

# Downham Nutrition Partnership

Annual General Meeting

July 2006 - June 2007



## Chairman's report 2006-2007

This has been a very full year for the Downham Nutrition Partnership with a lot of activity and developments.

Thanks to the hard work of Laura DNP is now really well known in the area and more widely at the PCT and she has been able to visit most of the local schools promoting the concepts of healthy eating to staff and children and re-visiting the breakfast clubs to assess their current role and provision. Laura has worked closely with the local Sure Start, particular projects including cookery lessons, supported by our local Health Trainer, Mezz and also the production of a calendar with recipes. We have also had contact with the local council and through her two days a week working for initially Health First and then the PCT directly we have had strong links with local health services.

We had a very successful Men's health evening attended by 19 men many of whom went on to make significant lifestyle and dietary changes which will have a positive impact on their immediate and long term health. This idea was promoted to local GPs who were interested but currently lack resources for this approach to be rolled out more generally. The allotments supported by Elwood and his family and more recently the addition of Keith have flourished this year with wide scale clearance of brambles, some assisted by 'Groundworks', many new plots being taken up and the area participating in 'Green Gym' activities. We hope over the next year that the allotments will become increasingly self supporting and also hope to strengthen the links between the site and health promotion activities.

This year we have resumed contact with schools and have had regular visits from Rangefield pupils and occasional visits from other schools.

These are just a few examples of this year's activities which have been many and various. Over the next year we hope to encourage more local involvement in the steering group and to secure some more long term funding so we can continue to plan ahead with some security. Nutrition and obesity remains high on the national agendas and we will also be linking in with some of the national initiatives such as MEND in the coming year.

In addition to our established worker, Laura we have been joined by Mezz who is a local Health Trainer and have continued to be well supported on the allotments by Elwood and his family

## Summary Table of Activities

<b>Date</b>	<b>Activity</b>	<b>Intervention level</b>	<b>Target group</b>	<b>Numbers engaged</b>	<b>Outcomes</b>
30/6/2006	Allotment film produced	Low	Local community		Raised awareness of the allotments and the work of DNP LHI grant fulfilled
5/7/2006	Sage Memorial Day	Medium	Families	10	5 a day information given
5/7/2006	DNP Annual General Meeting	Low	Steering group and users	25	Accounts and annual reports agreed, voting of officers posts Celebration of DNP achievements
6/7/2006	Reigate Road Fun Day	Medium	Sure Start Families	50	5 a day information given
7/7/2006	Grove Park Library Garden Party	Medium	Local community (elderly)	20	Healthy eating information provided
21/7/2006 16/11/2006 8/2/2007	After-School club workers training	High	After School Club Workers	30	In partnership with North Downham Training Project, ideas, resources, activities and healthy eating training for club workers. Hence, increasing capacity
26/7/2006 9/8/2006	Summer Youth Club	Medium	Teenagers	20	Building relationships with youth service for further projects Healthy eating knowledge and skills for target group
1/8/2006 (4 weeks)	Healthy Eating course	High	Sure Start parents	11	Improved knowledge on healthy eating, label reading, hidden sugars/fats/salt, fussy eating, lunch box ideas, fussy eating and eating on a budget Some changes in behaviour
14/8/2006	Health Trainer Induction and Development	High	Health Trainer		Discussion of DNP, local services, gaps and area. Development of workplan Downham directory completed, outlining local services and gaps Development of Lewisham Turkish Healthy Eating leaflet Development of Downham Activity Directory

1/9/2006 (1 each term)	Schools Newsletter	Low	Local Primary and Secondary Schools	9 schools	Raised awareness of DNP and projects Gave information on hot topics and resources
11/9/2006 (6 weeks)	Family Grow Cook and Eat Groups	High	Families at Donderry (with literacy needs) and Torridon Juniors	25	Improved cooking skills Parents spend quality time with children Support with literacy needs Bid developing to roll-out programme
2/10/2006	Inter-generational Project	Medium	Elderly and young families	30	Transfer of traditional recipes from elderly groups to young families via a leaflet Elderly groups taken fruit picking, and produce made into jam for families
26/10/2006 (4 weeks)	Healthy Recipe Calendar	High	Sure Start Parents	1000	Facilitated 8 mums to contribute (and cook) healthy recipes to be included within a healthy recipe calendar for 2007 which has been distributed to all Sure Start parents Hence, healthy recipe ideas have been provided to a large number of families

20/11/2006	SureStart Health Day	Medium	Sure Start Parents	30	Information and ideas provided on healthy lunchboxes via a display and leaflets Information and advice given on weight management (and waist measurements)
Jan – April 2007	Preschools and Nurseries Assessment	High	Preschool and Nursery Staff	7	An assessment of the 7 local preschools and nurseries to assess current practice around food Report of findings written and presentation to board, to highlight nutritionist need in Lewisham
30/1/2007 (8 weeks)	Sure Start Walking group	Medium	Sure Start Parents	10	Increased activity levels Increased knowledge on benefits of exercise and activity Improved knowledge of local area
5/2/2007 and 19/2/2007	Childminders drop-in	Medium	Childminders	15	Provided information and advice around childminder's responsibilities regarding food
9/2/2007	Development of surgery & NDTP land into garden	Low	Children		Initiated and supported development of unused land into a garden site to be used by local after school club and others
24/2/2007	Oral Health Campaign	Medium	Sure Start Families	50	Gave information on 5-a-day to complement oral health advice being promoted
27/2/2007	Presentation to Lewisham Councillors	Low	Lewisham Councillors	15	Increased awareness of DNP and it's work Increased awareness of need for similar projects across Lewisham
Feb 2007 onwards	Rangefield School (allotments)	High	School children	45	Regular weekly visits from year 3 classes as part of their curriculum work on "growing" Also benefited from improved team work and input from parents Awareness raising assembly

