



Manningham
Healthy Living
Initiative

Annual Report

2009/2010



action for business limited



Bradford and Airedale

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What is MHLI?

MHLI works predominantly in the area of Manningham and surrounding areas in the inner city of Bradford. In Manningham, with a population of around 20,000, nearly 80% of the population are members of black and minority ethnic groups, predominantly Pakistani and Bangladeshi. The Job Seekers Allowance claimant rate is 8.4% for Manningham, over twice the average level of 4.1% for the United Kingdom. (Bradford Economy, Bradford District monthly unemployment update, published May 2010) In respect of skills 54.5% of Manningham residents have no qualifications, compared to 35.1% in the Bradford District (Census 2001) This illustrates the high levels of social and economic deprivation in the area.

Manningham Healthy Living Initiative is a partnership of organisations working in the Manningham area that came together 7 years ago to help tackle the serious health problems that the residents of the area face. These include high rates of heart disease, diabetes and general poor health; illustrated by the fact that life expectancy for the area is about 8 years less for men than the national average and a large proportion of households have at least one person with a long-term illness (49.5% compared to 36.4% for the district as a whole. Census 2001.) This shows that the health inequalities the area suffers, compared to the norm, are very significant.

The National Lottery New Opportunities Fund supported the project for the first 5 years and NHS Bradford and Airedale has supported us for the last two years and will continue to do so for a further year till March 2011.

The concept is that the work is done by organisations already working in the area with disadvantaged groups, so the community links already exist and the work is part of a broader approach to tackling the area's many problems. The partners represent a broad range of organisations running a range of projects in the area.

The objectives of MHLI are

- For local people to have improved knowledge, skills, competence and confidence to lead healthier lives.
- For young people to have sustainable increased participation in physical activities.
- For MHLI to be the local leader for health and well being activity in the Manningham and Girdlington area, bringing people and organisations together to address health needs and inequalities within the community
- For local schools, youth groups and their young people to be able to grow their own fruits and vegetables.
- For local schools, youth groups and their young people to have increased knowledge and skills to eat more healthily and develop their cooking skills and confidence.
- For local families, especially those with very young children to take a full range of statutory support services to support thus maximising potential child development, learning and growth.
- For local people to have improved insight, knowledge and confidence to explore thoughts and feelings associated with their health beliefs.

What do we do?

MHLI encompasses four projects, one delivered by each of the four partners :

- Grow Organic, delivered by Bradford Community Environment Project (BCEP)
- Health through Families, delivered through the Children's Centres at Lilycroft and Farcliffe, Midland Road and Abbey Green
- Arts in Health, delivered by Artworks and Kalasangam
- Health through Engagement, delivered by ABL

Grow Organic

This programme is run by Bradford Community Environmental Project (BCEP) and works with schools and groups in the community to promote a healthier approach to food. A key element throughout the programme is enjoying the experience and appreciating the health and well-being benefits of growing your own.

This is done by:

1. Regular schools/youth group sessions, growing food and taking part in outdoor, physical and associated activities (on their own site, community venues or on our allotment plots).
2. Stimulating interest and responding to the requests from schools/young people/other agencies to offer sessions in physical, outdoor food growing and associated activities.
3. Provision of fresh organic produce for regular groups to take home, with information on its healthy preparation.
4. Cooking and tasting sessions using seasonally available produce and own produce, supporting the 5-a-day message. The message is delivered through on-site sessions, teaching children how to take fresh organic produce from the ground and prepare it ready for the plate.
5. Activities for children and young people at community events to promote growing fruit and vegetables, taking exercise and healthy eating.



Health through Families

Working through the Children's Centres at Lilycroft, Midland Road and Abbey Green and using the skills of 1.5fte bi-lingual outreach workers ensures contact with parents at an early stage. It is well documented that the earlier the intervention, the greater the chance of long term impact, so this element of MHLI is crucial to the overall success of the project.

