



# Well-being

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David Blitz, Well-being Project Manager

## Welcome to our new Well-being newsletter

Hello and welcome to our first Well-being newsletter. I hope that the cold weather that we've had wasn't too depressing .

The Well-being team are a part of Staying Put Services which is a social enterprise within Shepherds Bush Housing Group. We are involved in a number of different services across Hammersmith and Fulham and neighbouring boroughs. These services work with a wide section of the community and engage people in health, nutrition and exercise.

This newsletter will give you the opportunity to learn more about the work that we do and how you can be involved in any of our Well-being projects.

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Staying Put Services is a registered charity that has been working across west London since 1984. The team is made up of 5 service areas, which include;

**Furnish** who collect unwanted furniture and redistribute it to vulnerable and homeless people.

**Home Improvement Agency** who improve vulnerable people's homes through repairs and adaptations, leading to a better quality of life.

**Housing Advice Service Kensington and Chelsea (HASKC)** who provide housing, debt and welfare benefit advice to clients in housing need.

**Small Repairs** service who carry out small repairs for people over 60 or vulnerable people.

And finally...

**Well-being** We offer a range of services to improve the health of local people, our team come from a variety of different backgrounds and all have useful skills in order to make the Well-being service successful.

With the skills and a commitment to delivering a positive experience to the community, Staying Put Services and the Well-being service are front runners in health and well-being across west London.

Best wishes,

David

## What's new?

### Social enterprise

Staying Put Services has been awarded the Social Enterprise Mark, which identifies us as trading for social and environmental purposes. This means we are benefiting people and the planet!

“ Outstanding work which really changes people's lives and makes a big difference”

Graham Raine

Staying Put Services

Director

Graham Raine, director of Staying Put Services, said: “We knew we were doing outstanding work which really changes people's lives and makes a big difference to the communities in which we work but this accreditation confirms it. We are proud to be part of the growing social enterprise movement.”



Lucy Findlay, who manages the accreditation nationally, said: “We're delighted to award the prestigious Social Enterprise Mark to SPS. Social enterprises come in all shapes and forms so it's great to see a vital, local charity understanding the importance of being part of the wider social enterprise brand.”

### Health checks in Hammersmith

On 19th January our health trainers headed down to Kings Mall shopping centre in Hammersmith. The team were offering passers-by a basic health check including taking their blood pressure. Advisors were on hand to give tips on how to quit smoking or take part in one of our other courses available.



Health trainer Hannah Coleman said: “We can help you by supporting you in setting realistic achievable goals to help you to become healthier and happier.”

Don't worry if you missed us, you can find out when our next event will be or book an appointment to see a health trainer by calling 020 8996 4200.

Health trainer, Onyeka takes blood pressure ratings in Kings Mall shopping centre

### MEND is celebrated

Staying Put Services was a finalist in the Children and Young People Now Awards. The awards celebrate the unsung heroes who work to improve the lives of young people across the UK.

The Children & Young People Now Awards 2010

Finalist

We were a finalist for our Mind... Exercise... Nutrition... Do-it (MEND) service (more on [page 6](#)) which came into the Health and Well-being category. The awards were presented by the Education Secretary, Michael Gove on Thursday 18th November.

## Expert Patients Programme

If you have a long-term health condition you could benefit from our Expert Patients Programme (EPP). The course runs for six weeks and helps with pain management, relaxation techniques, action planning, advice on communicating with health professionals and much more.

Christopher has recently completed one of our EPP courses. Christopher has a condition called tinnitus which involves a constant ringing or buzzing in the ears. He also suffers from depression and pain from an amputation below the knee.

Christopher took part in the programme; he enjoyed the structure of the course and found completing action plans and setting realistic targets very useful. He said that the laid back and non-judgemental attitude of the tutors put him at ease.

“The course gave me more clarity into how to look after myself properly.” Having graduated from the programme Christopher aims to use the things he learnt at EPP as part of his day to day life. He now wants to build relationships with his GP, socially and at work.

