HALE Annual Report 08/09

Health Action Local Engagement

Chair's Report

The end of HALE's first complete year as a registered charity and registered company provides a great opportunity to reflect on the achievements of the last year and look ahead to the future.

The HALE team have continued to build on previous years' successes as well as introduce new themes of work. Funding from NHS Bradford and Airedale, Bradford Council, Streets Ahead and other sources has meant we have been able to continue to build on our reputation for innovation and excellence.

We have reached more local people and expanded the geographical area we work in. Important messages about oral health, sexual health, mental wellbeing, physical activity and community cohesion have been spread across the area to people of all ages and all backgrounds. We have worked hard to refine our monitoring and evaluation systems so that we are better able than ever to demonstrate how our work makes a difference and why we need to keep on doing it.

As Chair of HALE's Management Committee, it is a pleasure and a privilege to support the work of the HALE team who are so passionate about their work and who, between them, have a fantastic depth and breadth of skills. All the staff team, along with my fellow Trustees, are absolutely committed to making sure HALE's work makes a difference to health and wellbeing of individuals, groups and local communities both now and in the future. I'd like to take this opportunity to say a huge 'thank you' to all those at HALE who have worked so hard to make the last year such a success, and to all our partners in the NHS, the Council and other voluntary sector agencies.

2009/10 already looks set to be an exciting year with new funding and new projects starting up as well as our current work continuing to grow. I can't wait to see how things develop. In the meantime, I invite you to read this Annual Report and see for yourselves what we've achieved over the last 12 months.

"HALE has opened up a new horizon and has helped build up my confidence"

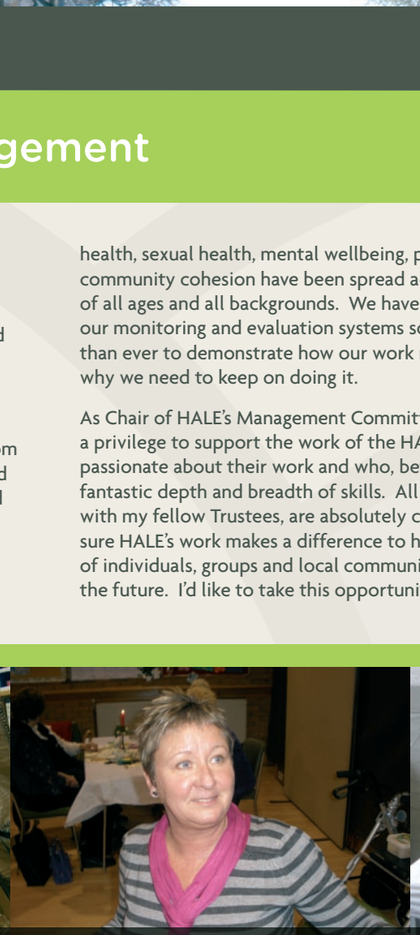
Key Achievements

HALE began this year by successfully receiving a significant commission from Bradford and Airedale NHS which has enabled HALE to deliver work around the areas of Obesity, Sexual Health, Oral Health and Mental Health. We also got some additional funding from Streets Ahead and Safer communities.

We ended this year on a real high, by winning the Improvement in Adult Services Inspiration Award by the tPCT, so we will now be able to work with local luncheon clubs, running cook and eat sessions and addressing issues around malnutrition for older people.

