

Annual General Meeting

# Downham Nutrition Partnership

Back by popular demand.....  
Smoothie Bike!



**Saturday 21st June 2008**

**11:30 AM**

Downham Health and  
Leisure Centre,  
(Access Point)

Moorside Road, Downham

Downham Nutrition Partnership is a local charity aiming to improve the health of local residents through better eating habits.

We welcome local residents (including families), workers, partners and health professionals to our Annual General Meeting (AGM).

**We are looking for more local people to be involved with the management committee—  
come and have some input into your local community!**

This year, the AGM will be linked to Downham Celebrates; it will be taking place just before the main event, which will start at midday

## **Annual General Meeting**

For more info contact Laura

Phone: 0208 697 6424

E-mail: [laura.dnp@btconnect.com](mailto:laura.dnp@btconnect.com)



**Looking Good Feeling Fine!**

## Chairman's report 2007-2008

This has been another busy and successful year with continuation of existing projects and some new initiatives.

Laura our project worker has continued to work along side local organizations to promote healthy eating and in her other role working with Children's Centres has helped run the local 'Mend' and 'Mini-mend' and again has run successful cookery groups, supported the work on the allotments, helped in the procurement of some on going funding for the organization and produced a high quality calendar based on healthy eating.

The main project for this year has been 'Fruilicious' a fruit and vegetable scheme based at one of our local schools and launched with a very well attended event at Goldsmith's earlier this year.

The project has maintained its good standing at the PCT and local council and has secured funding for a further year from the PCT.

The steering committee continues to meet regularly and has had input from several local organizations but we are looking to add to its membership and are considering moving the time of meeting to a time when workers outside the health environment would be able to attend. With the resignation of our secretary due to new work commitments we are also seeking to appoint a new Company Secretary.

We expect this year to be involved in further local initiatives such as 'Mend', for Fruilicious to continue and expand and are looking at sharing our experience to other areas seeking to develop their own local projects.

## Summary of Activities July 2007 – June 2008

### Raising Awareness of DNP

This year, DNP have developed a **website**. It includes information about upcoming events, past events, healthy eating, recipes, as well as our contact details. If you haven't already seen it, take a look at [www.downhamnutrition.org.uk](http://www.downhamnutrition.org.uk)

On the 30<sup>th</sup> January 2008, DNP held a **Celebration event** at Goldsmiths Community Centre. Approximately 100 people attended the event, and a small feature was included in the NewsShopper. Activities included; information stands on various health topics and other local organisations, launch of Fruitilicious, buffet prepared by the DNP cookery group, prize giving for the Calendar (Healthy Lunchbox) winners and the star attraction: a “**smoothie bike**”!



DNP are often asked to deliver **one-off talks** to local groups. This year, Laura has spoken at the Downham Way Family Church Lunch group and to the North Downham Training Project students. She has also had an information stand at the Children's Centre Fun Day at Grove Park Library

DNP is involved with the **Lewisham Food Strategy**. This is a useful way of networking with other colleagues within Lewisham and keeping up to date with what is happening across the Borough

## **Cookery**

The **Cookery group** met over a 6 month period, choosing and cooking recipes of their choice. This was led by Mezz, the Health Trainer, who did the planning and shopping for the group each week, as well as incorporating healthy eating messages to the sessions and discussions around adapting recipes to make them healthier.

At the end of the 6 months, an **IT group** started (with help from North Downham Training Project), and a group of parents produced a **cookery booklet**, containing 50 of the recipes that the group cooked. 1000 copies of the booklet have been printed



*"We have learnt many new skills throughout our experience, Social skills, food techniques, cooking skills, learning about healthy eating, and computer skills"*

**Mum, Downham Cookery Group**

After **evaluating the 2007 Healthy Eating Calendar**, it was decided that a new one for 2008 should be produced. A calendar is an innovative way of spreading nutrition messages to a large group of people at a relatively low cost. Parents and children were asked to submit recipes and ideas for healthy lunchboxes. These were collated, and 1000 copies of the **Healthy Lunchbox 2008 Calendar** were printed. They were distributed to families within Children's Centre (area 3) via preschools and nurseries

