Public Health Nutrition and Dietetics.
The all Wales approach

Judith John, Consultant Dietitian, Public Health Wales
Lisa Williams, All Wales Nutrition Training Facilitator
The illustration below highlights how the **NUTRITION SKILLS FOR LIFE™** programme delivered by the Registered Dietitians in Wales contributes towards implementation of local and national strategies.

**Accredited nutrition skills training**

- **Designed to Improve Health and the Management of Chronic Conditions in Wales** *(WG, 2008) Level 1 Primary Prevention & Health Promotion*
  
  - **All Wales Obesity Pathway** *(WG, 2010)*  
    - Level 1 Community based prevention and early intervention.

- **Our Healthy Future & Fairer Health Outcomes for All Reducing Inequities in Health Strategic Action Plan.** *(WG, 2011)* e.g. building community capacity by training and developing community workers and peer leaders on food and nutrition skills.

- **Food for Wales: Food from Wales 2010-2020** *(WG, 2010)* e.g. training others to deliver consistent, evidence based food and nutrition messages and cooking skills training.

- **Building a Brighter Future: Early Years and Childcare Plan** *(WG, 2013)*

- **Strategic Vision for Maternity Service in Wales** *(WG, 2011)*

- **Building Resilient Communities. Taking forward the Tackling Poverty Action Plan** *(WG, 2013)*

- **Healthy Eating in Schools Measure & Appetite for Life** *(WAG, 2007)* access to nutrition skills training for those working with children and young people in schools

- **The Strategy for Older People in Wales** *(2008-13) Chapter 4- access to nutrition skills training enables staff to support well being and independence and promoting healthy ageing.*

- **Setting the Direction** *(WG, 2010)*
  
  - Citizens to develop confidence in their ability to manage their own health

- **Together for Health** *(WG, 2011)*
  
  - Health will be better for everyone in Wales encourage health promoting infant nutrition and healthy food options for families, children and young people. Promoting and supporting independence and wellbeing for older adults and vulnerable groups

- **Local Integrated Partnership Plans incorporating Health Social Care and Wellbeing Strategies (HSCWB) and Children and Young People’s Plans (CYPP)** *(2013 onwards)* Identify and address factors affecting the health and well being of the local population.
All Wales approach

- WTAC
- Wales Dietetic Leadership and Advisory Group
- PHDiW
- Influencing and implementing local and national food and health policy
- Specialist public health nutrition and dietetic advice to partner agencies.
- Lead in implementation, & evaluation of programmes
  - Nutrition Skills for Life
  - Foodwise for Life
  - Children’s Obesity Referral Programme
  - All Wales Menu Framework
- Standardised, quality assured approach to resources and training
  - Accredited Community Food and nutrition Skills training
  - Foodwise for Life delivery manual and participant handbook
Reporting arrangements

- Welsh Therapies Advisory Committee (WTAC)
- Welsh Dietetic Leadership Advisory Group (WDLAG)
- Community/Public Health Dietitians in Wales (PHDiW)
- Bwrdd Cymru/Welsh Board of the British Dietetic Association
Consultant Dietitian

Role is to work across Public Health Wales and the Welsh Government to provide:

• Professional advice and support to Welsh Government officials
• Strategic direction to Public Health Dietetics and Public Health Nutrition in Wales
• Leadership and management of national food and health and obesity programmes
• Leadership and coordination of partner organisations to improve nutrition through food provision and evidenced based public health nutrition and dietetic practice
• Revision and development of all Wales nutrient based standards across different settings e.g. hospitals, early years settings and care homes.
All Wales Hospital Menu Framework.

Rationale:

- Evidence and risk of widespread malnutrition in hospitals
- All Wales Nutrition & Catering standards for hospital food and fluid (Welsh Government 2011)
- Requirement to comply with standards
- The need to standardise recipes and menu items to meet standards
- Request by Health Minister for an All Wales menu to support the full implementation of the standards by April 2013
- Food served in hospitals is an important factor influencing not only clinical outcomes but also satisfaction with hospital stay
All Wales Hospital Menu Framework.

