



# Nutrition Skills for Life.

Emma Holmes

Clinical Lead for Public Health Dietetics

[Emma.holmes@wales.nhs.uk](mailto:Emma.holmes@wales.nhs.uk)

Tel no : 029 20907627

## Why is nutrition education important ?



- Wales has the highest rate of child poverty in the UK with 1 in 3 children living in poverty, that's an estimated 44,000 children in Cardiff alone and 220,000 children across Wales (Save the Children, 2017).
- Families on a low income spend the highest proportion of their income on meeting dietary needs and are impacted more by rising food prices.
- People in lower income groups have a higher prevalence of diet related conditions such as diabetes, heart disease, obesity and certain cancers.
- 27.1% of children in Wales are classified as overweight or obese (Childhood Measurement Programme, 2018)
- The gap between the obesity levels in the most deprived quintile and least deprived has increased from 4.7 % in 2015-16 to 6.2% in 2016-17.
- The National Diet and Nutrition Survey (2016) shows mean total fruit and veg consumption and fibre intakes are significantly lower in the lowest income bracket.



- Nutrition Skills For Life is an all Wales programme developed and delivered by registered dietitians working in the NHS in Wales. It provides training and professional support to enable a range of community workers to cascade key nutrition messages to support healthy eating and prevent malnutrition.
- Agored Cymru accredited Level 2 Community Food and Nutrition Skills training enables staff to develop the competencies required to promote key healthy eating messages focussing on the Eatwell Guide.
- Across Wales 73 SHEP staff trained and received accreditation at Level 2 Community Food and Nutrition Skills.
- Additional facilitator trainer days held for all deliverers.
- Allows for further food and nutrition programmes to be delivered through the school year.



## Children's Nutrition Pack Foundation

Name:

