Health Action Local Engagement

Chair's Report

Another year has come to a splendid finale with the winning of the IMPACT Award for "essential work" we have achieved over the last twelve months.

Funding from a variety of sources has allowed the HALE team to continue to grow, develop and build on our excellent reputation. The launch of our Outreach Health Bus will enable us to reach more people in our area, providing Cook & Eat sessions and advice about sexual health.

HALE's work continues to cover a diverse range of projects and activities, for instance we have recently employed a Networker to work specifically with Asylum seekers and Refugees, and have just built a bread oven on our allotment to make pizzas using vegetables grown on site.

We continue to evaluate and monitor our work so we can demonstrate its effectiveness. Making a difference reminds us why we need to keep doing it.

As Chair of HALE's Management Committee, it remains a privilege to support the work of the HALE team, who work well together sharing their diverse skills. Their willingness to learn and develop complements their passion for their work and the Project.

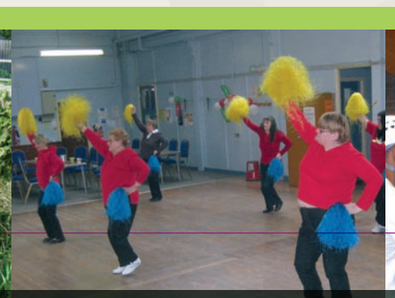
I would like to say a huge thank you to the staff and volunteers for all their hard work in the past year. Thanks also to the NHS, Bradford Council and voluntary sector organisations for their support.

All the staff, along with my fellow Trustees, remain committed to ensuring HALE continues to make a difference.

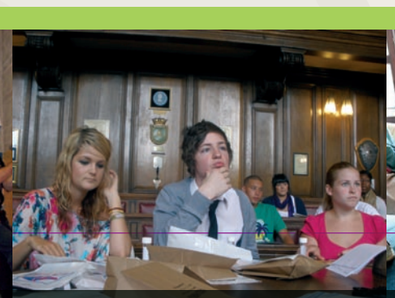
2009/10 has proved to be a very exciting time and the year ahead promises to be equally as challenging and rewarding. Please read this Annual Report and see what we have achieved.

Learning about nutrition

The HALE allotment


Cheerleading for over 40's

CLASH teambuilding session


Training peer Chlamydia screeners

Singing for health

Learning about Oral Health

Summary of Activities

Obesity Work

We've worked with over 750 people on activities relating to obesity this year. Our 123 and Time 4 Me groups address weight loss - and maintaining weight loss - in a holistic way, by providing a tutor to deliver exercise and give nutritional advice. We provide a social, non competitive, environment to encourage people to attend regularly, enabling them to make lifestyle changes which can not only help with weight loss but also lead to an improvement in individuals' overall health.

Nutrition Worker

Winning the NHS Inspiration award this year enabled HALE to employ Cath to provide nutrition advice to older people. Cath has worked with 4 luncheon clubs, providing a cook and eat activity and information about nutrition. She also works on a one to one basis with people in their own homes, enabling them to make healthy eating choices and to cook simple, healthy meals.

Allotment

Shipley and Frizinghall primary schools continue to regularly use HALE's allotment at the Redbeck site in Shipley. In addition we support a women's only group from Shipley resource centre and a 'Sunshine Club' from Heaton High Royds Special Needs School.

We are particularly pleased to see the development of a bread oven on the allotment, so that we can bake food such as bread and pizzas using produce grown on site. This is fantastic as it allows children to really understand the link between the earth and food that they eat.

We also started a new initiative in selling potato bags, to encourage people to grow their own food, and sold over 300 bags!

Ready Steady Cook

The Ready Steady Cook programme continues to bring in a competitive element to cooking for young people who have not previously had much experience. We hope that by introducing a fun element, those who participate gain confidence and enthusiasm for cooking.

Sexual Health Work

CLASH

This programme encourages young people to share their thoughts about relationships and their understanding of sexual health. It highlights the impact that drugs and alcohol can have on relationships and the risk of STIs. After attending the CLASH course 70% of young people felt more informed about the different types of contraception and 80% said that they were more informed about STIs.

