

May 2010

# Growwell Update



## **Action 1: LIVE It! Good Health & Nutrition for young women: 15-18 years**

The following actions have been made in Action 1:

- Four girls successfully completed the Cookwell course from the last session which ran from January to April and we now have a further four girls who have started the course.
- The four girls who had completed the course last session were presented with Helm Training certificates to acknowledge the great work they had done.
- The success of the course has radiated throughout Helm as one of the girls developed a healthy eating poster as part of her literacy and communication unit. This poster is displayed in a room where the other young people can see it and some young people developed posters for No Smoking Day which were put up in the canteen.
- One girl from the last session reported the Cookwell book having helped her enormously as she used the recipe for macaroni cheese to demonstrate to her social worker that she could cook. This indicates that Cookwell is proving to be a success in developing sufficient independent living skills for young people living alone.
- The Growwell Coordinator and LIVE It! Instructor attended the second part of the P.O.S.T Childhood obesity training and are scheduled to attend Part Three in October 2010.
- Helm attended the launch of the Growwell Café and links with the Café are planned with a meeting scheduled for May.
- The Growwell Coordinator has now started attending the Growwell Steering Group meetings which has proved to be beneficial.
- Helm has begun liaising and knowledge-sharing with other Growwell parties. Linda McGrath and Alison Laing from NHS in Perth visited Helm with Alison then following on by helping out at three sessions.
- 25 young women took part in a highly-successful breastfeeding workshop held in February.

## **Action 2: Good Health & Nutrition for young parents 16-25 years**

The following actions have been made in Action 2:

- Over twenty young parents have now taken part in the Cookwell cooking sessions to date with some taking part more regularly and others on an occasional basis.
- Three girls have mentioned that they have now been using the Cookwell book regularly at home to cook the recipes for their families.
- Helm Training certificates were presented to some of the young parents to acknowledge the great work they had done, two girls also received certificates for successfully completing Food Hygiene First, a recognised training course.
- Three out of six pregnant girls who have been attending HYPE breastfed their babies, which is positive for the younger girls to see.
- One of the breastfeeding mothers supported instructors at the breastfeeding workshop and demonstrated a feed to the younger girls at Helm.
- Two further girls currently pregnant have also stated that they are keen to breastfeed when they have their babies.
- Weaning workshops are planned soon to include cooking different recipes that are suitable for weaning a baby, questionnaires and other interactive activities. This will take place when a number of pregnant mothers return after having their babies.
- There has been a noted improvement in the literacy of some of the young mothers through using the Cookwell book and reading from other recipes.
- Although some of the young parents have completed all of the recipes in the Cookwell book they are now developing their skills by using other recipes and continue to be engaged in the weekly cooking classes by picking recipes they would like to cook.

## Case studies:

### Kim

Kim is living with her mother at the moment while her flat is being decorated ready to move into. She is keen to take part in the Cookwell sessions regularly. Kim cannot cook, stating that she could live off Pot Noodles and cheesy pasta and would be happy with a “lifetime supply” of these. She does however like trying different foods as she has enjoyed cooking the recipes from the Cookwell book. She stated that she felt that she would not be able to emulate these recipes unless she had instructions front of her, the folder will therefore be good for her moving into her own flat. When asked what do you usually have for tea she replied by saying she hardly ever eats teas as she is always out, plus her mother can't cook either as she “burns the place down” so this course is definitely beneficial to her.



*Cooking with Action Group 1 : 16-18 year olds*

### Andrea

Andrea is a young mother with three children aged 3,2 and a 1 year old. Andrea suffered from a brain fever when she was younger and now struggles with some disability issues. She has been attending the Cookwell sessions once a week and enjoys learning new dishes and the social aspect of the group which is often lively and chatty! She admits that her children ‘snack’ on foods and she makes them meals like waffles and sausages and chips but now she is confident enough to do cheesy pasta and also has made tuna pasta at home for the first time from the sessions. She can also do a chicken curry from scratch.

In particular Andrea's literacy skills have come on hugely through reading the recipes, which she is now confident enough to do in a group setting. To support this the Growwell Coordinator uses the Cookwell course as a base but in addition uses more illustrated books with step-by-step photos to encourage her reading skills further, and these can be added to her file. This progress in reading will help all aspects of her life and especially as her children enter school.

Andrea has said that her awareness of nutrition has also improved and admits that the children “used to eat sweets, sweets, sweets” but she has now cut them down and the children are eating more fruit.



*Pictured are women from the Action 2 group including Andrea, (second from the right), Lori (second from left) who was the young mother who took part in the breastfeeding workshop and Leanne (left) and Gina (right) were also presented with their Food Hygiene First Certificates.*

## Growwell: Breastfeeding Workshop

The aim of this workshop was to raise awareness of the importance of breastfeeding to young women aged 15 -18 years. Twenty-five young women attended the workshop which covered areas such as;

- Round-room activities, including circle time.
- Group activities.
- DVDs and presentations.
- Introduction to breastfeeding equipment such as breast pumps.
- Introduction to the process of breastfeeding.
- Interactive activities promoting the benefits of breastfeeding.
- An informal meeting with a young parent and a Breastfeeding Support Worker from the community who had both recently had babies.



*Allie, Kirsty and Callie  
From Action Group 1  
received their  
Cookwell certificates  
for their work*



**Next Update: Further data analysis will be included in the next review.**