Key activities are:

- Outreach workers visit hard to reach families with children 0 – 2 years in their homes providing information and advice on a wide range of health matters in a way that is personal to them and their circumstances. They promote the importance of healthy eating and exercise, support parents' mental health and provide an early point of contact and referral for other services.
- Groups of parents attend sessions at the Children's Centres on topics which include potty training, immunisations, healthy eating, teeth, eczema/asthma, head lice, behaviour management, bedwetting, anaemia, children and sleep, breastfeeding, bottle feeding, weaning, safety at home, car safety, fire safety, safety in the sun, dangers of passive smoking and smoking cessation.



Arts in Health

Artworks and Kala Sangam work in partnership to deliver a programme of community-based activity, which addresses health inequalities by engaging hard-to-reach groups of people through creative activities. The programme uses a creative approach in a range of art forms to develop an awareness of health issues and the capacity to make healthy lifestyle choices. The project uses professional artists, with lots of experience in community engagement, to deliver workshops to address the health needs of the groups they work with.



This programme works on a relatively intensive basis working with participants over a period of 20 hours to develop confidence, and teach learning and skills around health issues. Projects are developed in partnership with the organisation or group with whom the programme works, and health issues, art forms and artists are handpicked to ensure the most appropriate and successful project.

Projects range from those which concentrate on pre-defined health issues which have been developed in partnership with the group workers or the whole group, to more open projects where the health issues explored are chosen by the group throughout the process. Projects have concentrated on such varied issues as mental health, sexual health, healthy eating, exercise, diabetes and smoking reduction to name but a few. The groups are equally diverse ranging from mothers and children in nursery and primary schools to youth groups, deaf groups, refugees and asylum seekers and homeless men.



Core themes running through the programme are the building of confidence, health education, self respect and the reduction of social isolation, all of which play an enormous part in achieving better health.

Health through Engagement

This part of MHLI is run through Action for Business (Bradford) Ltd, known as ABL, who are the lead partner and accountable for the overall delivery of the whole MHLI project.

This element of the project has several aims based around getting individuals and organisations engaged with the health agenda. This is done through a number of key activities

- Sessions for people from hard to reach groups, delivered in an appropriate and culturally sensitive way, so as to make the aware of, and care about, their health choices and the affects they have. This could cover many issues, such as obesity, smoking or diabetes.



- Directing and supporting individuals from these groups to other health care and information sources that they may need

- Providing individuals and groups with health promotion material appropriate to their needs



- Attendance at a wide range of community events to provide health information, talking to individuals about their position and any concerns they may have, and providing them with ways of finding out what they need to know. This could be in the form of literature or a referral to another more specialist service. The events are also a means of promoting key health messages, such as 5-a-day. The type of event can

vary, from a small session at a community centre to major community events, such as International Women's Day.

- Groups from all sectors are encouraged to work together on the health agenda and share information locally.

- Support sessions such as belly dancing and exercise classes for local people and groups. Through these sessions people to increase their levels of activity, as well as increasing their awareness of the impact of levels of exercise, and other issues relating to their health.



- Working with other organisations to integrate the health message into a wider range of activities.

The ABL team also looks after the general management of MHLI, such as the finance and partnership management, monitoring and reporting of what we have achieved to NHS Bradford and Airedale

What we achieved this year

It is not our intention to produce masses of statistics for MHLI, this report is more about trying to understand what we do and what we are achieving. However to give you an idea of the scale of what we do, we have had contact with 4,920 people, with 60% of them women with a majority from ethnic groupings from south east Asia, such as Pakistani or Bangladeshi origin.

We have not got the space to be able to detail all the work we have done, so in this section of the report we aim to give you a taste of the things we have achieved, some feedback we have gathered through our evaluations and some more pictures to illustrate what we do.

Grow Organic

- We have worked regularly with children from 7 settings on a regular basis: Margaret McMillan, St Cuthbert's and the First Martyrs, Miriam Lord, St Philip's and Lilycroft Primaries, and Meridian Nursery - as well as families from Bradford Action For Refugees. Sessions take place on their own premises, on our community allotments on Scotchman Road or at community venues such as Westbourne Green Health Centre.