Chlamydia Screening

From the CLASH courses and through our Facebook page, we recruit young people to become Chlamydia screeners. They attend a training course and are paid on an hourly rate to screen others, with a HALE member of staff. We trained 46 people in the last year, and screened 147 young people in schools, youth cafes and under 18's nights throughout the area. This is the highest screening rate amongst voluntary organisations in Bradford.

Speakeasy

Our Speakeasy programme brings parents and carers together to consider how to talk to their young people about relationships and sexual health, and how to support their understanding of these issues. The course covers a range of topics, from STIs, to contraception, to possible resources available for parents/carers to share with young people. Those who may have been uncomfortable talking to their children about subjects such as sex and puberty gain confidence and knowledge by speaking openly and realising that they are not alone!

Mental Health Work

HALE staff work with community groups to identify gaps in social activities and then set up appropriate groups. In this way we've reached over 270 service users this year. Examples of these groups are our 3 film clubs, a Chit Chat Club, a Gentlemens Club, Whist clubs, a Singing for Health group, and a Cheerleading group for the over 40's. Visitors to these groups enjoy the opportunity to get out of the house, socialise and meet new friends.

Networkers

The Networker programme receives referrals from GPs, social workers, community mental health nurses, physios, and self referrals, to work with people who have become isolated and wish to link back in with their community. The Networkers visit the person for up to 8 sessions, taking them to various activities and helping them gain the confidence to attend local activities on their own.

While our core Networker scheme works within the Shipley area, we have now launched a project specifically for refugees and asylum seekers. This is aimed at individuals or families who need support in getting out and about in their local community, and we are delighted that we are able to offer this service citywide.

Befriending

This scheme is specifically for people aged 65 and over who have become lonely and isolated. HALE recruits and trains volunteers and then matches them with an older person in their community who has requested a befriender. This may be via a self referral, or through their GP, social worker, or other practitioner. Volunteers attend a training course and receive ongoing support from HALE. The hour a week spent with their befriendee really benefits both parties, and provides much appreciated company and interaction.

Oral health Work

HALE has delivered a 5 week Teethtastic course to parents and carers of children under the age of 5 in schools, nurseries and toddler groups across the area. The course aims to be as fun and interactive as possible whilst addressing the key health messages about oral hygiene.

Statistics and funding...

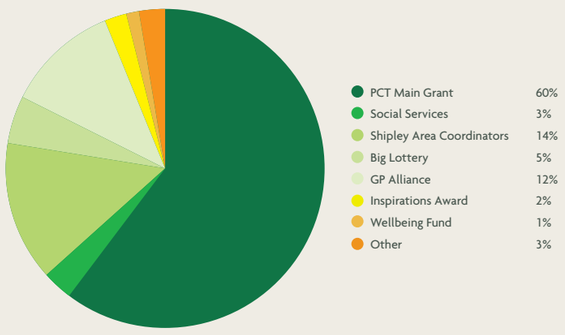
HALE continues to have funding and support from PCT which makes up more than half of our funding. This has enabled HALE to reach over 2,600 individuals under our 4 key themes.

Our "partnership" with the GP Alliance has helped HALE to continue additional projects under Obesity (specifically diabetes) and Sexual Health, and provided resources for the Networker Programme.

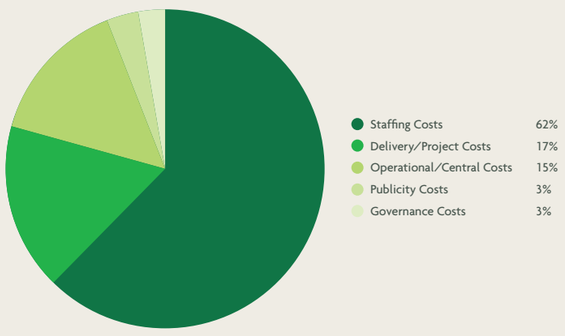
Shipley Area Coordinators Office also funded HALE this year to produce 3 directories of local activities and to launch the Health & Wellbeing grants scheme.

Contributions from The Big Lottery enabled us to deliver our befriending service, and winning the Inspiration Award funded nutrition work with older people throughout the year.

