizinghall, including access to a midwife and support worker, health advice and breastfeeding support

Friday Night Project: outreach with young people in Myrtle Park and Roberts Park on Friday nights, to raise awareness and change behaviour around alcohol, drugs and sexual health, using our mobile outreach venue

Requesting a course

Many of our courses are **open courses** which people can join by simply turning up or calling HALE. These are listed in our What's On guide on pages 5 and 6 of this Update.

We organise our Teethtastic, Ready Steady Cook, CLASH and Speakeasy courses in partnership with local organisations, including children's centres, schools, youth clubs and community groups. If you would like to **request a course** for your organisation, please contact us on 01274 271 088.

We're always interested in developing new and innovative projects. If you have an **idea for a health and wellbeing activity** to support the people you work with, we would be delighted to hear from you!

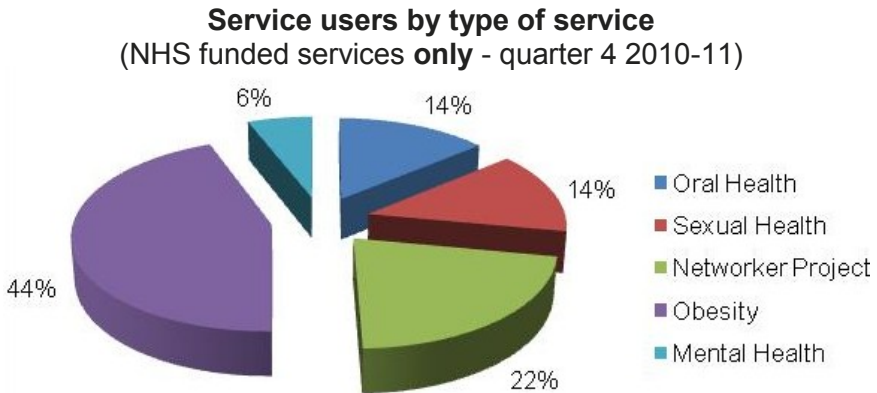
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Our impact

We measure the reach and impact of our work through registration forms, ongoing monitoring, and evaluation before, during and after projects.

How many people have we reached?

In the final quarter of 2010-11, we reached **1,515** people. This takes our total number of people reached over the last three years to **8,027**.



Key evaluation findings (quarter 4 2010-11)

Mental health and wellbeing

- 90% of participants in our Mums with Bums and Tums classes reported an increase in confidence and 100% reported an improved sense of wellbeing
- We have received 80 referrals for Networkers from at least 18 different agencies
- 21 clients were successfully engaged in new activities

"I'm more mobile and active, met new friends, have more confidence and I'm more calm and relaxed." Mums with Bums and Tums participant

"Very helpful! It is good to know that there is someone there to listen and if I lost motivation someone is there to point you in the right direction."

26 year old female Networking client

"This is better than any medicine or pills! I am feeling much happier and I can do things I could only dream about doing before." 92 year old female Networking client

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Weight, exercise and nutrition

- All participants on our new 123 weight loss course reported weight loss within 12 weeks
- 99% of participants in our school-based Ready Steady Cook programme reported eating healthier foods and 100% felt more confident in cooking
- 80% of our Gentlemen's allotment group feel more confident growing food



"I've tried different foods and reduced my salt intake, I think about oil and fat in food now, and I really enjoyed the couscous." *Ready Steady Cook participant*

"It is very helpful to understand about different types of carbohydrates - now I see why I have been having difficulties with my blood sugar." *Diabetic Asian woman*

Sexual health and relationships

- 90% of recent CLASH participants felt more aware of the risks of STIs and 60% reported a positive change in their attitudes and behaviours around sexual health
- This quarter HALE has screened 38 young people for Chlamydia, mainly using our mobile outreach venue



"The work HALE does with these kids is amazing. These are the type of kids who just wouldn't have the confidence to access other services, and you coming in has shown them they are worth something." *Member of staff in Pupil Referral Unit*

Oral health

- 89% of Teethtastic attendees have increased the amount of time brushing teeth
- 100% said that they know more about the damage done to their teeth by consuming sugary snacks and drinks

"You do not realize how much we learnt from you. Whenever we get together now, we only talk about teeth!"

