

# Little Sprouts

Improving Lives through cookery



## End of Year 1 Report

CATALYST  
ACHIEVEMENT  
AW★RDS  
Health Award  
Winners 2015



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Who are we?

2014 – 2018: Little Sprouts Catering CIC

2018 – present: Formed CIO status Little Sprouts Health and Wellbeing

Founders: Debbie Fixter and Neta Kaur-Brown

Trustees: Claire Lowe, Kerry Shelley, Susan Lillie

Staff: 5      Volunteers: 26



## The story of our project this year (2019-2020)

Little Sprouts Health and Wellbeing is a charity which promotes health and well-being through the delivery of targeted cooking and food education workshops. We have evidence that many of our communities in which we provide services may be in the top 10 deprived area in Stockton-on-Tees. This socio-economic position due to housing, employment or education, has a massive contributory factor to their well-being, mental health based on the challenges of their daily priorities.

There has been much advertising and marketing to promote healthy eating, to consume a daily amount of fruit and vegetables to achieve maximum nutrition, promoting good health. Still, the day-to-day issues and financial strains in our communities often lead to poor food choices with people opting for budget and nutritionally deficient options, contributing to many health problems. With few people learning the most basic cooking skills and the multifaceted issue of poor nutrition in our area, drives our charitable purpose and passion for engaging with these communities in a non-clinical and non-judgmental approach. However, our attached evidence has identified that in these communities, the actual activity of planning, preparing, meeting socially, cooking and eating together can have a broader impact to the health and well-being of the participant, but also to the broader community.

We targeted to deliver 135 workshops; however, due to Covid, we delivered 111 workshops, to 180 participants, each attending 75% of the workshops. Many of our community and school workshops had waiting lists, because of limitations on numbers due to venue, staffing and volunteering limitations.

The simple opportunity for communities to walk to meet at their safe local and accessible, trusted venue, 'bring communities together, to share skills, reduce isolation and break down many social barriers, whilst providing a benefit to overall health and well-being'.

Our project was cut short due to the Covid pandemic. Our groups in Middlesbrough were in their early stages, and Redcar and Cleveland were in the planning stages, however, due the climate we have planned to support these groups longer-term through funding in the subsequent years.

Our spectrum of clients has been broad, and the skills learned have a direct effect on employability or volunteering opportunities. We support this through signposting clients to various agencies in the VCSE sector.

Young Carers/looked after children – life skills to support them in their caring role whilst providing a fun interactive activity as a break in their often intense life on their way to towards independent living.

BAME – Great engagement for this community group allowing them to practice their language skills, create western meals that their children are requesting, integrating into the community, tackling historical health issues due to their indigenous diets.

We are addressing food poverty and families in areas of high deprivation – raising the aspirations of a community by using cooking as a route to further life skills-based courses.

Mental Health issues – delivering, 'The Good Mood Food Café.'

Elderly – who are often isolated, lack good nutrition we engage through our community luncheons and cooking clubs

Kinship Carers – working with grandparents who care for grandchildren whose parents are affected by substance/alcohol misuse

Homeless – Partnering with New Walk CIC and Stockton Council Housing Team created 'The Hartington Road Café'.



ASD – Having undergone ASD specific training partnering with Daisy Chain, a series of workshops address the issues surrounding the restricted diets of children with autism, focusing on food aversions and desensitising issues.

People on recovery pathways – a structured session providing an opportunity for them to show commitment, responsibility, reducing anti-social behaviour and teamwork.

Adults and children with learning difficulties – Partnering with STEPS and Shaw Trust Workshops help reduce isolation by encouraging social skills, learning how to cook nutritious meals on a budget and with basic equipment and learning new skills in a commercial environment that can lead to volunteer roles or employment.

## What did we gain funding for?

With thanks to the National Lottery Reaching Communities Fund, this document helps demonstrate our findings from our Year 1, June 2019 – June 2020, of our 'Cooking in Communities Project', which forms part of a three-year funded programme.

Our charitable aim is to use food as a critical engagement tool to help combat poor diets and help improve the health and well-being of our communities. We will target key groups to engage in activities over a 10-week period and evaluate the changes through a process of evaluative outcomes.

Through mixed methods of quantitative and qualitative data derived from a range of questionnaires before, during and after the activities, we were able to analyse the targeted outcomes.



Through the provision of cooking and food education workshops which are fully inclusive to all, we can gradually change behaviour and attitudes to foods, help communities improve their diets through better food choices and nutritional knowledge.

The impact of our workshops have a direct effect on mood, well-being and supports the building of relationships thus reducing isolation, and the social and holistic aspects of cooking, sharing and eating together can make a positive difference to someone's day.

### **Involving people from our community in our work**

The project was designed to *engage families and children in groups together*, whereas, historically, the project may only be for the parent or the child. 60% of our work, however, was delivered to the families. Often mums, dads, grandparents would attend, and share and make relationships with other families in this informal setting, who may otherwise never meet, or chat in the school playground. All activities during the school holidays were planned and designed to maximise the impact in the community. We would deliver in spaces which were in walking distance, and encourage groups to plan small group events to benefit the wider community or school.

*One example of this:* A targeted school engaged 25 children and parents in a weekly afternoon cooking and food education workshop, which culminated each week in eating together. On the final sessions, the winter weather was upon us, and the group planned a soup and bread session for the parents in the playground waiting to pick up their children. Children and parents served the parents on the playgrounds, chatted and created a special community event and served over 50 cups of soup and bread, which resulted in a waiting list for any future workshops.

Our groups and schools can see the benefit of using food as an engagement tool. Many participants contributing recipes, food supplies, relationships with local suppliers, and many people coming forward to participate in the workshops but additionally /informally volunteer for the school/group make plans for future events.

*As a user-led service*, we have enabled the users to plan and decide the workshop content, ensuring participants are learning the skills they choose and incorporating these into recipes throughout the sessions. The groups take ownership of the workshops, and this has been pivotal to the groups sharing the knowledge with family and friends and replicating the recipes. It is easily shown to have a direct effect on confidence and self-esteem and creates well-being through achievement.

## Our partners

Our partners are pivotal in understanding the aims of our workshops and how best they can add value to their client groups or communities. They are vital in identifying any new participants who could benefit from our workshops, perhaps someone who is isolated or is struggling with mental health, they are often referred through the partner to attend a workshop.

Our partners also help us market the workshops through leaflets, communication, social media and similar, then repost and retweet to continue to support our work.

We work closely and have strong links with our delivery partners. Catalyst, as the local voluntary sector agency, Tees Valley Community Foundation in Stockton, Stockton Council and Redcar and Cleveland Council all keep us aware of the health initiatives in their respective areas. Promoting and funding projects through their health teams, community engagement teams and housing teams.

Through our voluntary attendance at the variety of networking events, seminars and meetings with local partners and colleagues we gain knowledge on council strategies and discuss and plan how best to implement services where they are most needed. As CCG Ambassador this helps give our clients a voice which can be fed back to our local CCG.

Catalyst, TVCF, Housing agencies, CAB, Stockton Borough Council Learning and Skills, Stockton Borough Council Housing Options, The Daisy Chain Project, Eastern Ravens, Groundwork NE, CCG Stockton and Hartlepool CCG Redcar and Cleveland, Redcar and Cleveland LA Health Team New Walk CIC, A Way Out, Schools North East, 4 Children, A Fairer Start, Big Life Families, Tees Active.

We have and continue to work and develop projects with over local schools, tackling obesity through healthy eating projects, curriculum projects and activity days, using cooking and food education projects to form part of the learning in primary schools.



## The differences we're making (big and small)

Our communities work closely together. Good examples would be:

Our targeted groups, such as young carers charity, supports families throughout Stockton on Tees, and we work closely with local schools and community centres. Furthermore the two schools and community Hub at Havelock Street, in Thornaby, Stockton, enabled us to engage positively with families as they were familiar with our charitable work or may have attended projects in the past. From a community perspective, this learning and engagement was vital when Covid hit this community as our team were able to help the community from the Hub at Havelock Street. They quickly mobilised a drop-in centre supporting families with much-needed food, toiletries, clothing, advice. The anxiety in this community at this time was prevalent, as no other services were operational, and our team and volunteers provided re-assurance and a listening ear amongst the above services. We are currently still supporting services in this community, and our work has reduced the isolation of local people, and positively contributing to their well-being, and also providing volunteering opportunities as we advance.