Income Summary April 09 – March 10



Expenditure Summary April 09 – March 10



...and staff changes

We said goodbye to Shirley Peaple and Nicola Williams and we wish them well for the future. However we've welcomed Aliya as Befriending Facilitator, Morteza, Cara, Rebecca and Chrissie as Networkers, Cath as Older People's Nutrition Worker, Katy as Communications Worker and John as Finance Manager. These new additions, along with the existing staff, have been key in delivering our services and in contributing to HALE's success in the past twelve months.

We have also welcomed 2 apprentices, Trisha and Emily, who will be with us until September via the Future Jobs fund. They will be working closely with our Health Development workers, on all aspects of HALEs work.

Address: **2nd Floor, Merchants Quay, Ashley Lane, Shipley, BD17 7DB**
Telephone: **(01274) 271088** Fax: **(01274) 585246**
Email: **info@haleproject.org.uk**
Website: **www.haleproject.org.uk**

Charity No. **1123542** / Company limited by guarantee registered in England No. **6443243**

Copyright © HALE 2009/2010

Inspiration Awards 2009 WINNER

IMPACT Awards Winner

Healthy Living Project

Key Achievements

We were delighted to win the 2010 IMPACT Awards run by GSK in partnership with the Kings Fund! To be chosen from over 350 organisations throughout the UK is a real honour for HALE, as it is recognition of the work that we do and the genuine impact we have had on local people's health.

The HALE Project is a vibrant group with strong community involvement. The organisation has a clear objective to reduce health inequalities and has found creative ways to engage local people while staying aligned to NHS priorities. HALE really reflects all the characteristics of a GSK IMPACT Award winner.

Dr Justine Frain, Chair, IMPACT Judging Panel, GlaxoSmithKlein

In addition, we are really pleased to have secured funding from SEIF to buy an outreach bus. The bus is designed so that people will have access to advice on cooking and nutrition, oral health and sexual health, all within their neighbourhood. The bus will be supported by two development workers, and whether you want to come and cook your tea or to get free condoms, we will be able to provide the appropriate services. The bus will also be available for other organisations in the district to hire for their own events and outreach work.

We were also successful in securing funding from Shipley Area Committee which has enabled us to produce 3 directories of activities that take place in the local areas. The funding also enabled us to give more hours to the Befriending service, and to set up a Health & Wellbeing grant scheme for volunteer led groups who want to run health based activities within the Shipley Constituency. We're really pleased to have launched the scheme, as we know that even a small amount of money can make a big difference to a voluntary group.

Annual Report 2009/2010

HALE – Health Action Local Engagement is a local charity that works in Shipley, Bingley, Baildon, Frizinghall, Wharfedale, Windhill and Wrose. Our main aim is to reduce health inequalities that exist in these areas.

This year HALE worked with over 2600 people on issues around Nutrition and Obesity, Mental Health and Wellbeing, Oral health and Sexual Health.

Our aim is to provide innovative work around health issues with community groups, schools, luncheon clubs and youth groups, to engage people who would not normally attend mainstream services. For instance we run 3 matinee film clubs for the over 50's, 123 exercise and nutrition classes, and a peer to peer Chlamydia screening programme.

We also provide a signposting service by providing up to date directories so that people know what activities are available in the local area.

"HALE supports people of all ages in its local community in innovative ways, reaching out to those who often don't use traditional health services. By empowering the groups it works with to become self-sufficient, HALE is leaving a lasting legacy. It is a worthy winner."

Sir Cyril Chantler, Chairman, The King's Fund

HALE Staff

Project Manager
Natasha Thomas

Finance Manager
John Evans

Finance Administrator
Nasreen Ali

Community Health Improvement Worker
Sally Heaton

Community Health Improvement Worker
Rachel Greene

Community Health Improvement Worker
Christine Papai

Apprentice Community Health Improvement Workers
Emily Smith
Trisha Dyke

Older People's Nutrition Worker
Cath Bromwich

Communications Worker
Katy Whitham

Befriending Coordinator
Aliya Anwar

Networker Coordinator
Sarah Ward

Networker Supporter
Lesley Dansen

Networkers
Carol Sadowyj
Neil Stanley
Rebecca Grech
Patricia Riley
Cara McTasney
Christine Fraser
Morteza Hosseini