Seeks to ensure that all health boards can meet the all Wales food and fluid standards through provision of a varied, quality menu with standardised recipes:

**Phase 1** implementation of standardised, tested, evaluated recipes

**Phase 2** therapeutic diets, paediatric menus and the textured modified diets, also the procurement process and the more in-depth web site and database to assist health boards in their menu planning. All Wales Patient experience baseline survey

**Phase 3** develop guidance, a patient and ward handbook and training for staff
Nutrition Standards in other Settings:

**Background:** All Wales Pathway for Nutrition in Community Settings (2011)

Scoping the requirement for nutrition standards in care homes in the community

**Aims:**
Improve food provision similar to hospital and school standards

**Considerations:**
Food and/or nutrition based practicalities
Existing guidance and standards
Infrastructure and whole scale approach
Partners and stakeholders – statutory and private Care homes, food providers, voluntary sector
Links with the unified menu planning system being developed in Torfaen
Pilot and Inform proposals for standards
Nutrition Training Facilitator

Role is to develop and support the implementation of nutrition training for professional and non health professional groups across Wales and to provide:

- Leadership and co-ordination of the national public health dietetic training programme *NUTRITION SKILLS FOR LIFE™*
- Leadership and advice on the development and implementation of standardised, quality assured nutrition learning and teaching resources.
- Co-ordination of the monitoring and evaluation framework for the national public health dietetic programme in Wales *NUTRITION SKILLS FOR LIFE™*.
- Strategic development and integration of public health dietetic training into national curricula based on identified nutrition training needs.
# NUTRITION SKILLS FOR LIFE™

<table>
<thead>
<tr>
<th>Nutrition training for frontline staff</th>
<th>Aim</th>
<th>Intended participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Food and Nutrition Skills.</td>
<td>To equip participants with the nutrition knowledge and skills to cascade evidence based, consistent, food and nutrition messages to community groups they work with.</td>
<td>Those intending to deliver accredited Foodwise for Life, Get Cooking, Dewch i Goginio, Food and Nutrition Skills training e.g. Leisure, Communities First, Families First staff teachers and teaching assistants, youth workers.</td>
</tr>
<tr>
<td>Community Food and Nutrition Skills for the Early Years.</td>
<td>To enable early years staff to communicate food and nutrition messages to children and parents and to improve food and drink provision in their setting.</td>
<td>Flying Start, Families First and Early Years settings participating in the Healthy and Sustainable Pre School Scheme and local snack award schemes.</td>
</tr>
<tr>
<td>Food and Nutrition Skills for Those Providing Care and Improving Nutrition Care.</td>
<td>To enable staff working with older adults to improve food and drink provision for those in their care and prevent malnutrition.</td>
<td>Care home nursing and catering staff, community carers, and voluntary organisations.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Courses for community groups</th>
<th>Aim</th>
<th>Intended participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction to Community Food and Nutrition Skills.</td>
<td>To provide evidence based, accurate, and consistent information on food and nutrition to enable individuals to make healthy and sustainable food choices.</td>
<td>Community groups e.g. children and young people, parents, homeless, drug and alcohol service users.</td>
</tr>
<tr>
<td>Get Cooking and Dewch i Goginio.</td>
<td>To equip participants with practical food skills to enable them to prepare healthy, safe, economical meals for themselves and their families.</td>
<td>Community groups e.g. children and young people, parents, homeless, drug and alcohol service users.</td>
</tr>
<tr>
<td>Foodwise for Life structured weight management Programme.</td>
<td>To equip participants with the nutrition knowledge and skills to manage their weight.</td>
<td>Individuals with a BMI &gt;25kg/m²</td>
</tr>
</tbody>
</table>
Service priorities delivered through partnership working

Children, maternity and families
- Healthy Start
- Healthy snack award schemes
- Designed to Smile
- Get Cooking/Dewch i goginio
- Healthy and Sustainable Pre School Scheme
- Nutrition training for undergraduate midwives
- Promote Food Co-ops