- We have run 13 occasional sessions for a wide range of groups experiencing deprivation, including Midland Rd and Abbey Green Children's Centres, Lilycroft Primary (holiday sessions), and a project supporting women and children fleeing domestic violence. Two groups took on allotments of their own after enjoying one-off sessions with Grow Organic.



- We have run a 13 cook and eat sessions for people to try new foods and to eat the produce they have helped to grow on the allotment or in their garden. Children have made and eaten fruit compote, soup and/or curries, even sprouts in lemon and almonds! In addition, we like to try things raw, comparing different varieties of apple, or salad leaves. The taste of fresh produce is unbeatable!
- We have taken part in 9 community events including a Youth Service event in Lister Park, Family Learning Fortnight.
- The Manningham Library refurbishment has enabled us to influence the garden, and we have secured use of the raised beds there to work with the local community on food growing. Meridian Nursery were the first to try this, and these young children did a fantastic job of planting up a bed. Children from Miriam Lord and families attending Library events are now also helping with that garden, and visitors to the Library can help themselves to fresh produce at any time.
- 3 items from our Scotchman Road plots won prizes at a West Yorkshire Fruit and Vegetable show, and 3 of our settings won certificates in the best garden competition.

- 250 people attended our open day on Scotchman Road allotments and cooked produce from the plots to eat, hunted for minibeasts, enjoyed environmental play and potted some seeds to take home. Our MHLI partners also joined in, so people could also make music with Kala Sangam, and beautiful art to take away with Artworks.



- We have played a pivotal role in major developments on the Scotchman Road allotment site, including assisting with the set up of an allotments association there, with the aim of securing the future of this important resource for the people of Manningham and Girdlington.

Some things people said

“Gardening is good for your health – it helps your muscles when you are digging and you can eat the fruit which will keep you healthy”

All children said they'd had a good time. All understood the benefits of food growing - food to eat, exercise, and one added, “You get chilled out”!



Two Polish-origin boys with limited English clearly loved being there, knew a lot about plants/ fruit/ veg, taught [BCEP worker] some Polish, and would have harvested the whole plot if given a chance!



A girl with a variety of special learning needs and limited communication grinned broadly after digging.

Staff reported that particular boys had not been vocal in other environments, but are suddenly choosing to talk here.

The teacher rated all the criteria on the BCEP feedback sheet as 5 (fantastic), and added “Your organisation is fantastic; we all had a fantastic time”.

From an email from a teacher after the series of visits:

'Just wanted to say a massive thank you to you and your colleagues. The children had an amazing time at the allotment and got so much out of the visit. They were keen to talk about their experiences and many enjoyed looking at the photos, smelling the garlic and painting and drawing pictures of the garlic, potatoes and onions.'

'It's so nice to have something to take away'.

The Gardening Club is a highlight of year 4. Our children are very keen to work in the allotment, [BCEP staff members] are very professional and always organise interesting and educational activities for the children to complete.



From the practitioners accompanying the children on feedback forms: 14 out of 14 categories completed at 5 ('Fantastic') on 2 forms returned.

'Clearly explained and very enjoyable; everyone had a great time... Approach - very friendly and appropriate for the children involved... Extremely professional and well delivered... Made children aware about how veg and fruit are grown and hopefully

improve their health... Thank you for a very enjoyable morning - looking forward to the next session'.

Arts in Health

Girlington Community Centre - This project was a very exciting project bringing together deaf and mainstream children from local communities and schools. The project was delivered during the Spring Bank Holidays as a 'Springbank Community Week' from 26th – 29th May and included music, visual arts and dance for 5-11 year olds with 20 participants. Two groups of 5 deaf and 5 mainstream children attended the sessions and worked towards a performance on the last afternoon for their friends and family.