Cinema Facilitator
Pete Jefferson

HALE Trustees

Chair
Dilys Bruce

Treasurer
Helena Hughes

Secretary
Ed Mowlam

Anna Barclay
Sarah Wilson-Fleming
Dr Jagruti Amin

www.haleproject.org.uk

Chaat

Ingredients

- 2 (8oz) Cans chickpeas, drained and rinsed
- 4 green chillies with the seeds removed and cut into slices
- 1 medium red onion
- 1 tbsp lemon juice
- Small bunch Chopped Coriander
- 2 chopped tomatoes
- 1 tbsp Chaat Masala powder (mix your own low salt version, as shown below)

Method

- First mix the Chaat Masala powder, using 2 tbsp amchoor (dried mango powder), 1tsp ground cumin, 1tsp ground coriander, 1 tsp ground ginger, 1/2 tsp salt, 1/2 tsp ground black pepper and 1/2 tsp cayenne pepper.
- Mix all of the ingredients together and refrigerate for a minimum of 2 hours.
- Serve when needed – it's as easy as that!
- Delicious served with pitta bread, or as a salad style accompaniment.

"Well done to everyone at HALE, to those on the front line and those behind the scenes. It is a real credit to you that your work has been recognised in this way. Your commitment to the local community and the enthusiasm with which you work is really inspiring."

Amanda Fletcher, Senior Public Health Manager

Pitta Bread

Ingredients

- 450g white plain flour
- 1 tsp white sugar
- 300ml tepid water
- 1 tsp salt
- 2 sachets (14g) fast-action dry yeast
- 1 tbsp rapeseed or olive oil

Method

- Mix the flour, salt, sugar and yeast together in a bowl.
- Stir in the warm water and olive oil and mix until it comes together to form a dough. (Add extra flour if sticky, extra water if dry).
- Knead on a lightly floured surface for 10 min until smooth.
- Place in a large, clean bowl, cover with cling film and leave to rise for 2 hours in a warm place.
- Punch the dough down, and knead for 1 minute. Cut the dough into 12 pieces, shape into balls, and set aside for 10 minutes.
- Heat the oven to 200˚C /Gas mark 6.
- Roll each ball into a fine, flat oval.
- Bake on a lightly floured tray for 6 or 7 minutes, until puffy, soft and pale. Wrap in a slightly damp tea towel until cool.
- To serve, place in a hot, dry pan for a minute or two until warm.

"I am so pleased to see HALE expanding like it has, you are doing a fantastic job."

Joanne Smith, Neighbourhood Warden
Bingley & Bingley Rural Team

Leek and Potato Soup

Ingredients

- 4 Leeks
- 1 Medium onion
- ½ pint of Milk
- 2 Medium sized potatoes
- 1 tbsp Oil
- Salt & pepper
- 1½ pints of Stock (made using stock cube dissolved in boiling water)
- Chopped chives or parsley to serve (optional)

Method

- Wash the leeks, making sure to get any mud out! Then slice them.
- Chop the onion, and peel and chop the potatoes into small cubes.
- Heat the oil in a pan, add the onion and fry until soft.
- Add the potato and fry for a few minutes.
- Add the leeks and the stock. Stir well. Turn up the heat and bring the soup to the boil.
- Once the soup has boiled reduce the heat and simmer for 15 minutes, or until the potato is soft.
- Remove from the heat and add the milk. Stir well.
- The soup can be served chunky, or blended until smooth.
- Add salt and pepper to taste.
- Serve topped with a sprinkling of chopped herbs, if using.

"To have the achievements of HALE recognised by the King's Fund is praise indeed and you are very worthy winners... You recognize the importance of supporting people of all ages to take care of their own, their families' and their communities' health and you always keep people at the heart of everything you do..."

Chris Murdoch, Ward Co-ordinator
Neighbourhood Service, Bingley & Bingley Rural Team

Cheese Dip

Ingredients

- 100g low fat cream cheese
- 15ml spoon tomato ketchup (use the reduced salt and sugar variety if possible)
- 2 spring onions
- A pinch of black pepper

Method

- Place the cream cheese, tomato ketchup and black pepper into the mixing bowl.
- Finely chop the spring onions and add them to the other ingredients.
- Mix all the ingredients together.
- Transfer to the serving dish and enjoy!

