

If you feel like you would like any support completing this, please contact Elle or Natalie from Healthwatch Doncaster.

Micro-grant Feedback Report

Be Aware
of Your Wellbeing
& Creating
Opportunities

**FOOD AWARE CIC &
CREATIVE WELLBEING**

Healthwatch Doncaster

Engage, inform, influence

1 Introduction

1.1 Details of activity

Please give a brief description of what you have achieved.

We successfully delivered a joint project across two community organisations linking in wellbeing activities by promoting Five Ways to Wellbeing.

This project engaged local people in activities which meet the outcomes – Be Active, Connect, Give, Keep Learning & Take Notice.

1.2 Date (s) sessions took place

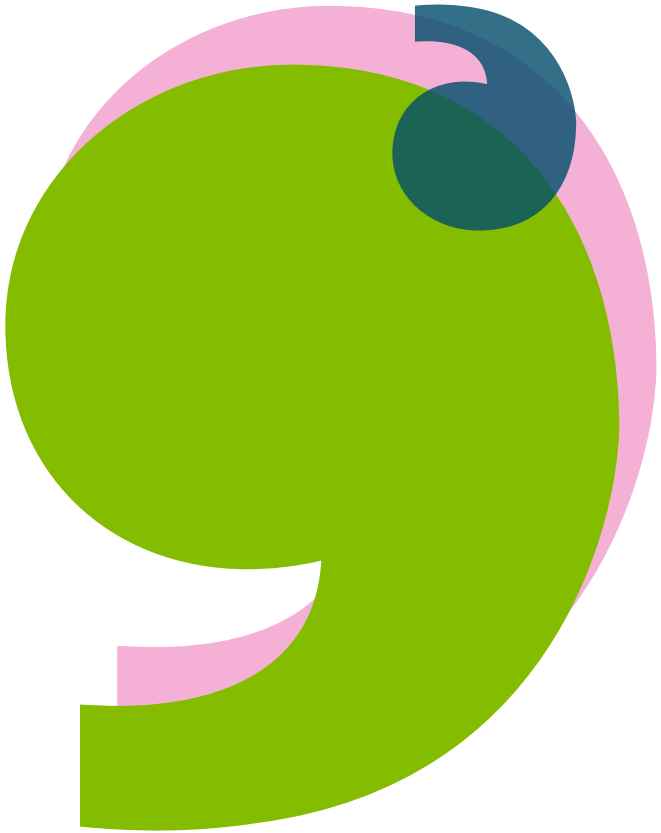
(Please consider meetings, events and planning).

We delivered fortnightly project sessions at a number of different venues - Bhatia Centre, The Place, the Youth Club, Dolcliffe Hall & Mexborough Family Hub during the period July 19 to February 20.

1.3 Acknowledgements

We would like to thank the following for their support in helping us to successfully deliver this project –

Healthwatch Doncaster, the volunteers who supported us at each of the above venues, local businesses i.e. Waites in Conisbrough & Discount Foods for a much welcome discount on our purchases on project materials.



2 What was the purpose of the activity/session?

2.1 Purpose

E.g. Describe the purpose of the activity/session/project

What was it for and who was it aimed at?

What did you want to do?

The purpose of the project was to raise awareness of the importance of personal health, following the Five Ways to Wellbeing principles. In addition, our purpose was to bring people together to discuss health and wellbeing whilst helping to tackle social isolation

The project was aimed at all ages, bringing together the young people together with the elderly.

We worked with a small group of volunteers from Mex Youth Club who visited the Bhatia Centre on a number of occasions to get to know the group, plant up some colourful planters & site them in the outside area to the centre. We then enjoyed an 'inter-generational' healthy lunch to celebrate!

2.2 What did you do?

We wanted to show the ways that we can Engage through using plants as a medium – Being Active by creating planters and hanging baskets, Connecting through working together with others, Giving the products to the centres and their users, Keeping Learning through the tutors knowledge and sharing others too and Taking Notice of the resulting prettiness which reminds throughout the seasons. The grant would run over a long period, when we could produce winter tubs and enjoy the bulbs in spring.

By linking in two grassroots organisations, we successfully delivered a number of activities involving flower arranging, bulb planting, producing wooden planters etc via Creative Wellbeing sessions.

These sessions were then promoted by Food AWARE CIC via social media celebrating the successful activities and encouraging further participation and engagement.

How many people engaged with your project/event?

30 plus across the centres

If you could describe your project in 3 words, what would they be?

1. Fun
2. Enhancing relationships
3. Looking to the future

2.3 Results of the activity/session(s)

The results were satisfactory to a large extent. We discussed some issues with HealthWatch at our meeting in January.

Is there any data or results from your activity/session/project?

The feedback has been positive with participants feeling the benefit of mixing together with others.

Are there any stories from people who took part in your activity/session/project? We had stories from the men who joined in the activities. They generally don't get involved but did so through the gardening aspect. Michael in particular spoke out "it makes it worth getting up in the morning".

Feedback from people who took part

E.g, What did people say about the project/activity/session?

- “Nice to have something different to do”, “Lots of variety of what was on offer”, Good to talk about personal health issues with others suffering similar ailments/challenges” etc

Did they find it interesting/useful/informative?

- Having someone to teach them about the project’s aims was beneficial.

Feedback from staff/volunteers who took part

E.g. What was good about the project/activity/session?

- The volunteers ranged in their involvement. One aspect that arose was the younger age didn’t produce as much social media as we hoped for.

What would you do differently next time?

- Not to be so ambitious about people’s commitment.

Did you find it useful/informative?

- Yes, it was very helpful, particularly as we look to the future.

2.4 Conclusion

The organisations worked very well together, building bridges through local contacts and others.

What short term difference will it make to your service/community?

- In the short term we continue with our Creative Wellbeing group.

What long term improvements has your organisation made to Doncaster?

- We discovered during the project that other activities taking place potentially have a negative impact for Creative Wellbeing.

What are the key messages that can be shared across Doncaster?

- Always be aware of what the situation is regarding what's happening in the third sector.

Please include any pictures from your project you would like to share with Healthwatch Doncaster