Rhythm was explored through the mediums of body and surroundings, leading to the group developing a Bollywood music piece. Children choreographed some rhythms and dance movements, which were then combined in the final performance. Both mainstream and deaf children interacted well and loved the sessions. Very supportive interpreters also contributed to making the project very relaxed and enjoyable. A couple of participants inspired by the workshop wanted to do more and choreographed a whole dance by themselves to perform.

3 Saints Mosaic Project - The 3 Saints Mosaic Project finished in March and was very successful. Clients from the 3 Saints Hostel (which provides supported accommodation for homeless men with mental health problems) designed and made a mosaic representing their thoughts and feelings about the hostel. The mosaic will be installed in the entrance hall, which is also the only shared space in the hostel. 12 participants took part and both workers and users gave very positive feedback. The worker reported that the project increased client self-confidence, created bonds between clients and clients and staff, got them talking about everyday life and issues, was both meaningful and therapeutic and helped to them to relax and de-stress.



Scotchman Road Allotments Project - The Scotchman Road allotments project finished in January and was very successful. 14 children from local primary schools took part in the project which was a partnership between Artworks and BCEP where BCEP taught the children about growing and Artworks provided growing related arts sessions which encouraged the children to think about the process and its benefits. Artists reported how children were amazed to see real vegetables having only seen them in their tinned, cut form previously and this was explored through the artworks they created. They were also introduced to play with natural materials and in a natural environment.



Bradford Action for refugees, Film and Photography - Using film and photography, the participants looked at health and mental well-being issues of refugees and their journeys to the UK. The project helped to build the participants confidence, whilst teaching them new skills and techniques through a creative process.



Midland Road, Timeout Arts for Health Project with Parents - This project has now finished and has had some excellent feedback. The project used visual arts techniques to explore health concerns and issues including smoking, diabetes, children's health, postnatal depression, low self worth and anxiety. Health information leaflets have been used for participants to gather factual information.

Lilycroft Primary School, Egyptian Belly Dancing - This focused on physical dance with 15 mothers between the ages of 30-50 years. Egyptian belly dancing was taught to the participants over a period of seven weeks. The participants choreographed a dance to perform to the school and local community members on the last week of the project.

Milan Centre, 'Meet and Create' - A Visual Artist worked with a group of six disabled women exploring a range of techniques, using arts and crafts to explore health issues. The participants produced cards, fabric paintings and glass painting. The participants explored mental well-being and general health issues



Lilycroft Nursery School - This project focuses on healthy eating, exercise and getting outdoors through the mediums of dance and papermaking. Mums and their children work together for the first half of the session and then children return to school whilst the mums carry on together for the second half. So far feedback has been excellent with mums becoming interested in healthy recipes and asking for health information in Urdu. This project is still in progress.

Some examples of feedback

"Miss, can we do some more and not stop for the break?" mentioned to the dance artist at Girlington dance workshop.

One of the workers involved said: "All the clients have developed in different ways... the sessions have allowed people to talk freely about different issues and have increased confidence levels and got people out of their shells... now everyone wants to know what's happening next."

"It give me basic photography skills, which I needed to become more independent"

"We all have a story to tell"

"As a result of the project, I now do a lot more dancing and skipping with my children, and I think a lot more about the type of food that I cook." (Course Participant)



“Cooking at home has become a real family activity (and very enjoyable) and I am now conscious of the size of the portions I am giving my children.” (Course Participant)

“We had food and reviewed the project. We talked about the movement sessions, then encouraged the group to give us a demonstration - which they did. The staff were very enthusiastic and by the end of the session we were all dancing and looking up ‘you tube’ videos and copying dancing. Nearly everyone confirmed their interest in beginning dance sessions in the new year. Aysha was really talkative and initiating her own conversations with people in English, which showed that her confidence had massively improved. Nureen had got a job and was really proud of herself. She said her children were really proud of her. Yasmin and her daughter were in good form and they were pleased to take pictures of the mosaic home. Taz was talking about her daughter and how proud she is of her; she's only 3 and knows the English and Arabic alphabet. Nadia was really thankful for the experience and thanked us on numerous occasions and was looking forward to the dance classes.”