*"I am very impressed with the calendar; it's simplicity and whole presentation of it. It would be a useful resource to circulate to all schools across the borough, so more children and families could benefit. Well done!"*

**Lyn May, Children's Centre Manager, Lewisham Borough Council**

In partnership with Lewisham Preschool Learning Alliance, and funded through Community Education Lewisham, DNP delivered a 6 week course for parents “**Ditch the Junk**”. Each week the 7 parents would take part in a discussion and activity around health e.g label reading or exercise, and then cook a healthy recipe for lunch

### Training / Educating other professionals

The “**Health Bodies Healthy Minds**” training has continued this year in partnership with the North Downham Training Project. This covers key healthy eating messages and activity ideas for leaders of after-school clubs. However, this year the training was also advertised through Early Years, so had to be adapted for this new age group. 3 training sessions were delivered (with approximately 12 students on each)

As part of our work with Lewisham Children’s Centre (Area 3), and in particular the Oral Health Service, a pilot project has been developed to improve the food and drink provision and whole-setting approach to good nutrition in Early Years Settings (**Preschool Accreditation Scheme**). This involves a training day and activity folder being given to the Early Years Settings, followed by support to initiate some improvements e.g ensuring cooking centers on healthy recipes, children do some growing, only water and milk are provided as drinks and implementing a nutrition policy

Once a term, a **newsletter** is distributed to local schools. This uses local case studies, as well as listing resources and activity ideas, and updates around School Food for teachers and other school staff to use.

During July and August 2007 (continued from the previous year) DNP were commissioned to deliver some work for Lewisham PCT. This included delivering 2 **training sessions** (2 days each) for PCT staff (particularly Practice Nurses) “Skills and Tools for Empowering your Overweight Patients”, and also some nutrition and behaviour change training for Fitness Instructors working on the Exercise on Referral Programme

### Group sessions

**MEND** (Mind, Exercise, Nutrition, Do it!) came to Downham this year. 2 programmes have been delivered at the Downham Health and Leisure Centre for overweight children and their families. Some great results were achieved with the families (in terms of changes in waist measurements, fitness levels and weight, as well as noted improvement to their activity levels and dietary habits). The Lewisham programme is managed by Lewisham Borough Council



Downham was very lucky to be 1 of only 5 sites across the country to pilot the new **Mini MEND** programme. It is aimed at toddlers and their families as a health improvement and obesity prevention programme. Feedback from the parents was very positive!

*"We have good news - as of this week he has completed stopped drinking from the bottle" - Sarah/Cameron*

*"I now open the fridge and see fruit as an enjoyable snack. Before it was so boring" - Elizabeth/Imane*

*"I have totally cut down the amount of TV she (2 year-old girl) watches - we play games together instead"*

*"Its really good having all the handouts. If I forget things after each week I know I can always go back and refer to them"*

*"We have totally changed how we do things at home now" - Carol/James*

*"I really enjoyed doing sporty things together and it was good to see how easily we can do these activities at home too"*

*"Snack-time was good to get the kids trying new things and good to get them used to sitting down ready for school"*

*"I can't believe I got to 42 years of age without knowing how to read a food label - it should be on the curriculum!" - Jenny/Louis*

*"We loved the fun with food session and now make smiley faces at home everyday - mealtimes are so much more enjoyable" - Carol/James*



Parents particularly liked the activity part of the sessions, so at the end of mini-MEND a **walking group** was started in partnership with the Ramblers. However, this was not well attended

Lewisham Borough Council (Sport and Leisure) delivered some **Men's Health Groups** across the borough this year, one of which was in Downham. DNP supported this project by helping with the data collection at the beginning and end of the project, as well as delivering a workshop on healthy eating. The men did really well on the programme – every one of the X attendees lost weight, with the total weight loss being XKg!