Additionally, our project at Norton Grange Community Centre in partnership with Groundwork had a similar outcome. To the parents and children who engaged and supported the cooking and food education workshops and events, we had become a familiar and trusted service. During the Covid pandemic, we were able to support the many families and kinship carers in this community at a time of food insecurity. This insecurity at that point due to food bank closures, people isolating/shielding and lockdown, was at its highest. We continue to provide services to this area due to its high levels of deprivation. We are pleased that our participants look forward to each session we have delivered as much as we do, and their continual help to support us bring in our equipment, set up the workshop and clean down is greatly valued. It enables the groups to take ownership of the project.

Our data shows that many people have continued to share the recipes and to learn within the workshop. It also clearly indicates that collectively they have seen improvements in their well-being and overall health. The fun, informal nature of the workshop enables all participants no matter how shy, to grow in confidence, and the laughter and enjoyment was strongly evident in our data.

### Cooking in Communities Project purpose

Our workshops are targeted at communities in economic deprivation or disadvantage due to a learning disability or due to socio-economic position, which may be related to education, employment or housing.

Stand-alone, these areas can have an impact on mental health and well-being however many of our groups experience these issues collectively, and low incomes, poor education and food insecurity can be a daily occurrence for many of our groups.

Our approach in building relationships with community groups, increase confidence, self-esteem and utilise listening skills empowers the cooking sessions and impacts attendance and engagement.

Our existing trusted relationship with many of the beneficiaries has helped support the outcomes, and delivering user-led sessions focussing on recipes which are affordable and replicable ensure improved learning.

As a side by side therapy, the workshops have proven to be the first step for many of our socially excluded groups where our non-clinical and non-judgmental team help support a beneficiary's journey.

## What we've learned

As the only provider in our area of mobile cooking workshops, we have a unique approach to support our groups gain the knowledge to impact health through better nutrition. We can also see the many social and community benefits of working with partners to creatively organise events alongside their offering of after school clubs, holiday hunger initiatives, and family community events.

Our successes are our partners and participants who help us design, deliver, and their involvement enables us to work together to create recipes everyone wants to eat and share with friends and family. The volunteers (unofficial) who help each week at their local venue and commit passion and enthusiasm has been invaluable to the success and momentum of the workshops. In year two, we would like to offer more volunteering positions within our community work, as people who attend the workshops have evidenced a need to support their community.

Each week groups would share stories of what food choices they had made, based on previous weeks learning. Collectively they inspired each other to make better choices—discussing the health impacts weekly of topics such as Sugar, Fats, Salts, Food Groups, in a fun, informal, simple format educated children and parent to choose better options for families.

Before Covid 19, four of our groups were aiming to deliver a scaled-down version of the workshops, using our funded mobile cooking kitchen, however, under current conditions, this has not been possible as yet.



## How we're changing what we do

Based on our first year of funding, we are looking to continue to help groups become sustainable with a scaled-down version of our workshops, enabling them to impact more people independently. In this current Covid climate, where recent government guidelines are restrictive the ability for all our groups to be trained in Level 2 Food Safety and Hygiene is questionable. We find ourselves in the position where we provide more straightforward recipes, which are still nutritional and easily replicated is a viable plan.

We may need to deliver to a smaller number of groups. We are therefore maximising community impact, by concentrating our efforts in this uncertain economic climate, where food insecurity and food poverty are prevalent, as this approach would meet an unplanned current need to support the health of communities. We envisage this being achieved by working in small family groups, addressing and budgeting, quick healthy affordable meals which will be vital to address the food poverty many of our groups' support.

Since Covid, we have utilised the remainder of the Year 1 National Lottery Community Fund on the following:

Since this pandemic, our biggest challenge has been addressing the food insecurity in our communities. We have been acquiring foods to support our projects meals and the ever-increasing emergency food parcels. The constraints on supermarkets and empty shelves resulted in many additional hours spent on labour shopping at a variety of supermarkets to acquire the goods required. Our charity cooked 165 hot, nutritious two-course meals a week and delivered 75 food parcels weekly to their projects.



- **Surplus Food and Distribution**

We created a surplus food and distribution operation, to support our partnership work with Stockton Borough Council and to cater for our projects. Our existing partners such as Co-op, Tesco, Sainsbury's support the donations with a variety of fresh and non-perishable food items. We have implemented collections to systematically pick up daily surplus donations from supermarkets and distribute them in our projects.

- **Harington Road, Stockton, supported by New Walk CIC TS18 1HD**

To support people vulnerable people in our community who may be at risk of homelessness, we traditionally delivered a community café here one day a week. We quickly addressed the need to increase our service to three days a week with two members of staff making up to 150 meals week to include our vulnerable elderly, who used to meet weekly at our lunch club. For these, we provided a weekly comfort call and a 'meal on wheels' service, with a quiz, and photos of the team to enable them to stay connected. This has proven to be another vital service where the isolation is hugely challenging for this group, and other needs like prescriptions, lack of food are being identified.

- **The Community Hub, Havelock Street TS176HN**

The Hub opened for the local community to collect the pack lunches and surplus food that has been donated/collected from partners, and craft items for children. Since Monday, March 16th, we have delivered a four-week provision to children and families five days a week to cater to the food insecurity in this community. This Hub has emerged as an essential service supporting families who would otherwise be overlooked, and many of these families would not refer to any agencies for support.

We delivered this service on Tuesdays and Thursdays to support this much-needed community and will open for collection of a food parcel from 11.30 – 1.00 pm. We will be supported by Stockton Borough Council with essential food bags, which will be topped up with our donations to ensure these families benefit from a variety of items to make a balanced meal.

- **TNL Community Fund Year 2**

In year 2 of our Community Fund, we will continue to support our communities whilst the Covid restrictions are in place. From June 2020, based on the economic climate, job losses, reduced hour contracts, housing issues, and people isolating and shielding due to the pandemic. This will continue to have an adverse impact on poverty and mental health for our most vulnerable families and communities. To continue to address this, we have since the early stages of Covid formed stronger partnerships with Early Intervention Teams, Children's Centres, Housing Agencies, CAB, Stockton Borough Council, local charities, support groups, alongside our existing partners to make sure we can address the response needs of these communities. We have established a referral system for food/toiletry/clothing provisions. We provide twice-weekly drop-in services at Havelock Street, Thornaby, and Norton Grange Community Centre, addressing the needs of the communities most in need, whilst supporting referrals for our services throughout Stockton on Tees. During the school holidays, we will continue to support these communities as part of our Holiday Hunger project in collaboration with the partners. As restrictions are lifted we will support our existing volunteers back to our projects and the new way of working, and eventually provide community cooking in family groups / small bubbles.

In this uncertain climate it is difficult to predict our plan for Year 2.

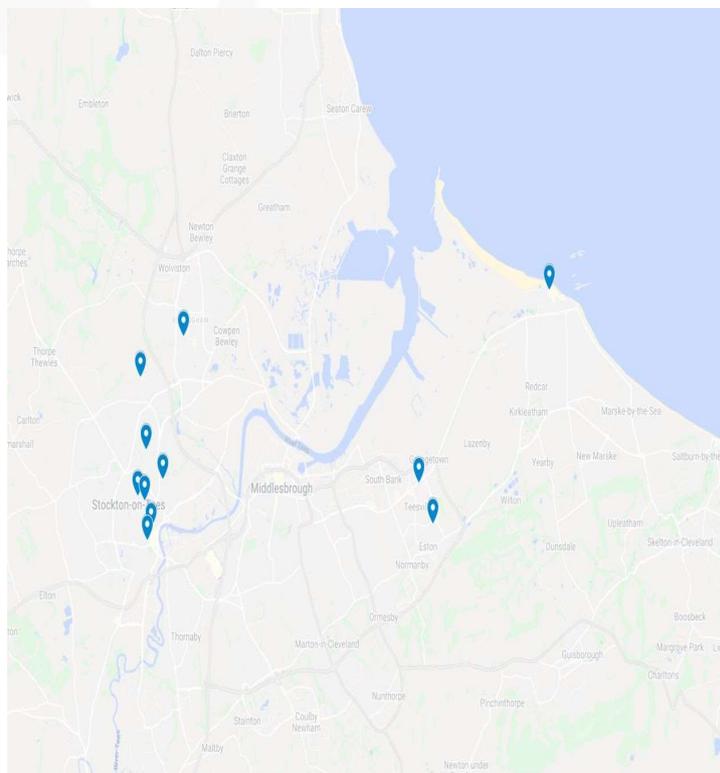
## Year 1 Project Goals

Due to Covid, we delivered the project work until March 16<sup>th</sup>, with the remainder of the funds used to support the pandemic, supporting the communities most in need.