Older adults and vulnerable groups
- BME CCM education programmes
- Implement Nutrition in Community Settings
- Promote Food Co-ops
- Training care home staff
- Training foster carers
- Maximising nutrition in hospital and care homes
- Training for frontline staff Homeless

Nutrition skills for life
- Quality assured nutrition skills training underpins all services. All programmes delivered by appropriately trained staff supported by dietitians
- e learning prevention of malnutrition
- Foodwise for Life
- Corporate Health Standard
- Promote Food Co-ops

Working age adult health
- Foodwise in Pregnancy
- MEND 5-7 7-13
- Nutrition training for undergraduate midwives
- Promote Food Co-ops

Key Priorities
- Increase fruit and vegetable consumption
- Prevent and manage obesity
- Prevent and manage undernutrition
Service Description: NUTRITION SKILLS FOR LIFE™ is an all Wales scheme which aims to build the capacity of communities to support healthy eating and prevent malnutrition. Operating in all Health Boards, dietitians aim to equip community based staff with the nutrition knowledge and skills to incorporate nutrition messages into their work, employ more local people as community food workers and strengthen community food and nutrition input into areas of health inequality.

Purpose of Service

- Build capacity in the community workforce through nutrition training focusing on accredited Agored Cymru courses.
- Develop a standardised approach for accredited nutrition training across Wales, promoting consistent nutrition messages and contributing to preventing nutrition related disease.
- Support the development of healthier environments and improved access to nutritious foods through training and advice.
- Support local action in response to Change4Life e.g. Supporting local community food initiatives and ensure they are evidenced based.
- Support local partnerships to raise the profile of nutrition and help to achieve better outcomes in relation to nutrition and health for their population.
- Focus on lower socioeconomic/hard to reach groups.
- Focus on 0-25's and vulnerable older people.

Headline Performance Measures * Data will be available from April 2013

1. 153 Agored Cymru (AC) accredited Level 2 nutrition skills courses delivered to 1725 staff.
2. 90% staff attending AC Level 2 Community Food and Nutrition Skills (CFNS) courses gained accreditation.
3. % of staff completing AC Level 2 CFNS training who report intending to deliver Level 1 accredited courses to community groups they work with.
4. % of staff completing Level 2 CFNS training who go on to deliver nutrition training/interventions to community groups they work with.
5. % of individuals completing evaluation questionnaires who report eating more fruit and vegetables as a result of attending the course.

How Are We Doing? (Use tables/charts from questionnaire spreadsheets here to demonstrate how well we are doing)

Data Development Agenda

- No. of fully subscribed courses.
- No. and type of agencies/partner organisations trained.
- % of planned courses delivered.
- % Fully subscribed courses.
- % of partner organisations completing evaluation questionnaires stating that the Nutrition Skills for Life scheme resulted in better outcomes for community groups (DDA).
**HOW MUCH?**

153 Agored Cymru (AC) Level 2 accredited nutrition skills courses delivered to 1725 staff (total for all courses).
22 AC accredited Level 1 nutrition skills courses delivered to 186 members of the community.
117 non accredited training sessions delivered reaching 1527 staff.
56 non accredited sessions delivered for 288 members of the community.
21 AC Level 2 Community Food and Nutrition Skills (CFNS) courses delivered.
46 CFNS for the Early Years courses delivered.
45 Food and Nutrition Skills for those Providing Care courses delivered.
41 Improving Food and Nutrition Care courses delivered.
13 AC Level 1 Introduction to CFNS courses delivered.
8 Get Cooking courses delivered.
1 Healthy Eating through Practical Cookery courses delivered.
45 non accredited training sessions delivered for staff (Older adults).
60 non accredited training sessions delivered for staff (Early Years).
12 non accredited training sessions delivered for staff (Schools).
258 staff attending AC Level 2 CFNS training.
536 staff attending CFNS for the Early Years training.
507 staff attending Food and Nutrition Skills for those Providing Care training.
425 staff attending Improving Food and Nutrition Care training.
147 individuals attending AC Level 1 Introduction to CFNS courses.
32 individuals attending Get Cooking courses.
7 individuals attending Healthy eating through practical cookery skills courses.
493 staff attending non accredited courses (Older adults).
777 staff attending non accredited courses (Early Years).
257 staff attending non accredited courses (Schools).
No. of fully subscribed courses (DDA).
No. and type of agencies/partner organisations trained (DDA).

