



# Feeling Healthy Project

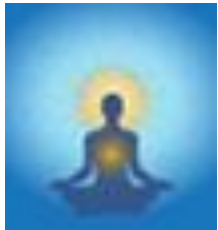


Live your life...  
how you choose



# Background

Heart of England Mencap has been awarded funding by Joint Healthy South Warwickshire in order to reduce unhealthy lifestyle behaviours .



- The aim of the project is to raise awareness amongst carers and customers of the importance of having a healthy mind, a healthy body and a good diet
- The project commenced in April and by the end of the project 56 customers have taken part from all the services across Stratford and Warwick Districts
- Participants completed a questionnaire relating to their general health, diet, eating habits, weight, frequency of exercise, wellbeing and ways of expressing feelings and emotions
- Participants completed actions plans setting targets for healthy eating, increasing exercise and improving wellbeing.
- Tutors were employed to run courses in Mindful Meals, Mindful Movement and Tiger Feet dance class

# Mindful Meals



Mindful Meals courses were held in Stratford, Leamington, Shipston on Stour and Studley with a total of 22 customers participating which involved cooking a healthy meal which the participants enjoyed eating together.

## **Outcomes from the course:**

### **Ways in which staff will be able to support customers to eat more healthily:**

- Better understanding how customers can balance their diets and where needed support customers to manage weight gain and weight loss.
- Encouraging customers to try different healthier foods
- Supporting customers to cook smaller quantities



# Mindful Meals



- Support customer to keep food diaries
- Supporting customers to monitor their weight
- Supporting customers with specific dietary requirements
- For recipes and top tips to a healthier lifestyle to be shared with all of Heart of England customers via Yammer

## Mindful Meals Top Tips

- Adding more colorful foods to your meals
- Foods from all food groups
- Regular nutritious meals
- Avoid getting too hungry and over eating or under eating
- Before eating between meals check if you are physically hungry or emotionally hungry
- Check that you are drinking enough water throughout the day
- Be aware of medications that affect appetite and thirst

# Tiger Feet



Tiger Feet courses were held in Stratford, Leamington, Warwick Shipston on Stour and Studley with a total of 44 customers participating in dance session based on the ethos that

- Everyone should have a chance to dance
- All classes are accessible across all ages and abilities with an innovative approach to dance and disability

## Outcomes from the course:

- To include more active session in the Pathways and day services programmes
- To look into ways of funding future Tiger Feet sessions
- To support customers to try out new sports
- To support customers to participate in sports events

# Tiger Feet



## Targets set by participants:

- To carry on with dancing
- To do extra walking
- To do walks around the park
- To do some regular exercise every day
- To do some regular exercise more than once a week
- To do some regular exercise once a week
- To take up a new sport or exercise, including joining the gym, going to zumba, cycling and rowing



# Mindful Movement



Mindful Movement courses were held in Stratford, Leamington, Shipston on Stour and Studley with a total of 40 customers participating in the sessions.

In Mindful Movement participants find their own unique way of expressing themselves exploring:

- Movement
- Space,
- Music
- Props including scarves, feathers, hoops

Guided relaxation using

- Music,
- Stretching
- Breathing
- Meditation





# Mindful Movement



## Outcomes from the course:

- Provide a relaxing environment through use of music and reducing distractions
- To include Mindful Movement session in the Pathway and day activities programmes
- To support customers in recognising when they are becoming more stressed and using the techniques they have learned in order to become more relaxed

## Methods of relaxation identified by customers that they will continue to use:

- Relaxation through gentle movement using scarves and feathers
- Relaxation on mats on the floor
- Relaxation using breathing techniques
- Relaxation through music and sound



# Future Developments

- Recruitment of health champions
- Sharing of learning with other customers not involved in the project
- Sharing of learning with carers and other staff
- Developing consistent approaches to support customers to continue to fulfill their targets
- Exploring funding opportunities to enable more course to be run in the future
- Increasing use of own gardens and local outdoor spaces

# Mindful Meals- Sharing our Recipes!

## Bolognaise

Serves 4

- 1 onion
- 200g mince (beef/ turkey/ quorn/ soya)
- 100g red lentils
- Vegetables: carrots, mushrooms, sweetcorn, courgettes
- 1 x 400g can of tomatoes
- 2tsp tomato puree
- 1 x stock cube
- Vegetable oil
- Mixed herbs

### Method

- Finely chop the onion and fry in a little oil until soft stir in the mince and cook meat mince until it has changed colour, then add the herbs.
- Followed by the tin of tomatoes and prepared stock, stir well and then add the red lentils.
- Leave the ingredients to simmer on a medium heat (3 or 4) until the lentils are soft.
- Then add the chopped carrots and tomato puree.
- Stir well and leave to cook until the vegetables are soft.

Bolognaise can be served with lots of different types of pasta: Spaghetti, fusilli, penne or turned into lasagne.

- It can be served with:
- Jacket potato and salad
- Garlic bread
- In a folded tortilla with melted cheese
- You can add chilli instead of herbs and add kidney beans to make a basic chilli con carne