*Delivery to:*

- **13 groups**, 10 based in Stockton and 3 based in Redcar (see Figure 1)
  - ✓ achieved **11** groups
- **135 workshops** per year
  - ✓ achieved **111** workshops
- **260 people** and
  - ✓ achieved **180** participants
- Referrals from our existing partnerships and creating new partnerships
- Marketing through networking and client forums, and social media

**Figure 1 – Group locations**



## Our outcomes

- *We expect 75% of users will develop new skills in cooking and food preparation*
  - ✓ 70% had learnt new skills, 75% had learnt cooking skills, whilst 50% had learnt peeling
  - ✓ 75% of participants will report well-being through the enjoyment of the workshops
  - ✓ 88% had learnt communication skills
  - ✓ 42% had learnt serving skills
  - ✓ 96% had learnt one new skill throughout the workshops
- *We expect 60% of users will gain knowledge on nutrition and affordable foods which are healthy for them*
  - ✓ 69% introduced new foods into their diets
- *We expect this to have a broader impact on the community*
  - ✓ 85% thought their knowledge had or might have affected the health of the wider community
  - ✓ 100% felt their new experience benefitted their family
- *We expect to engage with 260 participants and deliver 135 workshops*
  - ✓ We engaged with 180 participants and delivered 111 workshops until 16/3/2020
- *We expect 50% users who attend these workshops weekly will improve their anxiety or mental health directly addressing the issue of isolation in their communities*
  - ✓ 80% of participants showed no anxiety during the workshops

- *We expect 50% of our workshops to address holiday hunger and food poverty in these communities directly*
  - ✓ **One-third** of children had a takeaway for tea, with **one-third** of children eating chicken nuggets for tea. Additionally, **one in three** children consumed fruit and vegetables either once per day or not at all.
- *We expect that 75% of the participants will report well-being through engagement and enjoyment of the workshops*
  - ✓ **Over 80%** said they would rate their enjoyment between 8-10/10
- *20 people will qualify for Level 2 Food Hygiene and Safety Certificate*
  - ✓ 20
- *We expect 50% of the community organisations will hold a further food-related event during the following 12 months to a wider community audience*
  - ✓ **Two community groups** were receiving equipment to continue the cooking sessions on a scaled-down approach before Covid
- *We expect 60% of users to use the cooking skills gained to improve their health*
  - ✓ **88%** had said they had learned skills to improve their health
- *We expect 50 % users to replicate recipes at home for friends and family*
  - ✓ **63%** cooked the recipes at home, and **80%** taught another person (the most popular recipe being lasagne)

## Participants' views (1)

*“Currently I live at home and help mum with the cooking, this cooking course has had a positive impact on our family meals as I share the recipes with mum.”*

*“I liked trying new food I have never seen before.”*

*“Very sad it has finished, have enjoyed every minute of it.”*

*“I helped grandad open a tin as he is blind in his left eye.”*

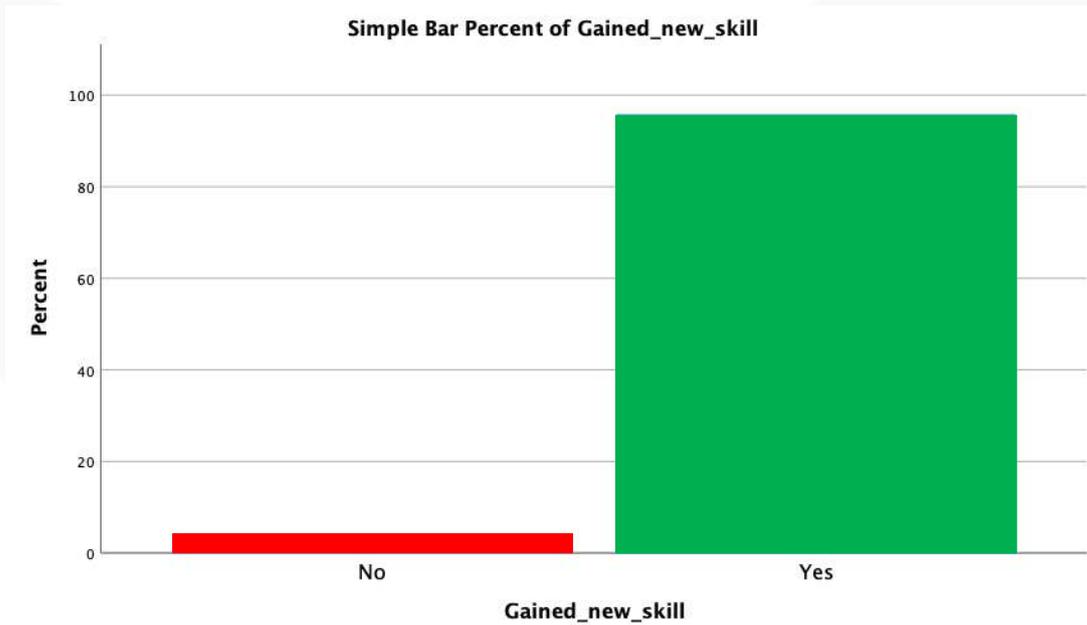
*“My mum is partially sighted so I wanted to help her in the kitchen. I have been able to help her chop and supervise with the cooking. I have learnt new recipes and gained so much confidence.”*

## Attendance at Community Cooking

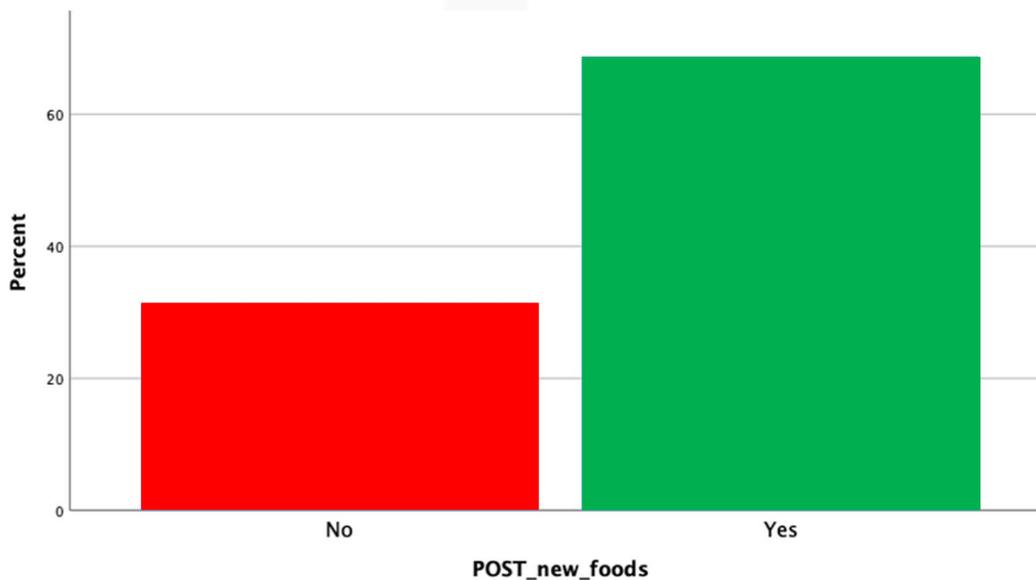
| Scope of Groups   | Numbers engaged |
|---|-----------------|
| Young carers 6 – 12 years old   | 10              |
| Adults in supported housing at risk of homelessness   | 6               |
| Children aged 5 – 14 in a community hub after school setting  | 32              |
| Kinship settings for adults and children during school holidays                                       | 20              |
| Children aged 5 – 11 with parents in a school setting   | 38              |
| BAME/Asylum communities at a Children's Centre with families as part of an early intervention project | 8               |
| Adults with learning disabilities   | 24              |
| Adults who provide care to children with Autism/ASD Spectrum and families during school holidays      | 25              |
| Children with varying levels of anxiety aged 11- 16 who are homeschooled                              | 14              |
|   | 180             |