To sign up for our next course or for more information phone Earl Fairclough on 020 8996 8932 or email [epp.project@sbhg.co.uk](mailto:epp.project@sbhg.co.uk).

Action



Planning

Diet +



Exercise

Pain



management

Communication  
with health



professionals and  
family

34 people completed our EPP programme in 2010



**EPP graduates celebrate having completed the six week course**

**“I recommend EPP  
to anyone with a  
condition no matter  
how great or small”**

**Hodon Abdi,  
Health trainer**

## Healthy cooking

**Starter Serves: 4 Calories: 146kcal per serving Price: 23p per serving**

### Sweet potato wedges

750g sweet potatoes, unpeeled and cut into wedges

1 tbsp sunflower oil

1. Preheat the oven to 200°C/Fan 180°C/400°F/GasMark 6.
2. Toss the sweet potatoes into the oil.
3. Scatter onto a baking sheet and season lightly.
4. Bake for 30 minutes turning halfway through cooking time.



**Main Serves: 4 Calories: 380kcal per serving Price: £1.12 per serving**

### Vegetarian lentil chilli

1 tbsp olive oil

1 medium onion, finely chopped

1 clove garlic, crushed

1 large red pepper, finely diced

1 tsp chilli powder

1 tsp ground cumin

2 cardamom pods, lightly crushed

600g red lentils

1 tin chopped tomatoes

1 tin kidney beans

2 tbsp of tomato paste

½ tbsp of cocoa powder

400g brown rice

1. To prepare the chilli, heat olive oil over medium heat in a deep, wide pan with a lid. Add onions, garlic and pepper, cook until softened, about 5 mins. Stir in chilli powder, cumin and cardamom pods. Stir in lentils.
2. Add chopped tomatoes, kidney beans, tomato paste, cocoa powder and 250ml water. Stir well. Cover and simmer, stirring frequently, until mixture is thickened and beans tender, 45 mins.
3. Whilst the chilli is cooking, pour rice into saucepan and add boiling water to cover. Once boiling turn heat down and leave until cooked (see rice packet for timing) usually around 20 mins.

**Dessert Serves: 4 Calories: 142 kcal per serving Price: 35p per serving**

### Stuffed baked apples

4 eating apples

4 tbsp raisins or other dried fruit

1 tbsp mixed spice

1 tbsp granulated sweetener

4 tbsp oatflakes

100ml fresh orange juice

1. Pre-heat the oven to 200°C/Fan 180°C/400°F/GasMark 6.
2. Using a small knife, potato peeler or apple corer, remove the apple cores from each apple. Cut a slit around the middle of each apple.
3. Stand the apples upright in a roasting tray.
4. Mix the other ingredients together and use to stuff the holes in the apples.
5. Pour the orange juice around the apples.
6. Bake in the oven for about 20-30 mins until soft.

## Cook and Eat

Our Cook and Eat sessions give children a chance to get hands on and experiment with cooking whilst also learning basic food hygiene and safety, and how to eat healthily on a budget.

The course lasts six weeks and runs after school for an hour and a half. It takes place in schools across Hammersmith and Fulham. Sessions are for primary and secondary school children and a parent/carer.

David Blitz, Well-being project manager who manages the Cook and Eat programmes says: "Cook and Eat is an exciting and interesting course that offers both children and adults the opportunity to take part in structured and healthy cooking sessions. All the staff love being involved in this project."

If you are a school or youth club and are interested in offering Cook and Eat sessions contact us on 020 8996 8933 or email [cook.eat@sbhg.co.uk](mailto:cook.eat@sbhg.co.uk)

40 schools have signed up for cook and eat courses

Encouraging families to  
learn how to cook and  
improve their diet

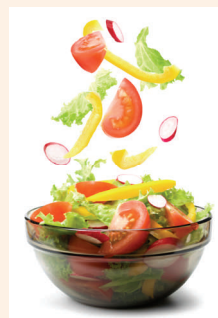


Health trainers David, Milase, Hannah and Anne prepare for a Cook and Eat session

200 families attended a cook and eat course in 2010

### Your healthy living tips

1. 30 minutes of exercise at least five times a week.
2. Drink six to eight glasses of water (1.2 litres) a day.
3. Eat at least five servings of a variety of fruit and vegetable per day.
4. Try to include at least one starchy food in your main meals.
5. Eat at least two portions of fish a week, including a portion of oily fish.
6. Try to eat less salt.
7. Do not skip breakfast.
8. Stop smoking.
9. Cut down on alcohol.
10. Cut down on foods which are high in saturated fat .