Natasha Thomas

Christine Papai

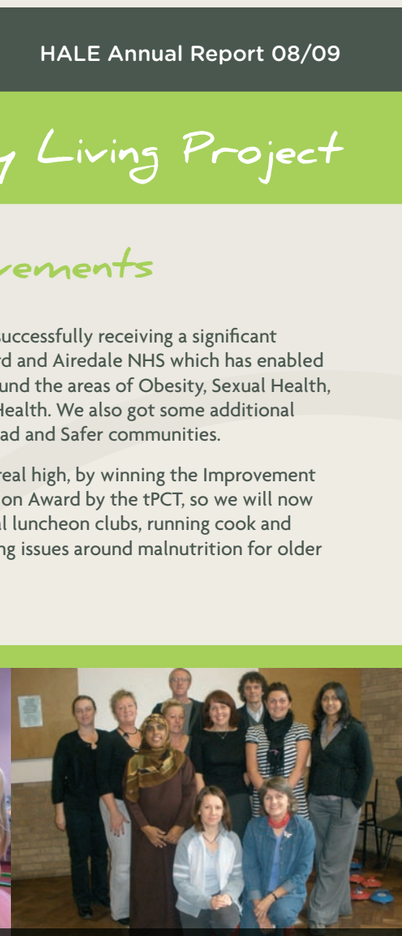


Shirley Peaple

Sally Heaton

Nasreen Ali

Rachel Greene



HALE team

Summary of Activities

Obesity Work

HALE runs three regular exercise groups, which include a nutritional element – Time 4 Me and two 123 programmes. These all run weekly. This programme enables people who want to lose weight to come and do some exercise but to also gain some nutritional advice, and in the case of Time 4 Me are able to actually cook the food and then eat it together. HALE has found that this approach enables people to make life style changes, which in turn enables them to lose weight and in some cases improve their health.

"My doctor was very pleased as I lost 8lb since September."

Allotment

Shipley and High Crag Primary schools, Heaton Royds Special Needs School and Frizinghall primary school all access HALE's sessions on Redbeck Allotment in Shipley. We are also delighted that we have begun an ongoing partnership with the group People First (a group for people with learning disabilities) who have gained a great deal from participating on the allotment and learning about growing and cooking food.

Ready Steady Cook

HALE have been invited to deliver a number of these short fun courses for young people. The course aims to teach young people the basics of cooking and with an added 'x' factor element have a competition at the end to see whose food tastes the best! The course, despite being short has significant impact on the young people who participate, enabling them to have the confidence to cook a stir fry, or a roast for their friends or family

Sexual Health Work

CLASH – Collaborative Learning About Sexual Health – or Clash of the Sexes is a great programme for young people to explore together their experiences of thoughts about the opposite sex, and also test their feelings of trust in each other. From these programmes young people have come forward to be peer mentors and Chlamydia testers, which have proved significantly successful. As one participant has said

"It's scary to think how irresponsible I have been, time to really get a grip now."

Speakeasy

HALE have been fortunate in being able to access training by the PCT, for Speakeasy training, so one member of staff has qualified so as to be a lead tutor on this course. We have been able to run several courses with parents in primary school settings, encouraging people to think about how they can support their children's understanding about relationships and sexual health. These groups, are wonderful in the way they help parents to feel that they are not alone struggling with something that they often feel is a bit taboo, and greatly appreciate the resources that the course is able to offer.

Oral Health Work

HALE has been invited to work with toddler groups through out the area to promote oral health. The course has been great in that it includes information about snacking and healthy eating, as well as promoting healthy teeth. The course is 4 – 5 weeks long.

Mental Health Work

Health Through the Back Door

Salsa; Tai Chi, line dancing, cook and eat, lunch box information sessions for parents, gardening sessions, stress and relaxation to name a few of the activities that took place through Health Through the Back Door this year. These programmes mainly come from community groups who need a bit of support to start up a course. What has been particularly pleasing is that many of the groups have been able to continue after HALE's initial funding of the activity.

Networkers

HALE's networker programme continues to reach a large number of isolated people. Typically these are people suffering from depression, low confidence and esteem. They have been diagnosed by medical practitioners and social workers as needing support in getting out to meet others and to participate in activities. In total this year the Networkers have worked with 131 people. Although the majority, who have been referred to the Networker programme have been older people, the service has also benefited those who are younger. For example, Anjie (not real name) who could not speak English was supported to go to an English class, and to have professional sexual health advice, whilst another young person, has been supported to attend a self confidence group, as she had become so depressed she had started self harming. This networker had been closely linked with the WISH clinic, based at Windhill Green Medical Centre and had been funded by Streets Ahead.

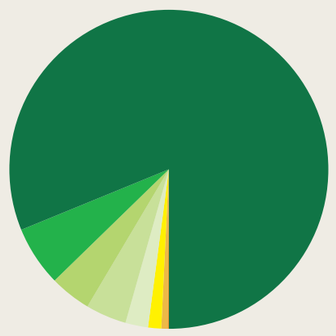
The Networkers continue to identify new programmes that support people to get out and about so we are delighted that we have been able to start the 'Roving Lunch Club' and Bus Buddies - just bring your bus pass and go! We have also been able to increase our activities for older people thanks to an Adult Services Commission - so now we run a regular gentle seated exercise group in Wrose, a Singing For Health group and an exercise group at Hallcroft Sheltered Housing in Windhill, and a monthly healthy cook and eat session for Bolton Woods Luncheon Club. At the end of this year we have also been able to set up a new men only group, which is proving very successful.