14/3/2007 22/3/2007 24/5/2007 30/5/2007	Library drop-in session	Medium	Children and Parents	25	Provided healthy eating information via leaflets Interacted with children using OGH game to improve understanding
25/4/2007	Cookery group (weekly)	High	Sure Start Parents	10	Improving cookery skills and confidence Providing healthy eating and food safety information in an informal way Collating suitable healthy eating recipes to distribute to other families
May – June 2007	School Breakfast club assessment	Medium	Primary Schools	6	Visited School Breakfast Clubs to raise awareness of new guidance and assess what is currently happening Report to be written
14/5/2007	PSLA drop-ins	Medium	Parents	15	Provided healthy eating advice and information
8/6/2007	Talk to lunch club	Medium	Local Elderly	30	Raised awareness of DNP's work and some of the barriers to healthy eating
11/6/2007	Downderry visit allotments	Medium	School children	60	Raised awareness of the allotment site Complemented the "Looking after our bodies" health week theme
16/6/2007	Downham Celebrates	Medium	Local community		Provided 5-a-day information
Ongoing	Lewisham Food Strategy	Low	All Lewisham residents/workers		DNP input into strategy which aims to improve people's access to safe, healthy and good quality food from a more sustainable food chain In particular, input into the "Food Access" section
Ongoing	Allotments	High	Home-educated students Local families and residents Schools	30	Initial development of an allotment committee Monthly Saturday Open Days to raise awareness and improve access Improvements to security Increased understanding of food and the environment Development of skills

Downham Nutrition Partnership  
Draft Accounts 2006-2007

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<b>Income</b>	<b>2006-07</b>	debtors	adjusted	<b>2005-06</b>
	£			£
Countryside Agency	-			3,000.00
Sure Start	11,010.00		11,010.00	1,386.44
Elderly Health Project	-			10,961.50
PCT	22,499.88	7,500.00	29,999.88	12,257.00
Health First	4,533.92		4,533.92	6,000.00
Intergenerational project	497.00		497.00	-
London Heritage	4,738.95		4,738.95	-
Ntl. Heritage Allotm't Fund	526.55		526.55	-
LBL Small Grant	-	2,500.00	2,500.00	-
<u>Interest</u>	<u>432.94</u>		<u>432.94</u>	<u>245.61</u>
<b><u>Total Income</u></b>	<b><u>44,239.24</u></b>		<b><u>54,239.24</u></b>	<b><u>33,850.55</u></b>

<b>Expenditure</b>	<b>2006-07</b>	creditors	2005-06	adjusted	<b>2005-06</b>
			Paid in 06-07		
Salaries	33,859.50	7851.18	10,305.95	31,384.73	-
Allotments	5,491.41	1164.48	433.10	6,222.79	3,563.14
Sure Start	2,602.27			2,602.27	-
Rent	1,020.00			1,020.00	325.00
Telephone	183.01			183.01	137.35
Stationery	515.50			515.50	167.54
Insurance	367.50			367.50	367.50
Travel	293.71		114.89	178.82	67.84
Intergenerational Project	248.07			248.07	-
Open Days	214.54		170.00	44.54	55.45
Training	214.00			214.00	-
Computer	480.89			480.89	462.06
Subscriptions	75.00		75.00	-	-
Companies House	130.00		100.00	30.00	30.00
Equipment	61.10			61.10	239.08
Schools	30.00			30.00	21.31
Post	32.78			32.78	41.93
Vegebank	-				1,438.32
Books	-				51.65
<i>Petty cash</i>		<i>31.60</i>			
<b>Total Expenditure</b>	<b>45,819.28</b>	<b>9,047.26</b>	<b>11,198.94</b>	<b>43,636.00</b>	<b>6,968.17</b>
<b>Surplus (deficit)</b>	<b>(1580.04)</b>				<b>26,882.38</b>
<b>Retained surplus b/fwd</b>	<b>20,498.45</b>				<b>(6,368.93)</b>
<b>Retained surplus c/fwd</b>	<b>18,918.41</b>				<b>20,498.45</b>

Start of year cash at bank	42,738.99				
Income	44,239.24				
Total	86,978.23				
Expenditure	45,819.28				
End of year cash at bank	41,158.95				

**Balance Sheet as at 31<sup>st</sup> March 2007**

<b>Fixed Assets</b>	<b>2007</b>	<b>2006</b>
	<b>£</b>	<b>£</b>
Tangible Assets	0	0
Current Assets: cash at bank	41,158.95	42,738.99
Debtors	10,000.00	
Creditors	9,015.66	11,330.54
<b>Net current Assets</b>	<b>42,143.29</b>	<b>31,408.45</b>

**Petty Cash**

Owed £131.60 from 2005-06, £100 paid in 2006-07 (subaccount stationery), £31.60 still owed.