**Outcome data (1)**

**96% of participants said they had gained at least one skill through the sessions**

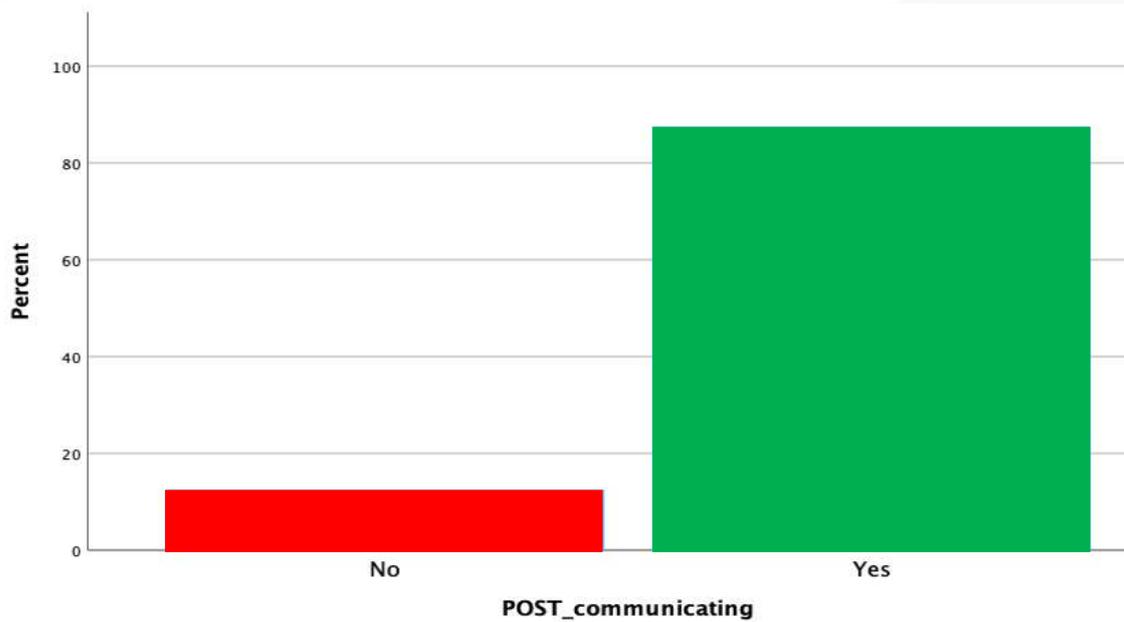


**69% introduced new foods to their diet**

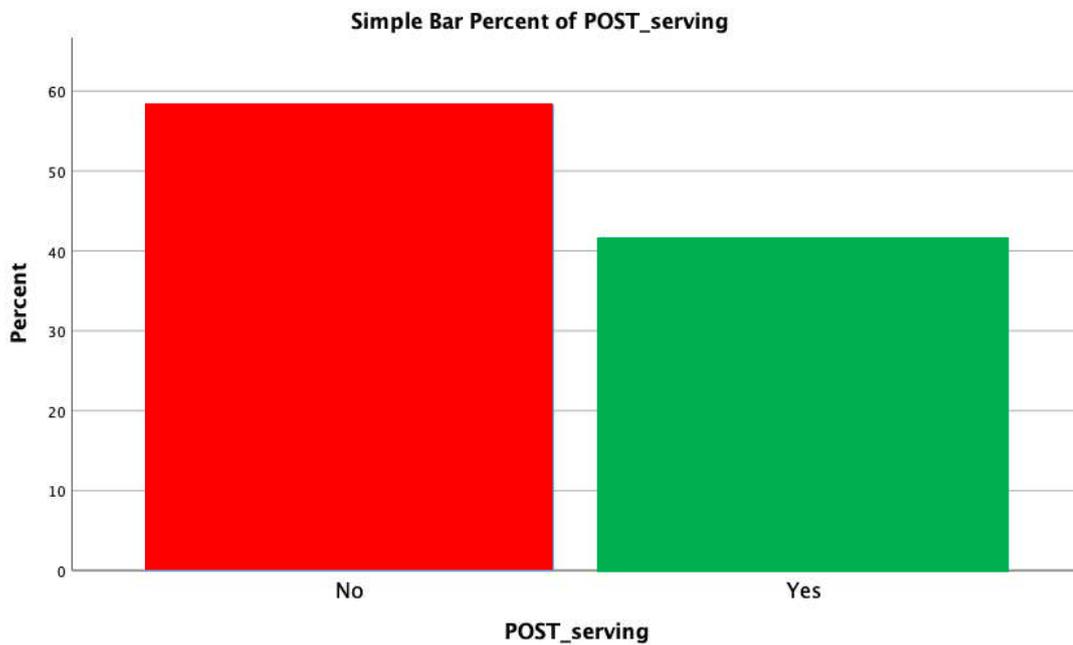


**Outcome data (2)**

**80% had learnt communication skills**



**42% had learnt serving skills**



## Participants' views (2)

***“Very confident about being able to cook. Now helping at pensioner's lunch, chopping, mixing and serving the food.”***

***“When I first arrived for the first session I was very scared to meet new people. A new environment and meeting people made me uncomfortable. I hardly spoke to anyone without my support worker.***

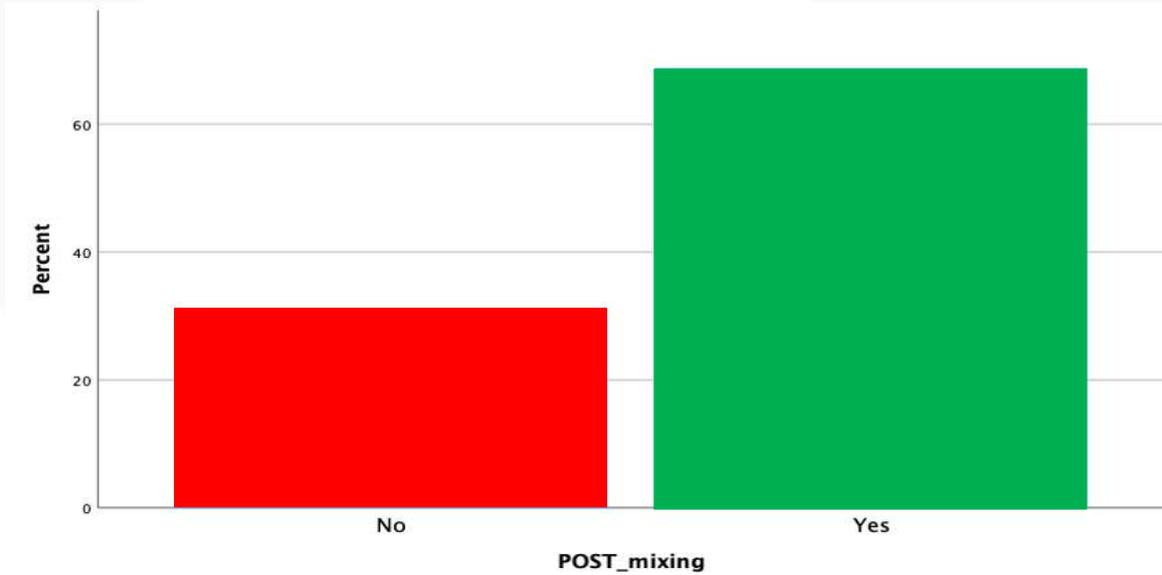
***“After 10 weeks I am so happy every Tuesday to come on my own and meet my new friends”; “We laugh and share stories”***

***“Cooking was brilliant especially at the end when we got to eat it.”***

***“Massive value, total confidence in cooking. Helping at home now, didn't want to before. Everything cooked from scratch.”***