Childminder attending Teethtastic course



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What's on (open courses)

Exercise and nutrition

123 Club *A low cost, friendly programme to help you lose weight and maintain a healthy lifestyle, which combines a 12 week course with regular exercise*

<i>Zumba exercise classes</i>	High Crag Primary School	Tuesdays (term time only) 7.00 - 8.00pm	£2 per session
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<i>Weight management course</i>	Windhill Community Centre	Thursdays 7.00 - 8.00pm	£2 per session
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<i>Time 4 Me</i>	Shipleigh Baptist Church	Wednesdays 10.00 - 11.30am	£2 per session
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Gentle Seated Exercise *Exercise for those who may have more limited mobility*

Wrose Hill Chapel	Wednesdays 12.45 - 1.45pm	£2 per session
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Allotment drop-in *Drop-in sessions to learn about gardening and growing food*

Redbeck Allotments, Otleigh Road, Shipley	Tuesdays 10.00 am - 12.00 pm	Free
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Yoga *Low impact exercise for people of all ages and abilities to develop strength, balance and flexibility*

St Hugh's Centre, Baildon	Fridays 10.00 - 11.30am	£3 per session
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Circuit Training *Exercise for improving strength and stamina, for more active seniors*

Baildon Community Link	Tuesdays from 10th May 11.30am - 12.30pm	£2 per session
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Mobile outreach

Friday Night Project *Advice on alcohol and sexual health, cooking and non-alcoholic cocktails on our mobile outreach venue
See <http://www.facebook.com/HALEproject> for details*

Roberts Park and Myrtle Park	Fridays 7.00 - 9.00pm	Free
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Social and wellbeing activities

Chit Chat Club	<i>Friendly social group for ladies</i>		
	Peaslands, Westcliffe Road, Shipley	Wednesdays 2.00 - 4.00pm	£2 per session
Gentlemen's Club	<i>Weekly social group for men of all ages</i>		
	Peaslands, Westcliffe Road, Shipley	Mondays 1.00 - 3.00pm	£2 per session
Singing for Health	<i>Singing and simple musical accompaniment for older people</i>		
	Hallcroft Sheltered Housing	Alternate Tuesdays 1.15 - 2.15pm	£2 per session
Film Club	<i>Matinee screenings of classic and recent films for people over 50</i>		
	Windhill Community Centre	Mondays 1.00 - 3.30pm	£2 per session
	Maple Court, Ash Terrace, Bingley	Mondays 1.15 - 4.00pm	£2 per session
	Cottingley Cornerstone Centre	Thursdays 1.00 - 3.30pm	£2 per session
Peace of Mind	<i>Meditation workshops to help you cope with stress, anxiety or depression</i>		
	Bingley Methodist Church	Tuesdays starting 3rd May 10.00am - 12.00pm	£2 per session
Well Being Café	<i>Entertainment, refreshments and support for older people with memory problems and their spouses or carers, or those experiencing isolation</i>		
	Moravian Church Hall, West Fold, Baildon	First Thursday in month 1.30 - 3.30pm	Free

Health information

Maternity drop-in sessions	<i>Drop in service for expectant parents and parents/carers of young children, with access to midwife, support worker & breastfeeding advice</i>		
<i>Kirkgate Katch Up</i>	Kirkgate Community Centre	Mondays 9.00am - 12.30pm	Free
<i>Catch Up in Frizinghall</i>	St Margaret's Church, Shipley Fields Road	Tuesdays 1.30 - 4.00 pm	Free

How to make a referral

We accept referrals from professionals, family and friends, and self-referrals.

Networkers (including Stepping Stone - Refugee and Asylum Seeker Networker Project)

- Call HALE or download a referral form from www.haleproject.org.uk/projectwork/mentalhealth/networkers.
- Cases are allocated weekly, but there is sometimes a waiting list of 2-4 weeks before the first contact can be made.

Befriending

- Call HALE or download a referral form from www.haleproject.org.uk/projectwork/mentalhealth/befriending.
- Our Befriending Coordinator will contact the client as soon as possible.

Allotment

- Call HALE to enquire about suitable groups.
- Groups do not usually run during winter (November - February).

Ready Steady Cook, CLASH, Speakeasy, Teethtastic

- Courses are run in partnership with local organisations.
- Call HALE to request a course for a group of people in your area.

**Our mobile outreach venue is available for hire!
Call HALE for more details...**



Contact details

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