"...HALE was always a brilliant local project and we were proud to be associated with you. Today HALE is a nationally recognised leader in its field."

Chris Murdoch, Ward Co-ordinator

Thin and Crispy Pizza

This recipe makes 2 good sized pizzas

Ingredients

- 250g plain flour
- 100ml luke warm water
- 1 clove of garlic
- 1 egg
- 1 small onion
- Salt and pepper
- 100ml milk
- 1 tin of tomatoes
- Mixed herbs

Method

- Mix the flour and egg.
- Add in the milk and water a little at a time. The dough needs to be able to be handled so must not be too sticky. (Add extra flour if sticky, extra water if too dry).
- Roll out the dough onto a floured surface.
- Transfer to a baking tray and bake in the oven at 200-230°C, until it starts to colour slightly.
- For the topping, chop the onion and garlic and fry in a little oil until softened.
- Pour in the tomatoes and bring to a gentle simmer. Season as required, and add the mixed herbs.
- Spread this onto the pizza base and add toppings.
- You can use whatever toppings for your pizza you fancy – these can be whatever you have in your fridge or cupboard, but cheese is always good! Try tuna, sweet corn, mushrooms, slices of tomato, ham, pineapple, cooked chicken, salami, or sliced peppers.
- Bake the pizza again just to cook the topping. Once the cheese has melted, it's ready!

Swiss Fruit Tart

"...your schemes provide so much good work to people in the area. I am privileged to have your projects for older people in the area I work in."

Barbara Stepien-Foad
Bradford Adult Services

Ingredients

- 1 tbsp ground almonds
- 200ml semi-skimmed milk
- 2-3 eating apples cored, quartered and cut into thin slices
- Pre-made pastry case, approx 20cm wide (this can either be homemade or shop bought)
- Optional extras: a handful of blueberries, raspberries, blackberries, sultanas or currants
- 2 tbsp sugar
- 2 eggs

Method

- First, line a dish with the pastry case.
- Scatter ground almonds on the bottom of the pastry case and arrange the apple slices on top.
- Measure the milk into a jug, add the eggs and sugar and whisk together with a fork.
- Pour this egg custard mixture evenly over the apples.
- Sprinkle optional extra fruit that you would like to add over the whole pie case.
- Bake in an oven heated to 180°C for approximately 25-30 minutes. The pie is cooked when the egg custard mixture is firm to touch.
- This recipe can vary depending what you have in your cupboard! This is also a good recipe if you have been on a walk in the summer and picked wild berries.

Sausage Casserole

Ingredients

- Rape seed oil for frying
- 2 large carrots
- 1 packet sausages (4-6)
- Salt and pepper to taste
- 1 tin beans, drained (use any type of beans, e.g. butterbeans, haricots, kidney beans)
- 2 medium onions
- 1 tin chopped tomatoes
- 1 heaped tbsp plain flour
- 500ml stock

You can also add any other vegetables e.g.: leeks, swede, parsnips

Method

- Trim and peel all the vegetables and chop in to fairly small pieces.
- Heat the casserole dish on medium heat.
- Put all the vegetables and herbs into the pan with two dessert spoons of rapeseed oil and cook gently.
- Meanwhile, fry the sausages separately in a frying pan until golden brown.
- Add sausages to the vegetables, along with the flour and stir well.
- Pour in stock, tomatoes and the can of beans. Stir well to mix all the ingredients together.
- Bring to the boil. If the casserole looks a bit dry add a little water.
- Put lid on the casserole dish and simmer slowly for about 30 minutes.

Potato Salad

Ingredients

- 500g peeled potatoes
- 1tbsp rapeseed or olive oil
- 1tbsp reduced fat mayonnaise
- 1/2 bunch spring onions, trimmed and chopped
- 1tsp white wine vinegar
- 1/4tsp mustard
- 1tbsp plain yogurt

Method

- Boil the potatoes until tender.
- Drain, and cut into bitesize chunks.
- Mix together the vinegar, oil and mustard and add to the potatoes.
- Allow to cool. Mix the mayonnaise and yogurt together. Gently stir into the potatoes along with the spring onions.
- Enjoy! Delicious served as a side salad with summer barbeques or quiches.

www.haleproject.org.uk