## Families get fit and have fun

More than 200 families in Hammersmith and Fulham have been challenged by MEND (Mind...Exercise...Nutrition...Do-It!) to get fit and eat more healthily with the help of their local west London football clubs.



After ten weeks there are positive results. Children lose on average 2cm off their waist measurement and do 4.8 hours more exercise a week.

Tylei Reeves-Francois, aged ten, from Fulham completed the course. She said: "I loved the activities we did. We had a Chelsea Football Club Coach training us – Chelsea is my favourite team – it made me want to do more sports and games!" Tylei and her mother now run up the stairs to their flat. They eat less red meat and more fish. Between them they've lost 3 ½ stone.

**"With help from their football heroes and nutritional experts the children are healthier; but, more importantly they are happier, more confident and make new friends"**

**Graham Raine,**

**Director of Staying Put Services**



**87 children took part in our MEND programme in 2010**

**Want to find out how to be fitter, healthier and happier? Why not take part in our MEND programme. We provide FREE fun sessions for 7-13 year olds who are above their ideal weight, and their parents.**

To find out where and when the next course takes place call our community health promotions officer, Earl Fairclough on 020 8996 8932 or 07824 895 784 or email: [mend.project@sbhg.co.uk](mailto:mend.project@sbhg.co.uk)

**9 MEND courses were run in 2010**



**Football Foundation**

**10 YEARS 2000-2010**



## Health trainers

Hammersmith and Fulham **NHS**  
Primary Care Trust

Our health trainers are people who have been trained to provide health advice and motivation. If you would like to improve your health and lifestyle but are not sure where to start, our health trainers can provide personal support to make positive changes to your everyday life.

If you are 18 or over, live in Hammersmith and Fulham and feel you could benefit from our FREE health trainer service please call 020 8846 6441 or email [wellbeing.project@sbhg.co.uk](mailto:wellbeing.project@sbhg.co.uk).

**359** people were seen by one of our health trainers in 2010

### We can help you to:

Manage  
your weight

Feel happier  
and healthier

Quit smoking

Feel more  
confident

Drink sensibly

Access local  
services and  
support

### Are you a carer?

We also have a number of health trainers specifically for carers; they are here to help and support you with your physical and emotional well-being. Health trainers can help you to improve your diet, quit smoking, increase physical activity, learn to relax and help you to access other local services.

For FREE support and motivation please

Call: 020 8846 6441 or

Email [health.trainers-carers@sbhg.co.uk](mailto:health.trainers-carers@sbhg.co.uk)



Health trainers Milase and  
Onyeka

## A day in the life of...



### Earl Fairclough

**08:30** I pick up the lunches for the EPP (Expert Patients Programme) participants on my way to the office.

**09:15** When I arrive at Mulliner House I set up the room ready for the EPP programme to start, I also meet with the tutors who are going to run the EPP session and discuss any issues or concerns they have.

**10:45** As the EPP participants begin to arrive, I meet and greet them before the programme begins and then leave the tutors to run the programme.

**11:15** Whilst the programme is running I update the participants files and registers.

**14:00** The EPP session is now finished so I debrief the tutors and discuss how the course is going and any feedback they are receiving from participants.

**15:00** I get in contact with anyone who is interested in joining the next EPP programme and carry out some research on the local area and speak to contacts about any events that may be coming up which could be used to promote the programmes we run at the Well-being project.

**16:30** Before leaving the office I update the contact master file which records all contacts I have made during the day.

SHEPHERDS BUSH HOUSING GROUP 

**The Children & Young People Now**  
Awards 2010

Finalist

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Part of  
Staying Put Services

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