**Outcome data (3)**

***“70% learnt mixing skills”***



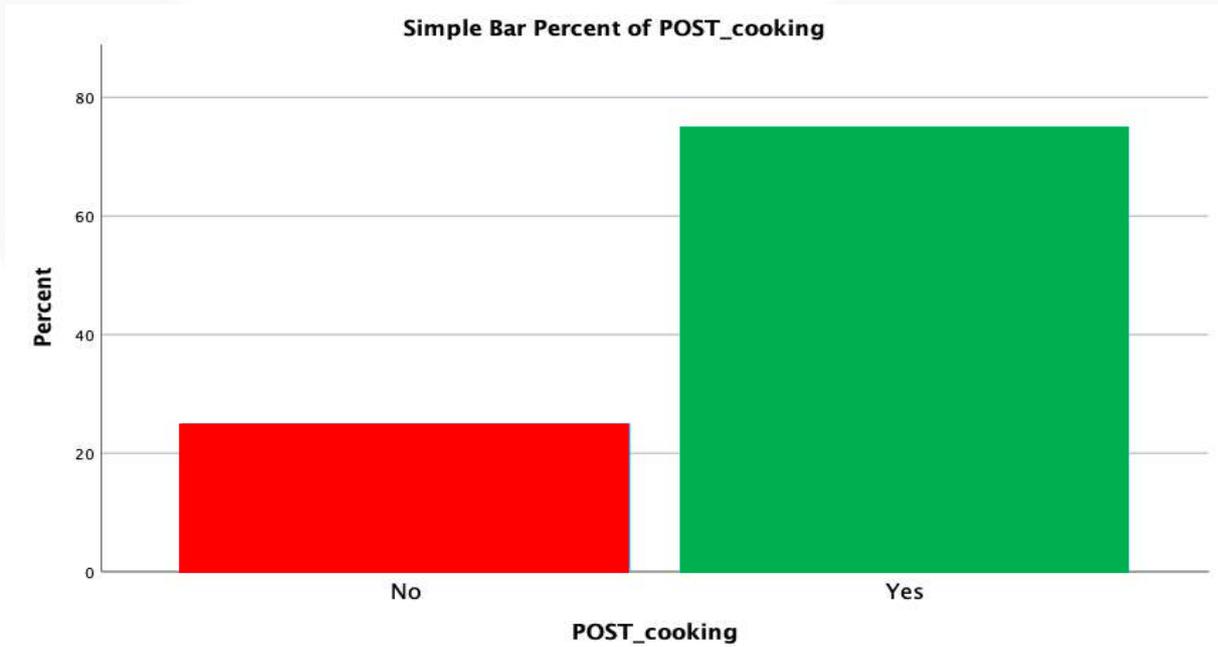
***“70% learnt chopping skills”***

Simple Bar Percent of POST\_chopping

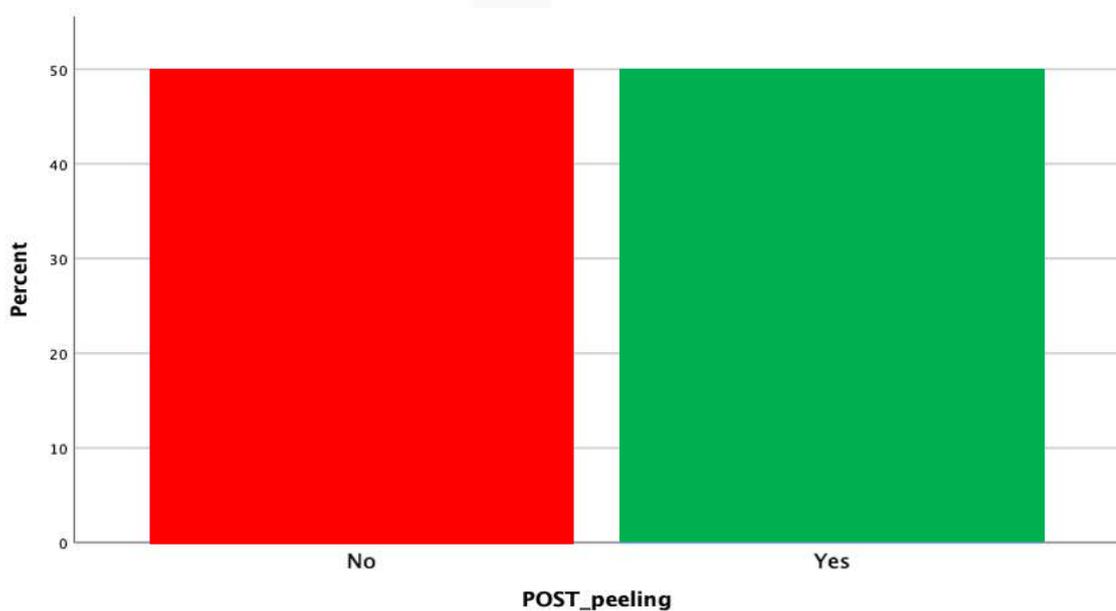


**Outcome data (4)**

***“75% had learnt cooking skills”***



***“50% had learnt peeling skills”***



### Participants' views (3)

**“They were shy but through cooking has gained confidence in cooking and personally. Has tried more foods at home.”**

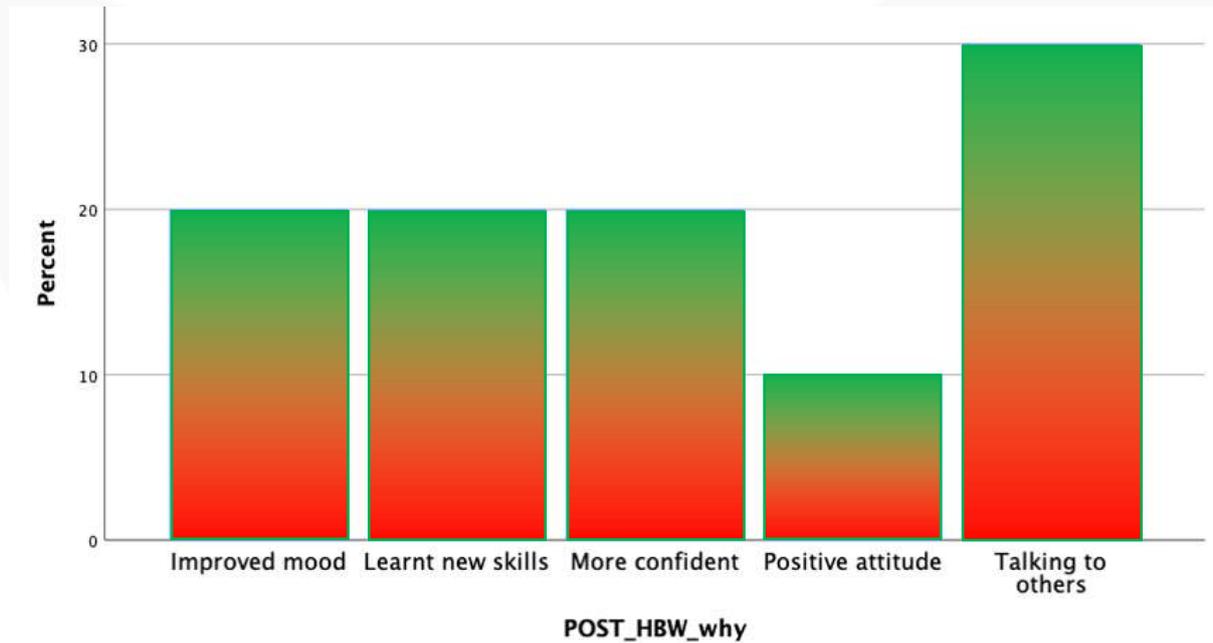
***“The group is relaxed and fun. I just wish it was longer than 10 weeks. But I've made new friends who I will carry on with the friendships outside the group.”***

***“I have had the chance to be part of a group and I've met some lovely people. The ladies running the group have been very welcoming and supportive. I have gained new skills and have learnt to cook healthy meals. I have really enjoyed the group and I looked forward to coming every week.”***

