

***NORTH SCHOOL
SUMMER FAMILY
KITCHEN***



PROJECT FOCUS



- ❑ Forming a working partnership, which adopts a holistic approach to family health & Wellbeing.

Primary objective

- ❑ Developing health within communities.
 - ❑ Incorporating Themes
- Reducing social isolation and unlocking potential while strengthening communities.

Project Background

- CLD
- Local Partner
- Head Teacher North school
- NHS
- It was identified that Food Poverty during school holidays were an issue for some local vulnerable families.
- Factors such as working shifts and living with chronic health conditions may mean that children were not getting adequate nutrition during the long summer break.



Evidence

From the previous Summer kitchen Pilot in 2018

The following social and health conditions were identified.

- ▶ Physical
- ▶ Pain Management
- ▶ Anxiety
- ▶ Isolation
- ▶ Loneliness
- ▶ Suicidal thoughts
- ▶ Low self esteem
- ▶ Low self efficacy
- ▶ Poor health Literacy



Key Partners for Summer Kitchen 2019

- North school
 - CLD
 - NHS
 - Tesco
 - Pastor AOG
 - Early years
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Public & Community Engagement



- ▶ Our Project was of summer fun activities for all the family with the emphasis on Food & Fun
- ▶ Working together to create a project that would cater for all the needs of the Children and the families attending
- ▶ Connecting partners and external organisations to promote Health and Wellbeing

Summer Fun Program

- ▶ We created a comprehensive program of activities to ensure interest from the children and to encourage the continued return to the project.
- ▶ New activities were included within the 2019 program to help accommodate those children with a need for constant stimulation, in the form of additional Physical activities being on offer.
- ▶ Also new taster sessions from Broch Drama group and Modo

Removing Barriers to create a Hub and support Network in the Community of Fraserburgh North.

- ▶ Family kitchen was extended to all schools within the North school cluster.
 - ▶ Hub was moving towards developing as a health and well being partnership for Fraserburgh North.
 - ▶ Utilising all the possible resources available for advertising the project to families within the North cluster.
 - ▶ Eg Facebook; Church; and Cluster Bulletin website.
 - ▶ Staff kept in touch with a group whatsapp until the duration of the project.
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What worked

- ▶ Over the 6 sessions 14 families including 18 children attended
 - ▶ 8 out of the 10 families agreed that they enjoyed the social connection that the project provided
 - ▶ 6 families agreed it got them out of the house
 - ▶ 8 out of 10 families agreed that they would like to return to the North hub for further cooking sessions.
 - ▶ 1 parent sign up for a referral to my Life dynamic to pursue and interest in gardening.
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Positive feedback received from Families

“Loved the Activities”

“Brilliant really enjoyed it all”

“Great cooking together and sharing ideas”

“Loved the soup recipes”

“Thoroughly enjoyed taking part and my children particularly love the skipping activity”

“Everything was great couldn't fault anything”.

Only two negative comments

One parent felt it was too busy and did not return.

One parent did not want to take part in further cooking sessions in the future

Our successes!

- Great partnership buy-in
- Broch drama taster session
- Shape up activities
- Early years messy play
- Healthy eating recipes viewed an overall success by the families
- With a special mention for
- Tesco link worker Sharron and also the
- Janitorai al North school support staff who were invaluable on this project.



What did we get wrong and how can we do better?

Poor uptake from the families of the North school

- Ensuring barriers are removed
 - Continuing to work with the families of the North school to create a feeling of cohesion within North school
 - What we have learned?
 - Keep things as simple as possible to encourage participation
 - Keep the Summer kitchen open to all schools in the North to prevent families feeling singled out.
 - Continuing to work in Partnership on matters of health and wellbeing locally
 - Continue to develop the North school Hub as a centre where families can come together through Food and Fun.
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