

Warsop & Meden Vale Input & Impact Assessment

(IOIO)

Name of Service or Activity:- **Rhubarb farm**

Duration- **this was a 4 week programme.**

Name of lead worker: **Karen King**

Input- what was the programme - what did you do?

This programme was to target Obesity, which has significantly had an impact on both physical and psychological health and well-being in families. It can lead to a wide range of health conditions, e.g. type 2 diabetes, increased risk of cancers and mental health problems.

(Mansfield district has one of the highest obesity rates in the country)

Families with concerns around nutrition and families on low budgets were targeted for this project.

Community involvement worker worked in partnership with Rhubarb Farm as well as Worksop Children's Centre that recommended the programme. Families had access to a large variety of vegetables that were grown and put together by volunteers from Rhubarb Farm.

The vegetable bags had an information sheet inserted in the bags, telling families about the content of the vegetable bag, recipes and information about specific vegetables.

Bags were picked up each week and distributed to the families chosen for the programme.

Output- how many - were affected/data/figures

- ◇ 6 families took part in the programme.
- ◇ There are a total of 14 children living with the families that took part in the programme.

Impact - what **difference** has this made?

	Comments from parents
Week 1	<ul style="list-style-type: none"> ◇ 3 families made Sunday dinner ◇ you can taste the difference from fresh ◇ 3 families gave extended family some of their vegetables ◇ used the garlic ◇ first time I tried kale ◇ well worth the money ◇ bags were brilliant
Week 2	<ul style="list-style-type: none"> ◇ Used garlic in my spaghetti Bolognese ◇ Tried the salad recipe on the information sheet ◇ Used my carrots and broad beans in a sausage casserole ◇ New potatoes were gorgeous ◇ put my garlic to dry out
Week 3	<ul style="list-style-type: none"> ◇ I have enjoy having the vegetables ◇ It has been a great idea to have the vegetables ◇ I shared it with my friend ◇ I made corned beef stew ◇ Fruit was a good idea I will eat all that I don't like vegetables ◇ Good value for money ◇ Think it would be good for other families
Week 4	<ul style="list-style-type: none"> ◇ Lots of mini roast dinners ◇ Tried different cabbages ◇ Recommended to other families ◇ Would have enjoyed more salad in the bags ◇ Fruit was brilliant ◇ Made beetroot salad ◇ Great for other families ◇ My husband tried radish, he doesn't usually eat salad ◇ Brilliant ideas for other families ◇ Never used courgettes or garlic before ◇ Great if families get the same opportunity. ◇ Shared knowledge with daughter about different types of vegetables and where they came from.

OUTCOME - what **happened**/what do you know? (This may be a long term outcome to be completed at a later date)

- ◇ All families thought this would be good for other families to have the same opportunity. Children's centre to look at running the project again with new families.
- ◇ The project encouraged families to cook and try new tastes.
- ◇ The project extended families knowledge of how to grow and how to use various vegetables.
- ◇ All families thought paying £1 was great value for what they received.
- ◇ This programme has achieved the "access to "Being healthy" target that has been set by the Warsop Children's Centre delivery plan.
- ◇ This programme gave the children's centre contact with the "hard to reach" families.
- ◇ Excellent partnership working with projects close to the Warsop area.





The Warsop Children's Centre would like to say a massive thank you to all the team at Rhubarb Farm, and would like to congratulate you on having a fantastic enterprise.