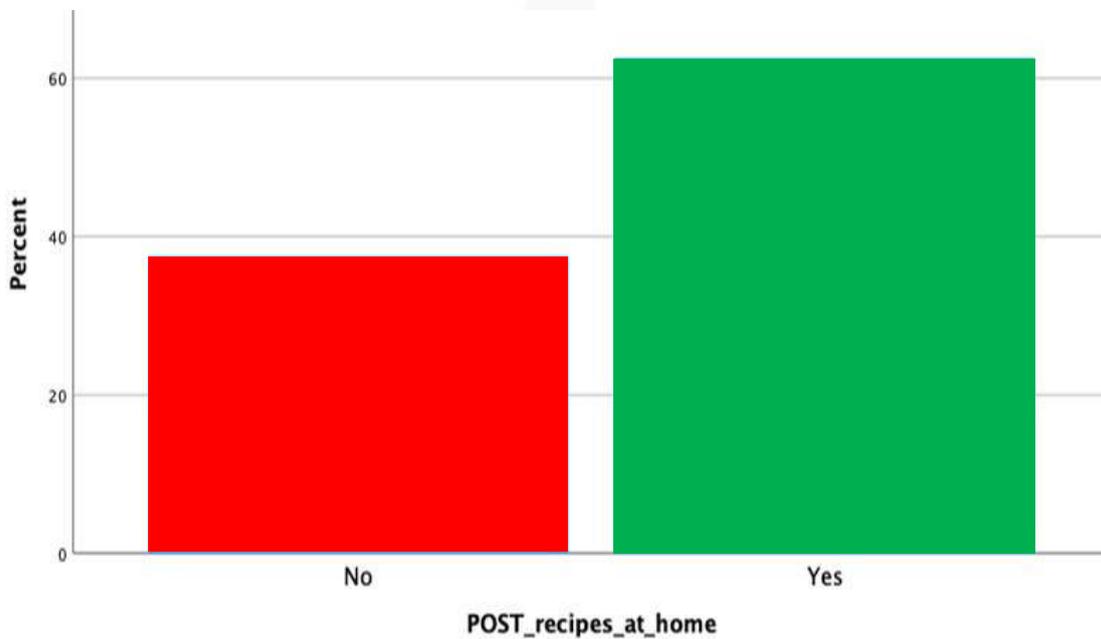
***“Unable to sit with others before the course, now able to sit side by side with others. Also helps out in café using new skills.”***