**IS ANYONE BETTER OFF?**

90% staff attending AC Level 2 CFNS (95%)/ CFNS for the Early Years (97%)/ Food and Nutrition Skills for those Providing Care (86%)/Improving Food and Nutrition Care (85%) courses who gain accreditation.
90% individuals attending AC Level 1 Introduction to CFNS (94%)/ Get Cooking (71%)/ Healthy Eating through Practical Cookery (100%) who gain accreditation.
% of staff completing Level 2 CFNS training who report intending to deliver Level 1 accredited courses to community groups they work with.
% of staff completing Level 2 CFNS training who go on to deliver nutrition training/interventions to community groups they work with.
% of staff completing Level 2 CFNS training who reported feeling confident or very confident to deliver the Level 1 accredited course.
% of individuals completing evaluation questionnaires who reported learning something new about food and nutrition as a result of attending the course.
% of individuals completing evaluation questionnaires who report feeling more confident or much more confident about preparing healthy foods as a result of attending the course.
% of individuals completing evaluation questionnaires who report feeling more confident or much more confident about shopping for healthy foods as a result of attending the course.
% of individuals completing evaluation questionnaires who report making changes to what they eat as a result of attending the course.
% of individuals completing evaluation questionnaires who report making changes to what their family eat as a result of attending the course.
% of individuals completing evaluation questionnaires who report eating more fruit and vegetables as a result of attending the course.
% of individuals completing evaluation questionnaires who report eating less sugar and sweet foods as a result of attending the course.
% of individuals completing evaluation questionnaires who report eating less fatty or fried foods as a result of attending the course.
% of partner organisations completing evaluation questionnaires stating that the Nutrition Skills for Life scheme resulted in better outcomes for community groups (DDA.)

* Data will be available from April 2013
Story Behind (last 12 months) Performance.

- 17.5 wte dietitians (24 staff) and 7.5wte Dietetic Support Workers (18 staff) employed through the NUTRITION SKILLS FOR LIFE™ scheme (Feb 2013). Due to the realignment of Welsh Government Health Improvement Programmes funding transferred to Health Board Dietetic Departments from April 2012.
- Nutrition training for those working with older adults (introduced in 2011) successfully incorporated into dietetic service training schedules in each health board supporting implementation of the All Wales Nutrition in Community Settings Pathway (Welsh Government, 2011).
- Nutrition training for early years practitioners continues to be a priority supporting the nutrition and oral health criteria of the Healthy and Sustainable Pre School Scheme (Welsh Government, 2011). Two areas reported delivering the Level 2 CFNS for the Early Years training within colleges of Further Education.
- Training provided in preparation for the roll out of Foodwise for Life from April 2013. This community weight management programme was developed by dietitians in Wales to meet an identified gap at Level 1 and 2 of the All Wales Obesity Pathway (Welsh Government, 2010) and will be evaluated as part of the NUTRITION SKILLS FOR LIFE™ scheme.
- The number of Level 1 nutrition skills courses (Introducing Community Food and Nutrition Skills, Get Cooking, Preparing Healthy meals) delivered by Level 2 learners remains low and barriers to enabling others to deliver accredited Level 1 courses need to explored.
- The number of non accredited nutrition training session has increased reflecting a wider range of partner organisations reached by the scheme, opportunities to signpost staff to Level 2 nutrition skills training and more trained staff delivering Level 1 accredited courses to community groups.