“The women were all really happy to have had the opportunity to do the project. At the start they were quiet and wary of each other and by the end they felt safe and comfortable in each other's presence, dancing and laughing and chatting about their families. Many of them asked how they might go about doing their own mosaic at home for their gardens and were looking forward to seeing their finished work installed at the centre for the whole community to see.” (Artist)



“We really enjoyed attending the sessions, working together as a group. We would like more activities / sessions like this. We got work done and socialising together. It brought out the talent of many mums which was going to waste sat at home”.

“We have really enjoyed the session. We have learnt a lot of different techniques and how to work with different materials. We have enjoyed working together learnt a lot of different things”.

Health though Engagement

Overall this year the project has run 18 information stalls, 13 cook and eat sessions, 9 health session talks and over 70 sessions held on exercise, health and aromatherapy, stress and well being and belly dancing.

Here are some examples of the work that has been done



- Cook and eat sessions with elderly group at Gurlington Community Centre, Bangladesh well-being Older Women's group, Abbey Green Nursery and Children's Centre, working in partnership with Green Lane Primary School.
- MHLI exhibited their work at the Responsive Practise Workshop aimed at improving services where GPs and other service providers learned about the work of MHLI and reaching out to communities to get the message across on healthy eating and well being.

- Exchange programme organised for women with Leeds 'Health for All' and MHLI, an opportunity for women to learn and share ideas on healthy cooking. Artworks and Kala Sangam, partners of MHLI participated in this event where everyone made a 'pledge for leading a healthy lifestyle' to take away with them.



- Provided an information stall working with Bradford Council on their 'Easy Access' annual event, focus was disabled people.
- Worked closely with all Children Centres' in Manningham, provided support to parents access services e.g. exercise classes, day events promoting health and well being etc
- Liased with Manningham Mills Community Association to hold Tai Chi classes for local community and users of the Mill
- Arranged for continuity of exercise classes with women's group based at Challenge College.
- Signposted women onto Weight Watchers Programme – many have lost weight and have achieved the weight goals they originally set.
- The cook and eat sessions have also been a success. Other groups have contacted MHLI to look into supporting them towards setting up cook and eat sessions in other locations in Manningham.
- Created partnership working to deliver health session to ESOL students from Bolton Royd College.
- International Women's Day event – provided health information stall at Manningham Mills where theme was around women in textile and at the Bradford District event.



- Provided Tai Chi classes for local community
- Organised Health with Aromatherapy sessions
- Exercise classes for women (including belly dancing). The belly dancing classes are continuing and a growing success. Over 100 women have benefited from the classes and new faces are appearing every week from starting this project.
- The Big Play Event – Centenary Square, Bradford. An event organised to promote exercise for young children. MHLI provided an information stall at this event. Families with children grouped together to learn on leading a healthier life and how better choices can be selected to improve their overall health and well-being.

What people said about the project;



'I got to know about different oils and when to use them of different moods, I learned how to deal with stress situations and personal health'.

'I feel the course was interesting from the beginning and I learned a lot through the course'.



'I learned about using natural products that helped my skin and how to protect their environment'.



'I have learned a lot about Aromatherapy and how to blend and use oils'

'I was not confident at all at the beginning of this course, I now feel at ease to socialise'.

'I am thinking of changing my diet and shopping routine'.



'I will try to exercise at least 3 times a week'.

'I will improve my diet and I will try to have a balanced diet for me and my family'.

'I learnt a lot of new things about health and I will try to balance my food and eat more vegetables instead of meat'.

Health through Families

During the year this project has undertaken a programme of home visits and sessions on health related issues for the parents and children of the 3 local children's Centre. These sessions have covered a wide range of topics.

Examples of work undertaken are;

- Set up Healthy Eating /Gardening group and entered Manningham in Bloom competition in collaboration with Parental Involvement worker
- Initiated additional health talk group on request from parents.
- For child safety week ran a fire safety display and did home safety sessions.
- Baby massage groups have been running well, health promotion talks have higher attendance.
- The project has been involved in running eight baby/ toddler group sessions per week. These sessions provided one to one health information



for parents and encouraged them to interact with their children .The attendance at these sessions is very good.