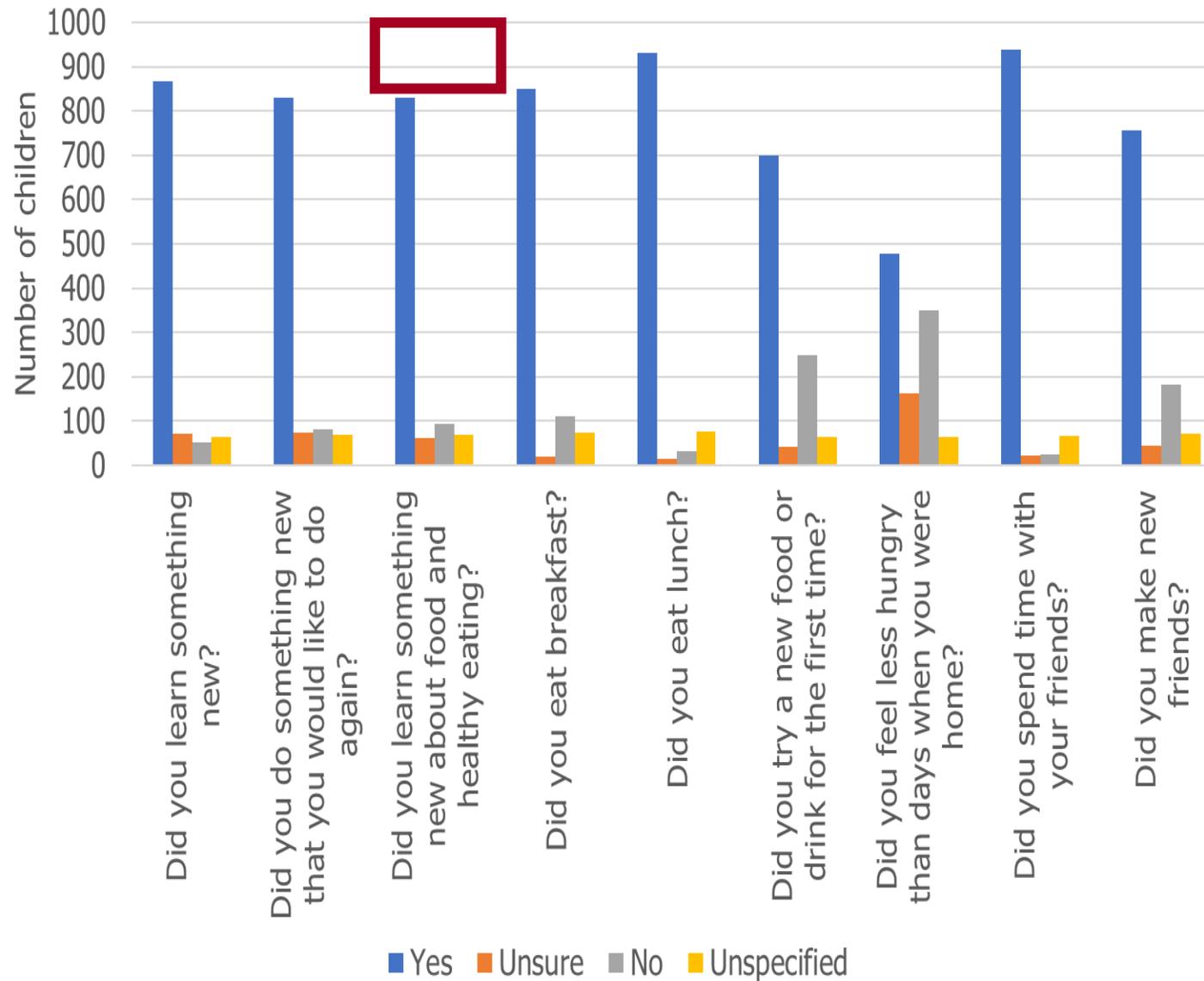


## Children's Nutrition Pack KS2

Name:

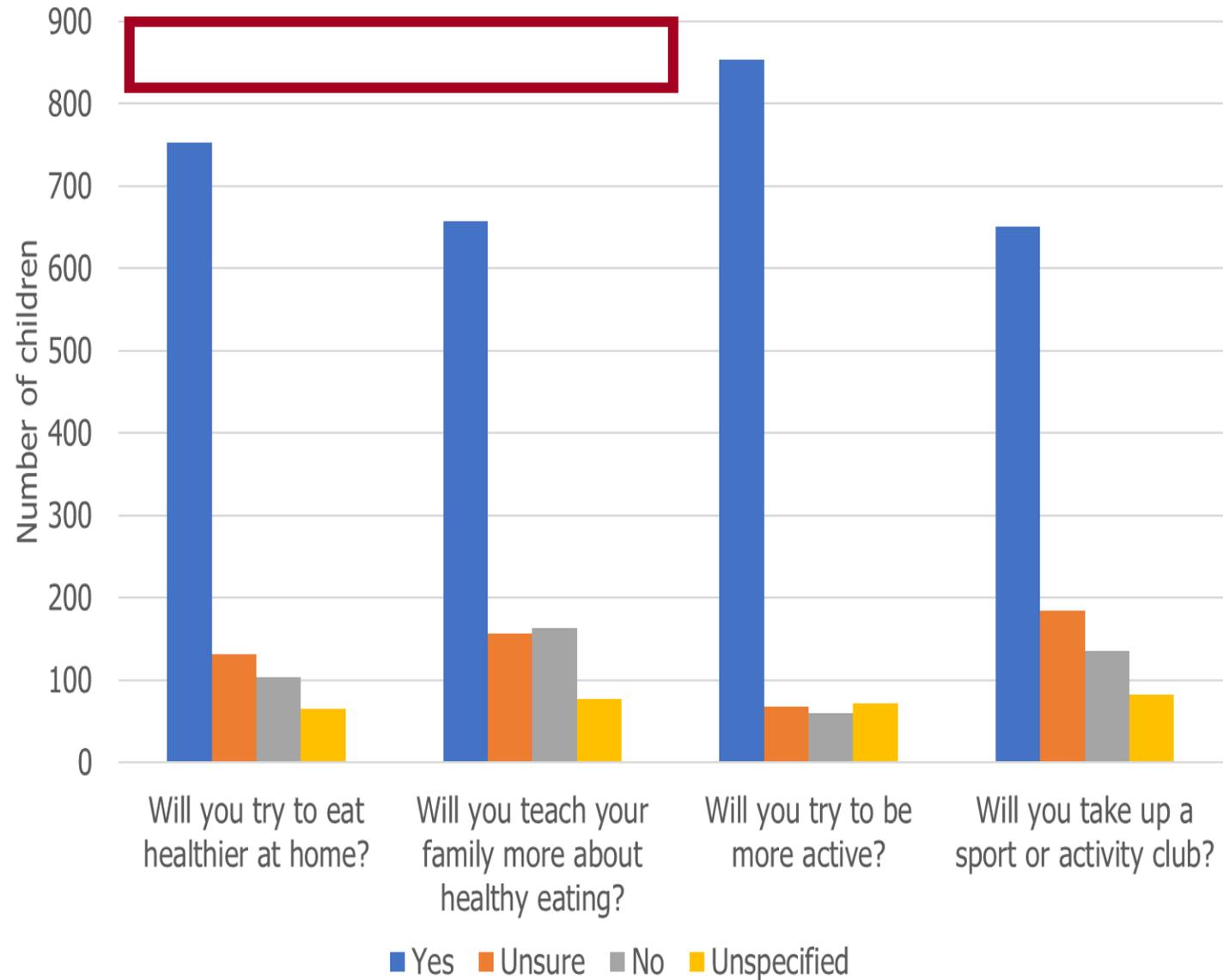
# Children's survey results

Q4. On the days when you were at this club ...



# Children's survey results

Q5. When this club has finished ...



# Future benefits of SHEP (School Holiday Enrichment Program)

Thomas Clarke

# Sport Cardiff's role

- ▶ Sport Cardiff's overarching role was to coordinate and facilitate sport and physical activity across the city (14 Primary Schools) by:
- ▶ Linking with NGB's
- ▶ Providing a consistent workforce
- ▶ Linking up with local sport clubs

# Projects developed from SHEP

- ▶ As a result of the sport and physical activity provided by Sport Cardiff, follow up projects have included:
- ▶ Inter-regional school competitions
- ▶ Family engagement projects
- ▶ After school clubs

# Areas for development/

- ▶ Legacy Projects (weekly after-school clubs)
- ▶ Strengthened relationships with schools & leisure services
- ▶ Development of projects/networks with external providers





**Herbert Thompson  
Primary School**

Food & Fun  
*Summer 2018*



# Provision of daily active Sport

- Children 'THRIVED'
- Positive impact on their health and wellbeing.
- Huge progress in their physical/social skills
- Weight loss / dietary needs.
- Kept active
- Gained confidence and self esteem.
- Teamwork
- Turn Taking
- Gross Motor skills.
- Friendships
- Decision making
- Promoted healthy lifestyle/healthy living
- Effective communication & Team building
- Inclusion, Participation



- Team Tactics
- Thinking skills
- Working together
- Participating
- Confidence



Forming friendships

**Article 31: Children have the right to relax and play, and to join in a wide range of cultural, artistic and other recreational activities.**

Creating games



Having fun

**Article 24: Children have the right to good quality health care – the best health care possible – to safe drinking water, nutritious food, a clean and safe environment, and information to help them stay healthy.**

Finding their talents



The positive impact Laurie had on our children has been incredible. Supporting us to provide an opportunity for children to develop through physical activity and healthy lifestyle sessions. The children thrived and all hugely benefitted from taking part. The provision of daily sport enabled the children to gain essential life skills and access skills/sports they never would have been able to.

There were lots of tears as the children said goodbye to Laurie.

“Thank you Sports Cardiff ”  
***‘We couldn’t have done it without you!’***



***Star of the day!***   
***Awarded to Laurie***  
***For Making a difference***

# Evaluations

# W.W.W

WHEN MY TEAM WON

*Helping Laurie out and  
being with Miss Kemble  
and Mrs Gouveia.*

Playing with my friends

*Everything I wouldn't  
change a thing.*

I ENJOYED  
EVERYTHING  
IT WAS  
AMAZING!