What We Propose To Do To Improve Performance In The Next Year [2013/14]

<table>
<thead>
<tr>
<th>WHAT</th>
<th>WHO</th>
<th>BY WHEN</th>
<th>ADDITIONAL RESOURCES REQUIRED Y/N</th>
</tr>
</thead>
<tbody>
<tr>
<td>New evaluation framework using the Results Based Accountability approach to performance monitoring developed during 2012 will be used in all areas from April 2013.</td>
<td>All</td>
<td>Ongoing</td>
<td>Y</td>
</tr>
<tr>
<td>Support other partner organisations to embed nutrition skills training into their work plans including delivery of accredited Level 1 nutrition skills courses for community groups.</td>
<td>All</td>
<td></td>
<td>Y</td>
</tr>
<tr>
<td>Increase the number of Level 2 trained staff delivering Level 1 accredited programmes as part of their work plans.</td>
<td>All</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Support partner agencies to deliver Foodwise for Life e.g. National Exercise on Referral, Leisure Centre and Communities First staff.</td>
<td>All</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ensure staff planning to deliver Level 1 accredited nutrition skills programmes complete Level 2 Community Food and Nutrition Skills (NH2CY001), 3 credit training and additional facilitation training.</td>
<td>All</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ensure all Learning and Teaching resources are updated and printed centrally and review demand for additional Foodwise for Life resources.</td>
<td>All</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seek further funding opportunities to increase dietetic capacity to meet additional demands for training e.g. from the 52 Communities First clusters, and for implementation of the new Foodwise for Life weight management programme.</td>
<td>All</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Deliver a minimum of two national networking events for Dietitians and Dietetic Support Workers in Wales to share good practice in nutrition training and education, public health and community development matters.</td>
<td>NNTF</td>
<td>Nov '13</td>
<td></td>
</tr>
<tr>
<td>(NNTF= National Nutrition Training Facilitator)</td>
<td>NNTF</td>
<td>Ongoing</td>
<td>Y</td>
</tr>
</tbody>
</table>
All Wales Obesity Pathway

Level 4
Specialist medical and surgical services

Level 3
Specialist MDT weight management services

Targeted gateway - one to one MDT support

Level 2
Community and primary care weight management services

Targeted gateway - dietetic and physical activity support

Level 1
Community based prevention and early intervention (self care)

Targeted gateway - Community Intervention for overweight/obese

Level 2 Action Area met by Dietetic Services
- Access to a range of multi-component community based programmes, that are run by appropriately trained individuals

Level 1 Action Area met by NUTRITION SKILLS FOR LIFE™
- Training to support frontline staff to ensure consistent and appropriate messages delivered
- Support for community food initiatives
Foodwise for Life

- All Wales Obesity Pathway (2010)
- Foodwise fits at Level 1 & 2
- Evidence based community weight management programme to meet NICE (2006) best practice standards
- Enable community based workers across Wales to deliver a standardised quality assured programme.
National Children’s Obesity Referral Programme

- Lead and co-ordinate an obesity prevention and treatment programme for children between the ages of 5 and 13 and their parents.
- Contract awarded to Mytime MEND to deliver the agreed specification for services across Wales for 2012-2014.
- Aim for Sep – March is to maximise the service and enable as many children and families as possible to benefit from the programme.
Briefing for professionals on MEND in Wales

MEND has been awarded the contract to deliver a childhood obesity referral programme across Wales for 2012-2014. This service meets Level 2 of the All Wales Obesity Pathway. The contract is being managed by Public Health Wales.

The MEND programmes that form part of the contract are MEND 5-7 and MEND 7-13. Each programme lasts for 10 weeks.

