

Report on	Health & Wellbeing Slow Cooker Initiative
Date of Meeting	13 th April 2021
Reporting Officer	Fiona McClements

Is this report restricted for confidential business?	Yes	
If 'Yes', confirm below the exempt information category relied upon	No	X

1.0	Purpose of Report
1.1	To update elected members on the current progress of a Healthy and Wellbeing Slow Cooker and Recipe Book initiative.
2.0	Background
2.1	The concept of a Slow Cooker Cook Book was initially developed in 2019 when it was identified through "Make a Change" Service users who were receiving support from carers that they were having difficulty eating healthily and convenience meals were being repeatedly consumed. The Slow Cooker Cook Book was developed with the support of Northern Health and Social Care Trust and Northern Healthy Lifestyle Partnership (NHLP) and a pilot rolled out to Learning Disability Service Users and their carers to make eating healthier choices easier.
2.2	This initiative provides participants with a slow cooker starter kit which includes the basic items to enable the use of a slow cooker to be experienced and embedded within the home. Support and encouragement is provided through regular and timely phone calls / contact which also allows further guidance and reassurance to be offered. The primary benefit of the initiative is improved knowledge and skills to create nutritious and healthy meals on a low budget resulting in a sustained lifestyle change.
3.0	Main Report
3.1	<p>In response to the needs of vulnerable households during the COVID-19 pandemic Mid Ulster District Council and the Northern Healthy Lifestyles Partnership (NHLP) developed a proposal to offer additional support to households being supported through the 11 Food Banks. The aim was to provide a more sustainable, longer term option for those availing of Food Bank services, to make nutritious food on a budget. This proposal, kindly supported by Mid Ulster Tesco's community Champions, offered packs to households availing of Food Bank services. Fifty five kits were available which comprised the following:</p> <ul style="list-style-type: none"> • Slow cooker • Cookbook • Store cupboard food items • Tesco £10 spend voucher (cannot be used on alcohol and cigarettes) • Northern Healthy Lifestyle Partnership reusable shopping bags.

3.2	Food Banks identified households for slow cookers based on criteria as outlined: <ul style="list-style-type: none"> • Do not currently have a slow cooker • Are struggling to make nutritious, hot meals on a low budget • Are interested in learning to cook healthy, affordable food
3.3	This was evaluated in December 2020 with an outcome based assessment (OBA) attached in Appendix 1.
3.4	Further rollout of 2 Slow Cooker Schemes in Mid Ulster are in progress with NHLP, one through Belfast Central Mission with 16+ group and the other via the Loneliness Network and supported by “Make a Change” Health and Wellbeing Officers MUDC.
3.5	In January 2021, the PHA made the decision to move forward with a Regional Slow Cooker 4 week Initiative using the Recipe Book that was developed in Mid Ulster, NHSCT have taken on the procurement of an order of 2000 recipe books for this Regional Programme.
3.6	The Public Health Agency (PHA) dietitians are interested in working with councils to compliment the Slow Cooker initiative. PHA wish to explore the possibility of Councils, including Mid Ulster Council developing this programme further where resources permit, by taking a lead in providing information through the various Council programmes in partnership with regional Trust dietitians who would provide wraparound support, i.e. training and recipes. This would help contribute to “making every visit count” and provide additional information to service users.
4.0	Other Considerations
4.1	Financial, Human Resources & Risk Implications
	Financial: N/a
	Human: Health and well-being staff time when delivering existing programmes.
	Risk Management: N/a
4.2	Screening & Impact Assessments
	Equality & Good Relations Implications: N/a
	Rural Needs Implications: N/a
5.0	Recommendation(s)
5.1	Members to note the content of the report.
6.0	Documents Attached & References
6.1	Appendix 1 – Outcome Based Approach document
6.2	Appendix 2 – Slow Cooker Recipe Book