

Wandsworth Community Grant 2017 /2018 Report

The Nicholas Stewart Project started out with healthy eating in November 2017 with the food bank clients.

We had few setbacks trying to engage with young people by encouraging them to attend/participate in the Healthy Eating workshops and the weather in the first part was very bad, hence we did not get a lot of clients in the first instance.

Flyers were mainly used to promote the workshops, we did word of mouth as well
One of our major setbacks was engaging with the young people and the venue.
We wanted to use the Clubroom on our Estate but it was unavailable.

The recipients of the Healthy Eating workshops were young people, older adults, people with mental illness, people of different religion, and different culture.
Other session on the importance of how we can have healthy breakfast in simple ways but affordable

The first workshop at the Food bank was bringing awareness on the importance and benefits of drinking water
The effects of not drinking water regular

Some clients were not interested, some said they do drink water but was not consistent.
Over a period of time a few said they had tried

Other session on the importance of how we can have healthy breakfast in simple ways but affordable

In some aspect Client Group were challenged to go away and try drinking more water and trying herbal teas of their choice.

One female client said she would try to drink water more regular
Clients had vegetable samosa for couple of weeks this they tried and enjoyed

28 December 2017, treated to a meal of healthy late morning meal, vegetable samosa, noodles, fruit drink

Had one to one talk on healthy eating
It was more engaging rather than in group setting
Everyone is different and communicate differently.
Some a Bit shy, some didn't want to engage but got took food from the table which was really quite good.

Knife and Gun Crime our health and well-being 3 February 2018

Refreshments were fruits and freshly processed juice
Healthy Eating In simple exciting ways
On spot juicing, with different fruits
A talk was given to audience on the importance of eating healthy
Some People who affected don't spend time to eat properly
Audience participated in selecting fruits of their choice for juice
This was well received as they wanted more
Recipes for juices were given

March April workshops – because of inclement weather did not have a lot of attendees

In April attendance Improved

2nd May Anchor luncheon group - Checking labels on juices for the amount of sugar content Group interaction, issues discussed this group was much larger
Presentation by retired nurse

10 May

Food bank clients serving fresh fruits - having one to one talk and small of two or three about the importance of eating healthy, reinforcing the drinking of water, eating fresh fruits
Checking labels on juices for the amount of sugar content

3rd June

Community Event in Partnership with FlipOut -Outdoor Event

Smoothies and freshly squeezed juices
Young people and adults enjoyed as they sampled and asked for more

It was different from the various food stalls and it was good to know our Healthy juices attracted different age groups and culture.

7th June Healthy Eating Barbecue
Outdoor Event on the Henry Prince Estate
More Young people participating
Roast corn on the cob, barbecue vegetable burgers, sausages, jerk chicken, fresh salad, water instead of juice

It was amazing how the young people and the much younger ones took the challenge to have the water when suggested to them

10 June
Church group at St John the Divine
Talk presentation by Psychologist, teacher, retired nurse

The psychological effects of not eating properly and the rewards of eating properly

Healthy juices with less sugar, juices made with limes, ginger, sorrel, plain water was on the menu as well
Cooked vegetable with salmon, fresh fruits, fresh salad
Group interaction, issues discussed

5 July
Foodbank clients were treated to fresh fruits vegetable samosa

16 August
The NSP Community Funday on the Henry Prince Estate- looking after my health and well being
Promoting Healthy Eating

Barbecue / jerk chicken, roast corn on the cob, vegetable burgers, roast fish, steamed fish, fresh vegetable, fresh fruits, smoothies and juicing participation by young people

September, October, November and December
Continued Healthy Eating to Food bank Clients
Fresh fruits mostly
20 December was a Brunch for Foodbank Clients
Fresh fruits, fried dumplings, Caribbean ackee and salt fish, baked beans, sorrel (otherwise known as hibiscus) drink, vegetable spring rolls, was very interesting to see the clients sampling and trying new food and asking for more.
7 December the NSP participated at the Swaffield Primary school Christmas Fair
Swaffield School making smoothies from fruits and vegetables.

Seeing smiling faces and clients asking questions was very good result having smoothie in the harsh cold outdoors.

Comments from recipients

AI - Drinking water but not taking notice of the amount,
Agrees that consumption of alcohol on regular basis can be unhealthy.
Engaging was positive, he was opening about other things.

D male- took some herbal teas to try out.

Jenn
DI male - Admits smoker and drinker, he will try out tea and drink more water

Ca female-. Active in Art work, agreed about the herbal tea, she tried sometimes.

B Female - knowledgeable about herbal teas, her own mother introduced, she will drink more water.
She became engaged talking about breakfast, conversation around how breakfast can be healthy with doing simple but healthy and affordable ways.

A Male- He didn't drink herbal teas, we looked at two different types of herbal teas and the importance of drinking water

J 12yrs – Very nice and lovely

Jo male – Possibly the best juice of my life

Great smoothie with great ingredients

E – Lovely food

P – The food is 10 out of 10

T- It is very nice that's the best breakfast I had in a while

S – The sorrel drink is lovely

What could have been better?

As a new organisation we need to do proper research and training for volunteers

How has this project helped you to sustain your work with disadvantaged communities?

Doing more events in the future, improve on what clients don't like and provide more of what clients like for the future.

Our organisation benefited attending Thinking Partners, the CCG AGM by

Networking with other organisations, getting ideas and gaining knowledge in different aspect of presenting programs, to reach out to clients

The health and wellbeing priorities of your beneficiaries?

Will Broaden the ideas how we can use healthy smoothies and yet let it taste nice. Trying other fruits and vegetables in the mix, bring awareness that healthy foods are not necessarily boring they can give exciting results in that clients will be able to enjoy these drinks

By: The Nicholas Stewart Project 8 January 2018