**Outcome data (5)**

***“88% thought they had learnt skills to improve their own health”***

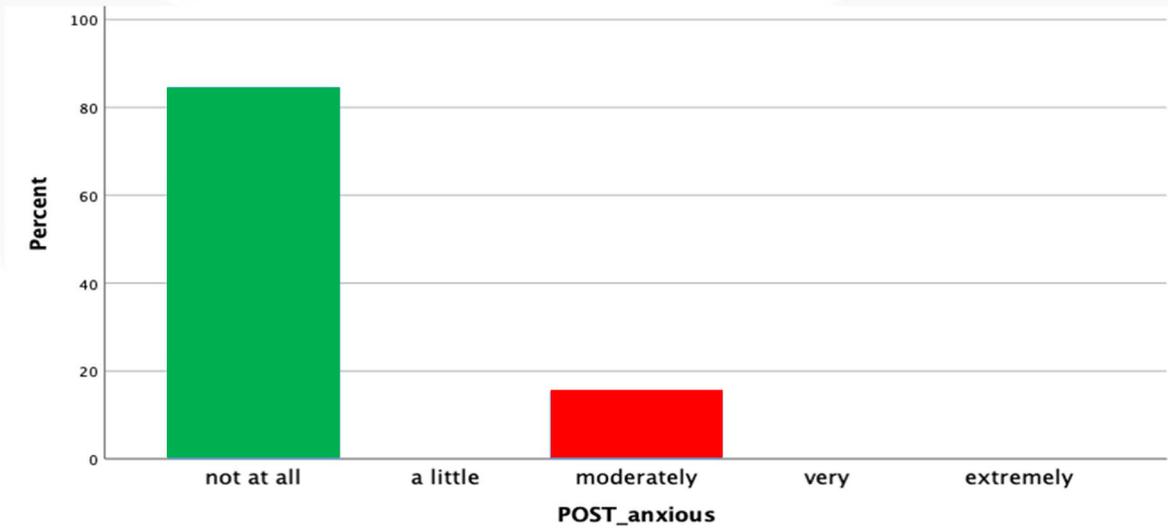


***“63% have cooked meals for others”***

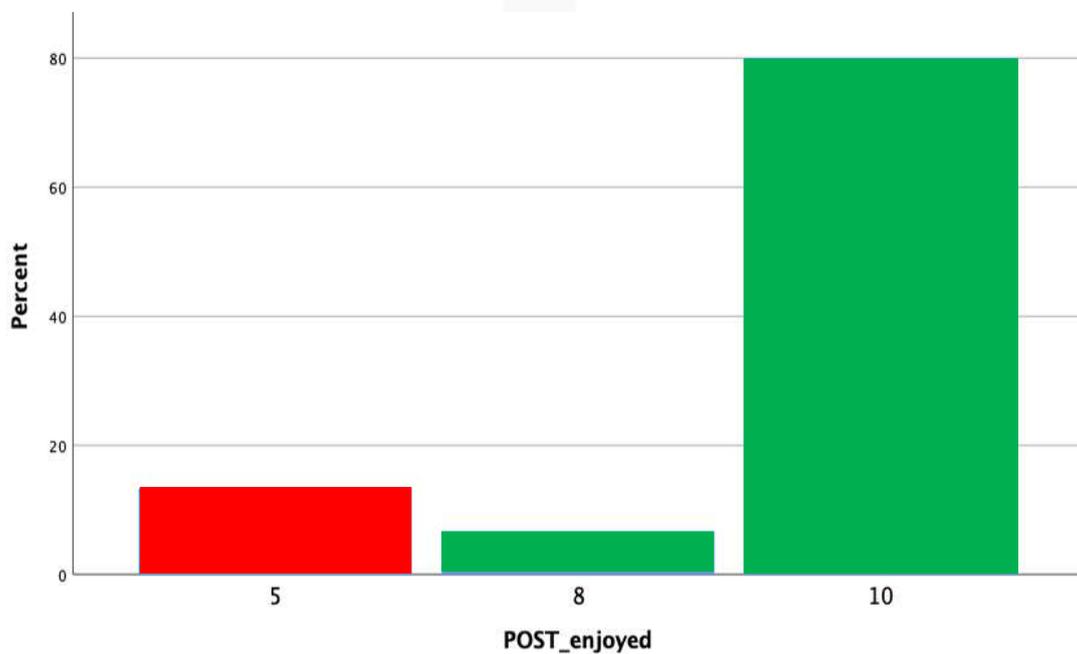


**Outcome data (6)**

**Participants levels of anxiety**

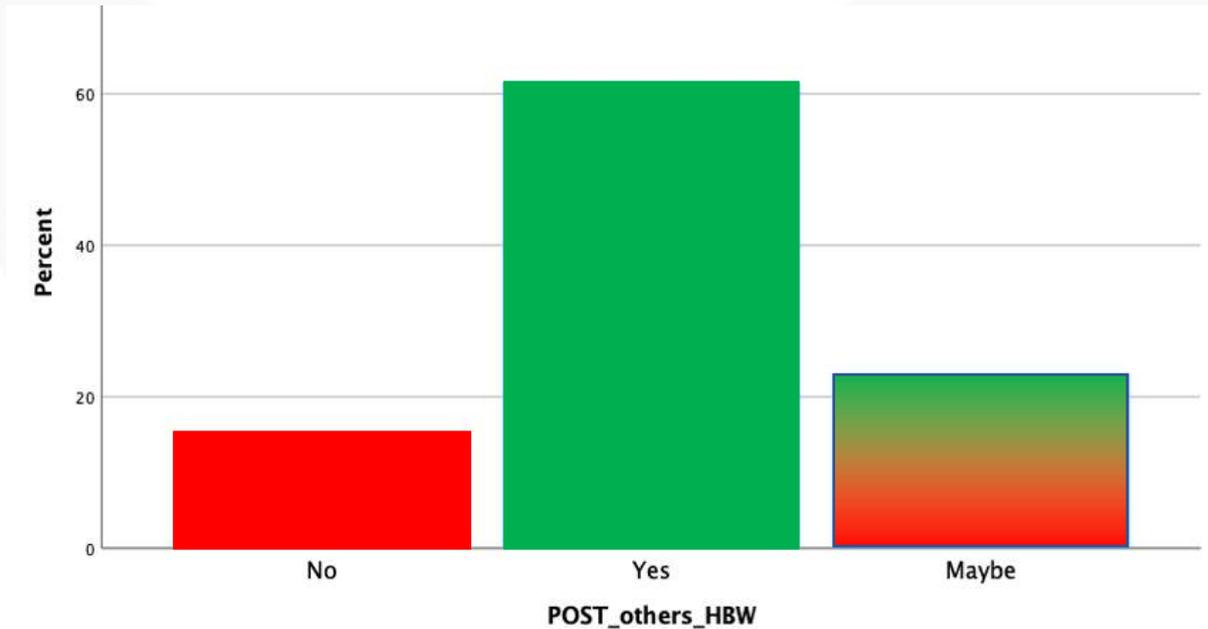


***“80% would rate their enjoyment 8/10”***

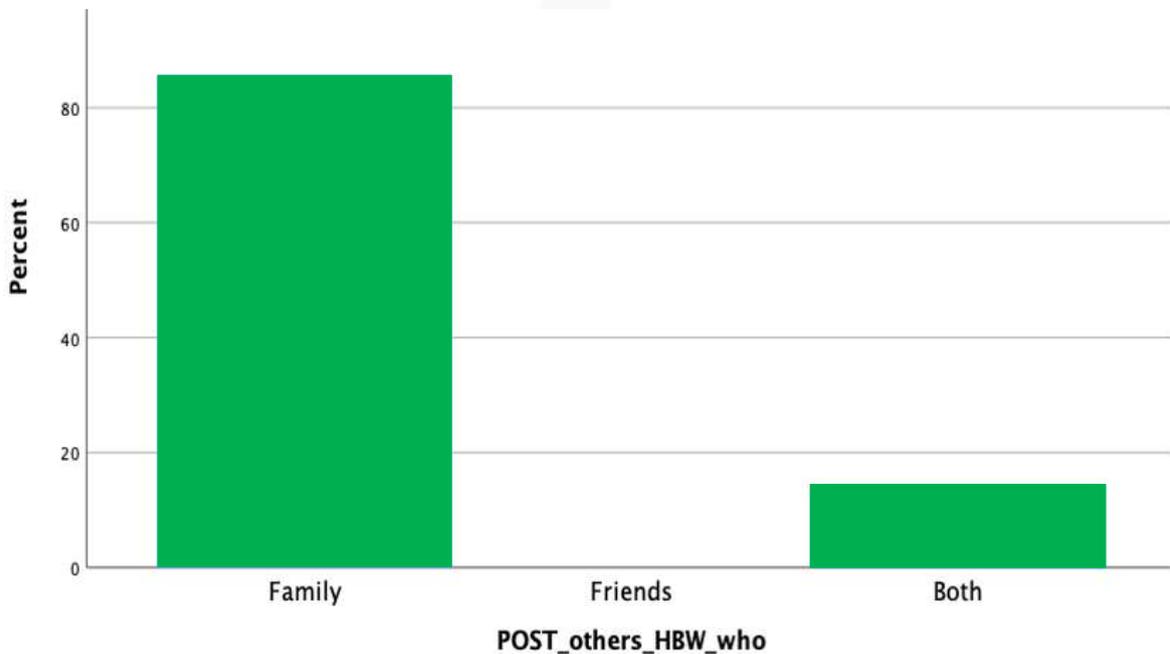


**Outcome data (7)**

***“85% thought their new knowledge, had, or might have, impacted the health of others”***



***“100% thought their new knowledge had benefited their family”***



## Participants' views (4)

*“I want to do it again, love to cook. Learnt a lot. I am now confident and will be helping out at the café. Serving customers, chopping and helping the cook. Extending my life skills.”*

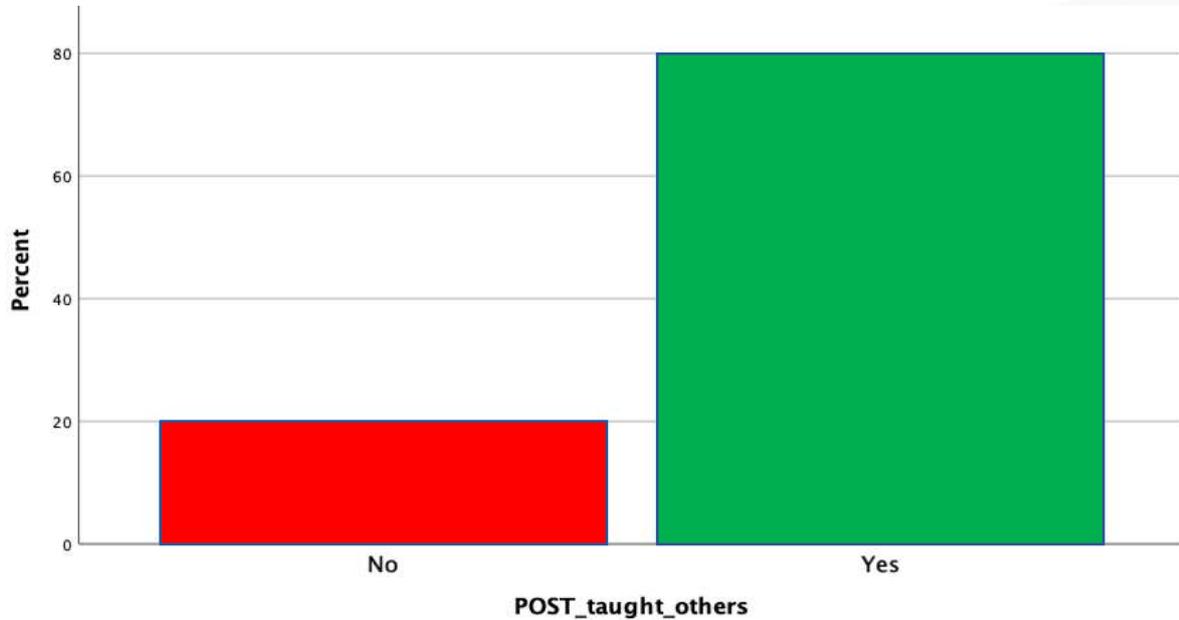
*“I really want to volunteer with Little Sprouts and get more work experience and this hopefully will gain me a job in hospitality and food and beverage.”*

*“Really enjoyed it, smiling, laughing. Love to cook, more confidence, more skills. I want to do more cooking.”*

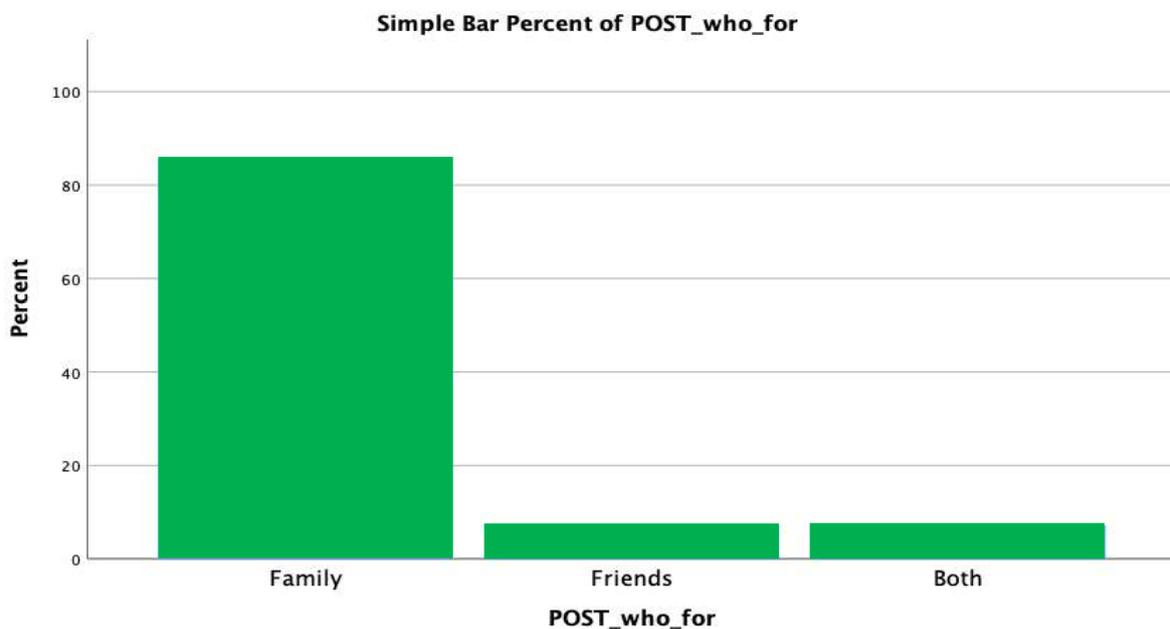
*“Amazing, a community. Tried new foods and now mum has also.”*

*“I have so much more confidence to cook using vegetables and as I am 25, I need these skills for my independence.”*

***“80% taught friends and families new recipes”***



**Who did you cook the recipes for?**



## What did we do after 23/3/2019? Covid 19 and beyond

We delivered our last cooking and food education workshop on 16/3/2020.