**MEND 5-7**

<table>
<thead>
<tr>
<th>Children</th>
<th>Parents/carers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Power Time (Snack-time)</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Healthy families: •Everyday play •Family nutrition •Active lifestyles</td>
<td>25 minutes</td>
</tr>
<tr>
<td>Active Play</td>
<td>60 minutes</td>
</tr>
<tr>
<td>Workshops</td>
<td></td>
</tr>
</tbody>
</table>

**MEND 7-13**

<table>
<thead>
<tr>
<th>Children</th>
<th>Parents/carers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Theory Session (Mind or Nutrition)</td>
<td>1st Hour</td>
</tr>
<tr>
<td>Exercise</td>
<td>2nd Hour</td>
</tr>
<tr>
<td>Facilitated Discussion</td>
<td></td>
</tr>
</tbody>
</table>

**Referral pathway**

A child is identified as being overweight or obese

Find out if there is a MEND programme in your area

Encourage families to join local programme

**MEND website** [www.mendentral.org](http://www.mendentral.org)

**Referral form**

**Self-referral**

**Local Programme Manager**
# Briefing for professionals on MEND in Wales

## How to contact your local MEND programme

<table>
<thead>
<tr>
<th>LHB</th>
<th>Area</th>
<th>Name</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aneurin Bevan LHB</td>
<td>Gwent (Newport/Caerphilly/ Monmouthshire/ Torfaen/ Blaenau Gwent)</td>
<td>Caroline Bovey</td>
<td>01633 261 391</td>
<td><a href="mailto:Caroline.bovey@wales.nhs.uk">Caroline.bovey@wales.nhs.uk</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Jocelyne Jones</td>
<td>01633 647 420</td>
<td><a href="mailto:Jocelyne.jones@wales.nhs.uk">Jocelyne.jones@wales.nhs.uk</a></td>
</tr>
<tr>
<td>Powys LHB</td>
<td>Powys County Council</td>
<td>Craig Jones</td>
<td>01639 844 854</td>
<td><a href="mailto:Craig.jones2@powys.gov.uk">Craig.jones2@powys.gov.uk</a></td>
</tr>
<tr>
<td>Cardiff and Vale ULHB</td>
<td>Cardiff City Council and Vale of Glamorgan</td>
<td>Helen Nicholls</td>
<td>02920 663 036</td>
<td><a href="mailto:Helen.Nicholls2@wales.nhs.uk">Helen.Nicholls2@wales.nhs.uk</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Gwawr James</td>
<td></td>
<td><a href="mailto:Gwawr.James3@cardiff.gov.uk">Gwawr.James3@cardiff.gov.uk</a></td>
</tr>
<tr>
<td>Abertawe Bro Morgannwg LHB</td>
<td>Neath Port Talbot CBC</td>
<td>Maria Edwards</td>
<td>07590 443109</td>
<td><a href="mailto:Maria.Edwards@mytimemend.co.uk">Maria.Edwards@mytimemend.co.uk</a></td>
</tr>
<tr>
<td></td>
<td>Swansea City and County Council</td>
<td>Maria Edwards</td>
<td>07590 443109</td>
<td><a href="mailto:Maria.Edwards@mytimemend.co.uk">Maria.Edwards@mytimemend.co.uk</a></td>
</tr>
<tr>
<td></td>
<td>Bridgend</td>
<td>Stuart Mitchell</td>
<td>03900 012 1223</td>
<td><a href="mailto:Stuart.Mitchell@halostrategic.co.uk">Stuart.Mitchell@halostrategic.co.uk</a></td>
</tr>
<tr>
<td>Cwm Taf LHB</td>
<td>Rhondda Cynon Taf</td>
<td>Simon Hollifield</td>
<td>07795 391 721</td>
<td><a href="mailto:Simon.j.hollifield@rcbc.gov.uk">Simon.j.hollifield@rcbc.gov.uk</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Gareth Davies</td>
<td></td>
<td><a href="mailto:Gareth.Davies@rcbc.gov.uk">Gareth.Davies@rcbc.gov.uk</a></td>
</tr>
<tr>
<td>Hywel Dda LHB</td>
<td>Ceredigion County Council</td>
<td>Paul Jones</td>
<td>07837 427875</td>
<td><a href="mailto:Paul.Jones@ceredigion.gov.uk">Paul.Jones@ceredigion.gov.uk</a></td>
</tr>
<tr>
<td>Betsi Cadwaladr LHB</td>
<td>Conwy County Council</td>
<td>Richard Orme</td>
<td>01492 577 900</td>
<td><a href="mailto:Richard.orm@conwy.gov.uk">Richard.orm@conwy.gov.uk</a></td>
</tr>
</tbody>
</table>