*For more information about any of the above, please ring HALE **01274 437060**.*

"The course has not only been great fun, but it has increased students confidence and self awareness and helped them to bond as a group. We have found our partnership with HALE to be thoroughly beneficial all round." Jo (SEN Teacher)

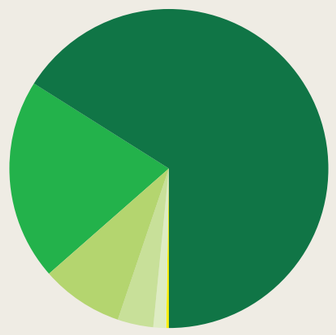
NHS Bradford and Airedale

Income Summary April 08 – March 09



PCT Main Grant	81.19%
Unrestricted	6.09%
Social Services	4.19%
Waterboys (PCT Funded)	4.14%
Streets Ahead	2.3%
SHIP Speakeasy	1.33%
Health & Wellbeing	0.63%
Safer Communities	0.13%

Expenditure Summary April 08 – March 09



Staffing Costs	66.05%
Delivery/Project Costs	20.41%
Operational/Central Costs	8.35%
Publicity Costs	3.62%
Start Up Costs	1.3%
Governance Costs	0.27%

...and staff changes

This year we have said goodbye to Anjinette Stokes and Janet Welsh and wish them all the best, and we are delighted to welcome Christine Papai and Sally Heaton to the development team. New additions to the Networker team have been Shirley Peaple as the co-ordinator, Neil Stannley, Sharon Hall and Lesley Danson as new networkers. In addition we wished Nichola Williams good luck as she went on maternity leave

Annual Report 2008/2009

HALE Staff

Natasha Thomas
Project Manager
Nasreen Ali
Finance Administrator
Rachel Greene
Community Health Improvement Worker
Sally Heaton
Community Health Improvement Worker
Christine Papai
Community Health Improvement Worker
Shirley Peaple
Networker Coordinator
Sarah Ward
Befriending Coordinator

HALE Trustees

Diiys Bruce
Chair
Kathryn Tola Awe
Treasurer
Anna Barclay
Helena Hughes
Sarah Wilson-Fleming
Carol Woodley
Ed Mowlam

How to get in touch

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Charity No. 1123542

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www.haleproject.org.uk

HALE is a Shipley based charity aiming to contribute to the reduction of health inequalities by working with local people. HALE develops innovative work with community groups, schools, luncheon clubs and individuals, through courses, befriending and linking people to activities.

Our development workers, work around a specific health issue, but look to creative ways of bringing people into being able to take control of their learning and their confidence in the subject.

So for example, the Waterboys project, enabled young men to experience the joy of learning to drive a barge, cook food for Government Ministers, as well as learn sexual health. Two of these young men, have since gone on to become volunteers for the waterways, and one is now a peer mentor for HALE, offering tests and advice about Chlamydia.

The potential to engage people and support them to improve their health, be it going out once a week to a social club, eating a healthier meal, brushing their teeth more regularly or just being out with a group of friends are endless and HALE will continue to strive to work with local people to do this in as innovative way as possible.

Our team of Networkers specifically work with individuals who have become isolated and lonely. Their role is to identify activities that they might like to participate in, taking them and settling them in over a period of 6 weeks. Their ability to re-enliven peoples lives is amazing. This programme has recently been extended to include a Befriending programme funded by the Lottery, which ensures that HALE can support even those who can't get out.

Call us on 01274 437060

Annual Report 2008/2009

HALE

Health Action Local Engagement

Healthy Living Project

Our mission is to contribute to the reduction of health inequalities by creatively engaging and working with local communities.

HALE has made an overwhelmingly positive impact on the health and wellbeing of children, their parents and teachers.

Headteacher in Shipley

I am really going to have a better respect for my body as well as respect for my girlfriend, I've never thought of relationships in such a way.

CLASH participant

The course is excellent and I think it would be good if every parent got the opportunity to do it. I wouldn't mind doing the training myself.

Speak Easy participant

I feel my child is now taking more notice of things which cause tooth decay, she now only drinks water and milk rather than fizzy pop.

Teethtastic participant

www.haleproject.org.uk

Map illustration by Shaeron Caton-Rose T: 01274 778253 E: shaeron@blueyonder.co.uk