- They have run two baby massage groups, which are always very popular.
- Leading a Disability Complex Health Needs Support Group
- Involvement in organising two family fun day events and three outings for parents and children. They were able to engage with families on health issues and get the message of the importance of exercise across.
- Engaging with families during the summer play schemes and the outdoor play sessions.



- At Midland Road we have made contacts with Health Visitors and they have attended health information workshops and offered advice to parents.
- One to one contact with parents was also possible at the Summer Playschemes and Fundays. They were great opportunity to talk to parents about the importance of healthy outdoor play and involved more contributions from B CEP, Health for Men and MHLI Health through engagement.
- Ran 6 health information workshop with parents and children.
- Delivered 3 sessions on Promoting Positive Behaviour.
- Run a literacy support group, a Time Out group and a Nurturing group.
- Midland Road Nursery and Children’s Centre have rented an allotment space at Scotchman Road Allotment.
- The centre and school has registered for the Change 4 Life and Better Start Campaigns.
- Staff are proactive in developing other ways of getting the healthy message across, eg through delivery of “messy play” sessions, which encourage adult child interaction, offer stimulating experiences for the children, and support parents’ widening understanding of how they can play with their children
- We have received a lot of referrals for loans of home safety equipment.
- We have supported the delivery of the fluoride programme.
- The cook and eat sessions have been consistently well attended and particularly well received. We have set up a new one for dads, which has also been very popular.



What people said;

I learnt to play new games that I can easily adapt to play with my 14 year old or 4 year old child.

I now understand that there so many different drugs and know their names.

I now know that I need to understand my children talk to them and different ways of controlling my anger instead of losing my temper.

Learnt to control my temper at home with my children.

I realised children need sleep as much as adults do.

Now I have learnt to ignore my child. Instead of shouting at him and that works. I don't feel that anxiety as much.

I enjoyed attending the sessions and made friends.

I enjoyed learning and attending the session.

We learned how to praise our children.

Mothers have said that the baby massage sessions have help their children relax and they have created a closer bond with them They said the sessions have helped with the colic and one mum said it has improved her stomach muscles. All parents have given the feed back that they enjoyed participating in the sessions. They are also practicing the techniques at home.



Measuring our impact

We are very aware that we can easily show what we have done, we just need to be able to show pictures, attendance list etc. However showing the **real** impact is a very different matter, especially as health is such a complex issue, affected by so many things, from the size of a fast food companies advertising budget, to your family environment.

To show the impact we have in the community, we have worked with the PCT to develop evaluation systems to try to measure this. As a general sweeping statement we find the feedback on our work very positive and, where it isn't, we act to try and fix any problems with the way we work. We are constantly looking to improve what we do.

We are also introducing a system called "Social Auditing" which takes all the information on what we have done and the feedback we have and takes an impartial look at it. A social audit report is independently produced which gives an assessment of what the projects impact has been. This has nearly been concluded for the Grow Organic element of MHLI and the draft final report shows very positive feedback and impact for the project.

The Future

We are in the final year of full funding from the NHS Bradford and Airedale, so we have started a fundraising campaign to secure support for the years to come. We are very aware that public funding will be under pressure, due to the plans to reduce public spending. Therefore, we are looking at a broader range of support from bodies such as charitable trusts, specialist health funds, on top of any public funding we may secure.

We strongly believe in the importance of the work we do, but we also recognise that there is still a lot to be done, the health statistics and continued health inequality for the area show this. We believe that the approach we take is the right one for the long term. Early intervention gives us the opportunity to be preventative - not waiting for problems to happen. Engaging individually with people makes them really think about issues, whereas a TV advert may just provide a break to go and get some cake!

We are confident that the value of our work will be recognised and that we will be able to secure future funding beyond 2011.

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