

North Lewisham Programme Participatory Budgeting Projects & Activities

Funding Stream	Activities	Methodology	Target Groups	Outcome	Measures							Reasons for success
	HEALTHY EATING STOP SMOKING PHYSICAL ACTIVITY MENTAL WELLBEING				Indicators	No of Groups funded	Total No's reached	No reporting behaviour change	Gender % M F	volunteers, referrals & awareness	Cost	Source of evidence
Evelyn Chooses Health Fund Round						25	NA				100000	
	Health Awareness	Awareness and parallel activity sessions, small group size structured classes, experiential learning	Children, young people, parents, adult carers, older and retired people, and those with long term illness	Increased community capacity, awareness and understanding of health issues; Increased motivation to engage and participate; behaviour lifestyle change,	Activity attendance, No of sessions completed		NA	NA	NA	NA	NA	Participants reported a range of positive behavioural change outcomes in mental wellbeing and other Health and social measures. These outcomes were sometimes felt to be sustainable where participants felt that they had gained sufficient learning, motivation and access to resources to support them carry on.
	Healthy Eating	Cookery taster classes, nutrition advice, ready meals for those socially isolated	Children, young people, parents, adult carers, older and retired people, homeless	Increased diet and nutrition awareness. Increased fruit and Vegetable consumption, improved cooking skills	Activity attendance, No of sessions completed		NA	NA	NA	NA		
	Physical Activity	Keep fit classes, organised sport sessions, walking, gardening	Children, young people, parents, adult carers, older and retired people, and those with long term illness	Increase in no's of those physical activity, Increased awareness of the benefits of exercise	Activity attendance, No of sessions completed		NA	NA	NA	NA		N:lew ph team\North Lewisham Health Improvement Plan 2011\Evaluation\NLP Evaluation Evidence
Deptford NewCross Choose Health Round 1 - 2009						16	691		21	79	70000	
	Healthy Eating	Grow your own community garden activities, Nutrition workshops and advise, Healthy eating cookery taster	General community, (NEETS) Not in employment or education, Children and parents	Increased diet and nutrition awareness. Increased fruit and Vegetable consumption, improved cooking skills	Workshop and information attendance, self reported behaviour from project reports		NA	NA	NA	NA		Community grounded activities such as workshops were used in the design and delivery of most interventions. This enabled the maintainance of a high levels of participation and contributed to the development of a sustainable healthy behaviour actions through increased awareness and the adoption of healthy lifestyles.
	Stop Smoking	Brief intervention training of workers & volunteers; general awareness and campaigns	Adult Smokers				NA	NA	NA	NA		
	Physical Activity	Chair exercises, Tai Chi, Aerobics, creative dancing	General population, older adults, womens specific activities for Vietnamese,	Increased physical activity levels	Activity attendance, No of sessions completed		464	290	NA	NA	NA	
	Mental Wellbeing	Relief support for carers through monthly Wellbeing sessions, relaxation and massage	Carers, older people, long term illness, refugees and assylum seekers	Increased participation and inclusion	Activity attendance, No of sessions completed, self reported behaviour change		377	133	NA	NA	NA	
Deptford						18	960		23.7	76.3	70000	

NewCross Choose Health Round 2 - 2010	Healthy Eating	Supplementary Saturday school Healthy eating and cookery taster sessions, Nutrition workshops and advise	Children, older people, Homeless,	Increased diet and nutrition awareness. Increased fruit and Vegetable consumption, improved cooking skills	Workshop and information attendance, self reported behaviour from project reports		422	293	NA	NA	NA		A membership register was set up to track people's buying patterns, send alerts on available and new products, planned information sessions and stalls. Establishment of regular deliveries to corporate customers & schools
	Stop Smoking	Brief intervention training of workers & volunteers; general awareness and	Adult Smokers				NA	NA	NA	NA	NA		Source:- N:\lew ph team\North Lewisham Health Improvement Plan 2011\NXG Food Coop\Building Healthier
	Physical Activity	Weekly exercise - Exercise buddies, Walking, Dance aerobics, sailing courses	older adults, Carers, people with special needs, Afghan & Cenntral asian communities	Increased physical activity levels	Activity attendance, No of sessions completed		NA	220	NA	NA	NA		
	Mental Wellbeing	Guided self help, Counselling and Cognitive therapy,	General population, older adults, Carers	Increased no of people reporting wellbeing improvements			NA	208	NA	NA	NA		N:\lew ph team\North Lewisham Health Improvement Plan 2011\Needs & Impact Assessments
Deptford						16	464		43	57		70000	
NewCross Choose Health Round 3 - 2011	Healthy Eating	Resource lifestyle packs, Healthy eating and cookery taster sessions, Nutrition workshops and advise	Children, older people, Homeless,	Increased diet and nutrition awareness. Increased fruit and Vegetable consumption, improved cooking skills	Workshop and information attendance, self reported behaviour from project reports		169	129	NA	NA	NA		
	Stop Smoking	Brief intervention training of workers & volunteers; general awareness and	Adult Smokers	No. of smokers referred to SSS; no. quitting smoking	No quitting from Quit Manager		71	24	NA	NA	NA		
	Physical Activity	Chair exercises, Tai Chi, Aerobics, creative dancing	Womens specific activies for the Vietnamese community, General population, older adults	Increased physical activity levels, Increased participation	No's of people attending information sessions and workshops		251	199	NA	NA	NA		N:\lew ph team\North Lewisham Health Improvement Plan 2011\170 Community Project\Physical Activity commissioning
	Mental Wellbeing	Cognitive behaviour, Laughter and massage and Remniscence theapy sessions	Women with drug abuse history, General population, older adults, Carers	Increased no of people reporting wellbeing improvements	No's of people attending information sessions and workshops		320	280	NA	NA	NA	NA	
Deptford						19	667		29	71		70000	

NewCross Choose Health Round 4 - 2012	Healthy Eating	Nutrition information and advice workshops, cookery demonstration sessions	Children, older people, Homeless,	Increased diet and nutrition awareness. Increased fruit and Vegetable consumption, improved cooking skills	Workshop and information attendance, self reported behaviour from project reports		201	NA	NA	NA	NA		Activities and delivery targeted at different groups, weekdays for unemployed and retired, Evening and Weekends for students and those in employment Increased support from service providers and local lead agencies (CD4H, IAPT, VAL, LINKs, 170CP) enabled wider theme coverage and awareness information	
	Stop Smoking	Brief intervention training of workers & volunteers; general awareness and campaigns	Adult Smokers	No. of smokers referred to SSS; no. quitting smoking	No quitting from Quit Manager		NA	NA	NA	NA	NA		Brief intervention training for groups in receipt of funding was made mandatory	
	Physical Activity	Chair exercises, Tai Chi, Aerobics, creative dancing	General population, older adults, womens specific activies for Vietnamese,	Increased physical activity levels, Increased participation	No's of people attending information sessions and workshops		NA		NA	NA	NA		231	
	Mental Wellbeing	Cognitive behaviour, Laughter, massage and Remniscence therapy sessions, singing, arts and craft activities	longterm conditions, General population, older adults, Carers	Increased no of people reporting wellbeing improvements	No's of people attending information sessions and workshops		NA		NA	NA	NA		205	DNXCH2011 End of Project Report: N:\lew ph team\North Lewisham Health Improvement Plan 2011\Evaluation\NLP Evaluation Evidence
	Alcohol awareness	Mandatory workshops delivered to funded groups and wider community, informaiton sharing	General public, service providers for at risk groups	Increased number of groups aware of safe alchol consumption levels	Attendance records, end of project reporting	22	NA	NA	NA	NA	NA			