As part of the Celebration Event on the 31<sup>st</sup> January (see earlier), Laura took the **Smoothie Bike into Forster Park School** during the day to deliver sessions to some of the children. She delivered 2 assemblies and 4 classes throughout the day – promoting the “5-a-day” and “Keep Active” messages

### Food Access

**Fruitilicious** is a Fruit and Veg Co-op run at Forster Park School after school during term-time. Parents and the wider community can order mixed fruit and veg bags or buy single items. The mixed bags are supplied in a re-useable Fruitilicious printed cotton bags and come with a recipe each week. The fruit and veg is sold at cost-price, thus making it affordable as well as convenient. Fruit and Veg is also sold the following day at an elderly lunch Club at Goldsmiths Community Centre. It is hoped that the project will remove some of the barriers to healthy eating. A front-page article on Fruitilicious appeared in Downham Life in February 2008

The **Kendale Road Allotments** have grown in popularity this year. The site is nearly full – many local families, organisations and also schools have been utilizing Kendale Road. We have been awarded a number of grants, and have ideas to expand this area of work e.g Garden Share Scheme, supporting schools to develop allotment areas on their school site



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Income/Expenditure Accounts 2007-2008

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<b>Income</b>	<b>2007-08</b>	debtors	2006-07	adjusted	<b>2006-07</b>
	£		Paid in 07-08		£
PCT	37,500.00		7,500.00	30,000.00	22,499.88
L'ham Childrens Centre3	14,990.00			14,990.00	
Sure Start					11,010.00
LBL Small Grant	2,500.00				
PCT for training	7,234.73			7234.73	
Fruitilicious income	625.15			625.15	
Neighbourhood grant		1,000		1,000.00	
Interest	610.55			610.55	432.94
Health First					4,533.92
Intergenerational project					497.00
London Heritage					4,738.95
Ntl. Heritage Allotm't Fund					526.55
<b>Total Income</b>	<b>63,460.43</b>			<b>54,460.43</b>	<b>44,239.24</b>
<b>Expenditure</b>	<b>2007-08</b>	creditors	2006-07	adjusted	<b>2006-07</b>
			Paid in 07-08		
Salaries, tax and NI	44,705.27	971.29	7851.18	37,825.38	31,384.73
Allotments	6665.94		1164.48	5,501.46	6,222.79
Sure Start	2,442.77				2,602.27
Rent	1,200.00				1,020.00
Telephone	239.02				183.01
Stationery	389.21				515.50
Insurance	367.50				367.50
Travel	290.94				178.82
Intergenerational Project	-				248.07
Open Days	20.64				44.54
Training	97.00				214.00
Computer	24.99				480.89
Fruitilicious launch	821.41				
Fruitilicious fruit and veg	706.64				
Companies House	30.00				30.00
Equipment					61.10
Schools					30.00
Post	71.96				32.78
Accounts	1,346.25		411.25	935.00	
Running costs of training by Laura	1,726.18				
Running costs of LCC3 wk	521.03				
Books	89.82				
Website	330.56				
Ingredients (not SS, LCC3)	33.18				
Internet	293.42				
<b>Total Expenditure</b>	<b>62,413.73</b>				<b>43,636.00</b>
<b>Surplus (deficit)</b>	<b>1,046.70</b>				
<b>Retained surplus b/fwd</b>	<b>18,918.41</b>				
<b>Retained surplus c/fwd</b>	<b>18,574.85</b>				<b>18,918.41</b>

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	2007-08		2006-07
Start of year cash at bank	41,158.95		42,738.99
Income	63,460.43		44,239.24
Total	104,619.38		86,978.23
Expenditure	62,413.73		45,819.28
End of year cash at bank	42,205.65		41,158.95

**Balance Sheet as at 31<sup>st</sup> March 2008**

<b>Fixed Assets</b>	<b>2008</b>	<b>2007</b>
	£	£
Tangible Assets	0	0
Current Assets: cash at bank	42,205.65	41,158.95
Debtors	1,000.00	10,000.00
Creditors	971.29	9,015.66
<b>Net current Assets</b>	<b>42,234.36</b>	<b>42,143.29</b>