### Areas that currently have no MEND programmes planned

- Anglesey
- Gwynedd
- Pembrokeshire
- Merthyr Tydfil
- Denbighshire
- Flintshire
- Carmarthenshire
- Wrexham

### Names and Contact Information

<table>
<thead>
<tr>
<th>Name</th>
<th>Organisation</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kate Underwood</td>
<td>Mytime MEND</td>
<td>07545 609 404</td>
<td><a href="mailto:kate.underwood@mytimemend.co.uk">kate.underwood@mytimemend.co.uk</a></td>
</tr>
<tr>
<td>Maria Edwards</td>
<td>Mytime MEND</td>
<td>07590 443 109</td>
<td><a href="mailto:maria.edwards@mytimemend.co.uk">maria.edwards@mytimemend.co.uk</a></td>
</tr>
<tr>
<td>Judith John</td>
<td>Public Health Wales</td>
<td></td>
<td><a href="mailto:Judith.john@wales.nhs.uk">Judith.john@wales.nhs.uk</a></td>
</tr>
</tbody>
</table>

Please note, we are continuously looking to work with new partners and will keep you updated with any changes.
EXCITING OPPORTUNITY TO HELP LOCAL FAMILIES BECOME FITTER, HEALTHIER AND HAPPIER

If you answer yes to any or all of the questions below, sign on to a MEND Workshop today!
- Do the current lifestyle statistics in Wales concern you?
- Are you keen to help people understand healthy lifestyles?
- Are you passionate about helping families?

Background information
Mytime MEND is a healthy living programme that has been commissioned by Public Health Wales to deliver healthy lifestyle for children aged 5-13 years who are above a healthy weight and their families across Wales.

MEND is an acronym for:

- MIND
  We help you think about your family's daily habits and find easy ways to make them healthier.
- EXERCISE
  But not as you know it! Kids play fun active games and we show you how to fit more activity into everyday life.
- NUTRITION
  Discover things you never knew about food – it's amazing how small changes can make a big difference.
- DOIT!
  Even when you know what's good for you, doing it is the hard bit. We'll support you to make healthy changes that last a lifetime.

About the MEND Workshops
We will be hosting interactive two-hour workshops in venues across Wales to introduce MEND to professionals working in health, leisure, community and education settings.
The session is designed to:
- Introduce MEND and its work in Wales;
- Identify helpful and unhelpful ways to talk about weight in a sensitive and non-judgemental way;
- Sign post families to services such as MEND;
- Bust any myths around obesity and MEND.

To book your free space today, please email Maria.Edwards@mytimemend.co.uk with the following information:
- Your name
- Job title
- Organisation
- Contact email
- Contact phone number
- Which session you would like to attend

<table>
<thead>
<tr>
<th>Date</th>
<th>Area</th>
<th>Venue</th>
<th>Time</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>23rd Sept</td>
<td>Ceredigion</td>
<td>Cardigan - TBC</td>
<td>10am</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Aberystwyth - TBC</td>
<td>2pm</td>
<td></td>
</tr>
<tr>
<td>24th Sept</td>
<td>Swansea</td>
<td>LC2 Leisure Centre</td>
<td>10am</td>
<td>Pay and display parking is available</td>
</tr>
<tr>
<td></td>
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<td>NSA Afan, Ty Arian, Silver Avenue, Port Talbot, SA12 7RX</td>
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<td>25th Sept</td>
<td>Cardiff</td>
<td>TBC</td>
<td>10am</td>
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<td>2nd Oct</td>
<td>Powys</td>
<td>Brecon Leisure Centre, Penlan, Brecon, LD3 9SR</td>
<td>10am</td>
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<td>3rd Oct</td>
<td>Cardiff</td>
<td>TBC</td>
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<td>9th Oct</td>
<td>Neath Port Talbot &amp;</td>
<td>TBC</td>
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<td>Swansea</td>
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<td></td>
<td>Newport</td>
<td>St Julian's Church Hall, 41 St Julian's Avenue, Newport NP19 7JT</td>
<td>9.30am</td>
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<td></td>
<td>Bridgend</td>
<td>Bridgend Recreation Centre, Angel Street, Bridgend, CF31 4AH</td>
<td>2pm</td>
<td>Pay and display parking is available</td>
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<tr>
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<td>RCT</td>
<td>TBC</td>
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FAQs