Our response to the pandemic was to quickly and effectively address the needs of the communities we supported addressing food poverty and isolation, and we mobilised the following from the end of March:

- *Supporting communities* in Havelock Road Thornaby by creating a drop-in service at the local Community Hub initially providing school lunches through public health, and now supporting food poverty through the supply food hampers, clothing, toiletries and additional advocacy services.
- We created *a new division of our charity tackling food waste* in this pandemic, working with manufacturers and supermarkets redistributing food waste through our surplus food and distribution centre.
- *We increased the support to our vulnerable adults* in supported accommodation at risk of homelessness with three hot meals a week to address the need for a nutritional meal during the lockdown.
- *We provided our vulnerable elderly who once attended luncheon club a hot meal once a week* delivered to their door, reducing isolation.
- We increased our capacity to *provide volunteering opportunities* to those who were furloughed or reduced hour contracts to support our charity.
- *We identified new ways of working*, marketing, planning and developing new business and potential revenue streams, whilst supporting the health and well-being of the team and volunteers.

## How have volunteers impacted our project work?

### Volunteers before Covid-19

The majority of our volunteers before covid were beneficiaries from community projects or the community cafes. The valued contribution to help deliver our charitable services to impact more people provided them with a sense of purpose in their week and even a much-needed lifeline for many of our vulnerable adult volunteers. After, however, covid impacted us due to the volunteers being required to shield because of their health through lockdown, and they were unable to support our charitable work.

### New volunteers since Covid-19

The emergence of the new volunteer support came after lockdown started. Many wanted to contribute to local charitable causes during this pandemic. It enabled us to offer volunteering provisions in many capacities. So far have helped us to support projects at drop-in sites, deliver food to our multiple locations, deliver meals to the elderly, fundraise and raise awareness in the pop-up shop, support our links in the community and with companies and help and offer ideas on marketing. Many of these volunteers continue to keep our charity moving forward into this new world order.

## What we've spent this year

### Appendix A



## Evaluation

### The team:

- **Dr Anna Haste**  
Lecturer in Psychology (Health) and Chartered Health Psychologist, Teesside University. [research.tees.ac.uk/en/persons/anna-haste](https://research.tees.ac.uk/en/persons/anna-haste)
- **Dr Helen Moore**  
Research Fellow and lead of the Evaluation and Impact Team, Teesside University. [research.tees.ac.uk/en/persons/helen-moore](https://research.tees.ac.uk/en/persons/helen-moore)

Anna and Helen are experienced academics, both having a background in Public Health research; Anna's research involves the development, implementation and evaluation of complex interventions targeting a range of health/lifestyle behaviours, particularly weight loss (exploring physical activity and diet) and has worked with a range of stakeholders and disciplines (e.g., NHS professionals, patients, local authority, Public Health England, charities, web developers). Helen leads the day to day work of the Evaluation and Impact Team, and has worked on many different trials and evaluation projects on subjects including education, nutrition, obesity and physical activity.

### The methods and software:

The team provided advice on designing the data collection tools for the evaluation to ensure that sufficient data was gathered in the most effective way, and that it was as robust as possible. They have also performed the analysis of the quantitative and qualitative data, and advised on the presentation of results.

The *quantitative data descriptive data analysis* was carried out using SPSS (Statistical Package for the Social Sciences) was used to analyse the questionnaire data and produce all outputs (numerical and graphed).

The *qualitative data analysis* was conducted using free text comments from the questionnaires and identifying and theming participants quotations that were relevant to the required outcome measures.

# Appendix A Financials

| Sessions Completed                               | No | Food    | Delivery | Mileage | Consumables | actual cost | Food hygiene | Total cost £       |
|--|----|---------|----------|---------|-------------|-------------|--------------|--------------------|
| Eastern Ravens                                   | 10 | £ 40.00 | £ 130.00 | £ 10.00 | £ 10.00     | £ 190.00    | 5            | £ 1,900.00         |
| Snaps  | 10 | £ 40.00 | £ 60.00  | £ 5.00  | £ 10.00     | £ 115.00    | 5            | £ 1,150.00         |
| STEPS at Good Mood Food Café                     | 10 | £ 40.00 | £ 60.00  | £ 5.00  | £ 10.00     | £ 115.00    | 2            | £ 1,150.00         |
| Shaw Trust                                       | 10 | £ 40.00 | £ 60.00  | £ 5.00  | £ 10.00     | £ 115.00    | 3            | £ 1,150.00         |
| New Walk   | 10 | £ 40.00 | £ 60.00  | £ 5.00  | £ 10.00     | £ 115.00    |              | £ 1,150.00         |
| Norton Gange                                     | 10 | £ 40.00 | £ 120.00 | £ 10.00 | £ 10.00     | £ 180.00    |              | £ 1,800.00         |
| Thornaby Primary                                 | 10 | £ 40.00 | £ 120.00 | £ 5.00  | £ 10.00     | £ 180.00    |              | £ 1,800.00         |
| The Village Primary                              | 10 | £ 40.00 | £ 120.00 | £ 10.00 | £ 10.00     | £ 180.00    |              | £ 1,800.00         |
| Abingdon Road School                             | 10 | £ 40.00 | £ 120.00 | £ 10.00 | £ 10.00     | £ 180.00    |              | £ 1,800.00         |
| Home schooled Group                              | 10 | £ 40.00 | £ 120.00 | £ 10.00 | £ 10.00     | £ 180.00    |              | £ 1,800.00         |
| Vision 25  | 10 | £ 40.00 | £ 60.00  | £ 5.00  | £ 10.00     | £ 115.00    | 5            | £ 1,150.00         |
| The Hub, Thornaby                                | 9  | £ 40.00 | £ 120.00 | £ 10.00 | £ 10.00     | £ 180.00    |              | £ 1,620.00         |
| Covid Hartington Rd (meals to supported housing) | 24 | £ 40.00 | £ 50.00  | £ -     | £ 30.00     | £ 120.00    |              | £ 2,880.00         |
| Covid Havelock St Community Hub (8 weeks)        | 15 | £ 50.00 | £ 80.00  | £ -     | £ 20.00     | £ 150.00    |              | £ 2,250.00         |
|  |    |         |          |         |             |             | 20           | <u>£ 23,400.00</u> |

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| TNL YR 1   |          | Budget           | Spend               | Underspend      |
|--|----------|------------------|---------------------|-----------------|
| Delivery hours   | £        | 15,600.00        | £ 15,600.00         | £ -             |
| Food   | £        | 5,200.00         | £ 5,200.00          | £ -             |
| Mileage  | £        | 1,300.00         | £ 1,300.00          | £ -             |
| Consumables  | £        | 1,300.00         | £ 1,300.00          | £ -             |
| Meetings, networking, project planning, recipe writing, monitoring, finance, evaluations | £        | 15,750.00        | £ 15,750.00         | £ -             |
|  |          |                  | £                   | -               |
| Venue Hire   | £        | 2,400.00         | £ 2,400.00          | £ -             |
| Volunteer expenses   | £        | 600.00           | £ 600.00            | £ -             |
| Sustainable kit boxes  | £        | 2,000.00         | £ 1,500.00          | £ 500.00        |
| Food hygiene course  | £        | 800.00           | £ 800.00            | £ -             |
| Recipe book/leaflets/poster/printing   | £        | 820.00           | £ 820.00            | £ -             |
| External Evaluators Teesside Uni   | £        | 3,774.00         | £ 3,774.00          | £ -             |
| Governance, Training, Development x 4  | £        | 1,400.00         | £ 731.95            | £ 668.05        |
| Covid Uplift   | £        | 15,283.00        |                     |                 |
| Hartington Rd (May & June) 1920 meals  |          |                  | Staffing £ 2,384.00 |                 |
|  |          |                  | Food £ 1,805.44     |                 |
|  |          |                  | Mileage £ 93.60     |                 |
| Havlock St (May & June) 900 food parcels   |          |                  | Staffing £ 2,250.00 |                 |
|  |          |                  | Food £ 2,177.16     |                 |
|  |          |                  | Mileage £ 129.60    |                 |
| Yarm surplus food collection & redistribution & Covid deliveries 820 parcels             |          |                  | Staffing £ 3,796.00 |                 |
|  |          |                  | Food £ 2,548.51     | -£ 532.11       |
|  |          |                  | Mileage £ 630.80    |                 |
| <b>Total</b>   | <b>£</b> | <b>66,227.00</b> | <b>£ 65,591.06</b>  | <b>£ 635.94</b> |

# Little Sprouts

Improving Lives through cookery



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