**Everything!**

I liked learning new  
skills which I had  
never done

## Evaluations

# E.B.I

We had more time

We could go skydiving  
and England and  
Spain

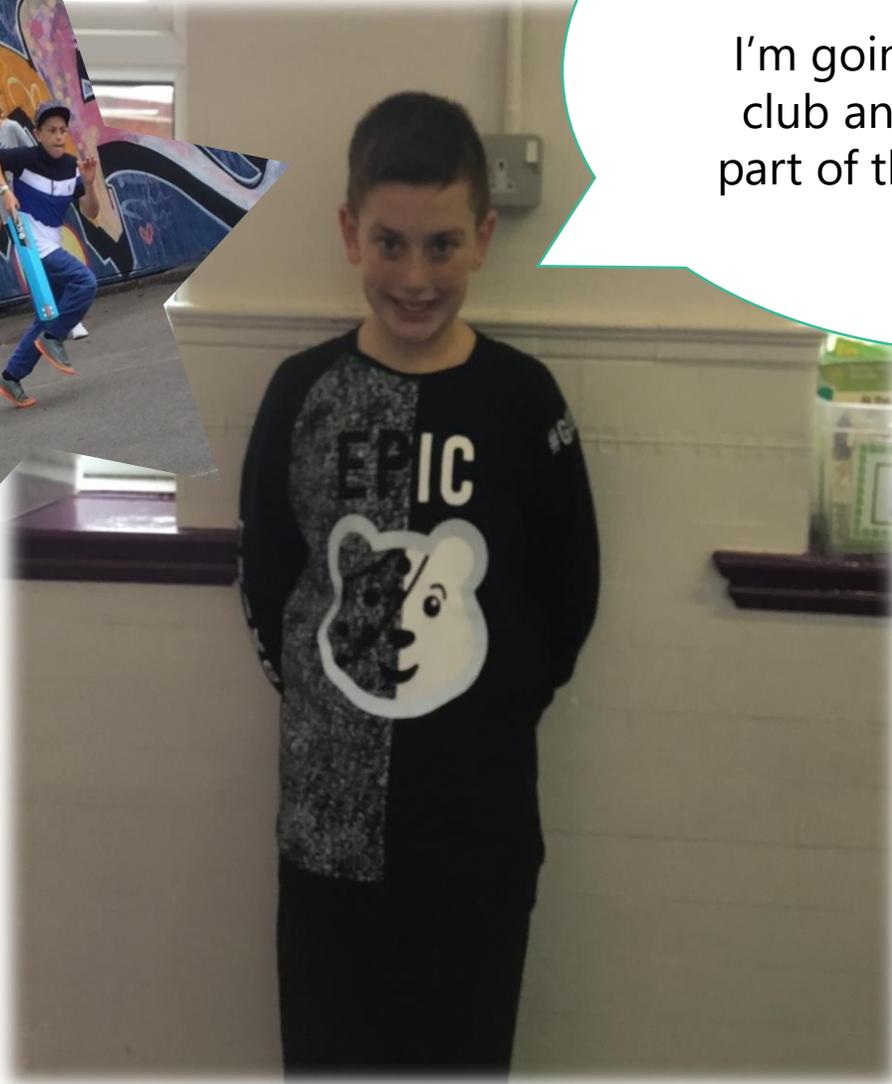
More people could  
join in

More Games

**It never ends!**

We can come back next  
year!

# OSCAR

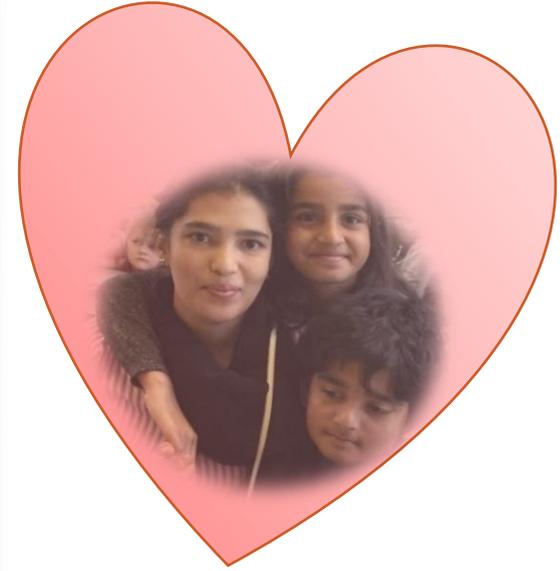


*I've got a talent!*  
I can hit the ball really hard  
and far.  
I'm going to join a cricket  
club and I'm going to be  
part of the school nutrition  
group.

# MARIYA



I learnt how to ride a bike,  
I felt on top of the world!!!  
My Mum is buying me a  
new bike.



# Last Photo



- Friendships formed
- Confidence grown
- Developed new skills
- Smiling faces
- Memories made

We had  
'FUN'





# 2019



- Working with Cardiff and Vale dietetics to continue delivering SHEP to pupils and parents through term time.
- Working with pupils from last years SHEP to promote and encourage Nutrition through skills/knowledge they have gained.
- Liaising with ALENCO and Thrive support in school to target children and families for this summer.
- Continue to establish positive working relationships with partnerships allowing us to work together and *'Make a difference'*