What are MEND Champions?
MEND Champions are people who, with training and support, voluntarily bring their ability to relate to people and their own life experience to transform health and well-being in their communities.

MEND Champions help others to enjoy healthier lives by raising awareness of health and healthy choices, sharing health messages, removing barriers and creating supportive networks and environments.

Why are they needed?
The saying that “prevention is better than cure” is true for many health problems. There are often small steps people can take to look after their health. This might be eating well and being more active. It can be difficult to take the first step, even if we really want to make changes. People are often confused by mixed messages in the media, don’t feel motivated, or are unaware of the support available to them. MEND champions can help people get the right information and access to the services they need.

Who can become a MEND Champion?
Anyone! You do not need a health background. You just need to be willing to pass on information and encourage people to look after their health when the opportunity arises. This could happen more formally through your professional role or when chatting with a friend and family.

What will it involve?
This exciting initiative is available now. The session is designed to:
- introduce MEND and its work in Wales;
- identify helpful and unhelpful ways to talk about weight in a sensitive and non-judgemental way;
- signpost families to services such as MEND;
- bust any myths around obesity and MEND

The workshops are offered free of charge through funding from Public Health Wales and will be delivered at local venues.

What’s in it for me?
If you become a MEND Champion you will be able to:
- Help other people to look after their health
- Learn more about obesity and local services available in the community
- Meet new people in your community
- Receive high quality training

What happens after becoming a MEND Champion?
After becoming a MEND Champion you can use your new knowledge and skills as much, or as little, as you like. You will be kept updated and become part of a network of people that are helping and inspiring others to lead healthier lives.

For further information on the MEND Champion training please contact:
Maria Edwards on 07590 443109 or email Maria.Edwards@mytimemend.co.uk
Or
Kate Underwood on 07545 609404 or email Kate.Underwood@mytimemend.co.uk
The Cooking Bus

Lead and co-ordinate the grant funded programme

• Sep – March revised delivery programme: to increase staff training sessions to include school staff, community staff and early years staff.

• To provide follow up support to schools and identify any barrier to incorporating and sustaining cooking skills in the curriculum.

• To contribute to outcome reporting via WNHHS.
Links with Public Health

Central teams through consultant dietitian role
Both roles on PANNW board
CMP Steering group
WNHHS

Local Public Health Teams – Nutrition skills for Life leads in each Health Board

Consultant Dietitian links to national topic leads
Future developments

Ensuring evidenced based nutrition is incorporated in all national work and programmes e.g.

- MECC/Have a word – working towards a standardised, consistent approach to delivery of food and health element of training.
- Food coops promotion
- Healthy Start (including Vitamins)
- Breastfeeding and introduction of solids foods,
- Pregnancy and 0-5 publication
- Over 50’s health check
- Assets based community development e.g. communities first – work force development
- Food Poverty – Food for Wales, Food from Wales
Further information

• **NUTRITION SKILLS FOR LIFE™**
  http://www.physicalactivityandnutritionwales.org.uk/page.cfm?orgid=740&pid=29569

• **Foodwise for Life**
  http://www.physicalactivityandnutritionwales.org.uk/page.cfm?orgid=740&pid=67094

• **MEND**
  http://www.mendcentral.org
Contact details

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