

Appendix 2 - Manchester Healthy Weight Strategy Newsletter

Food & Culture
Physical Activity
Environment & Neighbourhood
Prevention & Support

Manchester Healthy Weight Strategy Newsletter

MAY 2022

The first Healthy Weight Strategy Partnership network meeting was held in March and brought together more than fourteen different organisations all working to support Manchester residents with achieving and maintaining a healthy weight. The network group was established to support the delivery of Manchester's Healthy Weight Strategy, a five year strategy which follows the life course and features four key strands; food & culture, physical activity, environment & neighbourhood, and prevention & support. Read the strategy [here](#).

Healthy Weight Strategy Network Meeting

A variety of organisations presented at the April 2022 meeting including Health Development Coordinator Rachel Harding who spoke about 'Eat Well, Move More, Feel Better' a family led cooking and activity project taking place in Wythenshawe schools, and Shamime Jan gave an inspiring talk about Bollyfit and the healthy lifestyle work currently taking place in Longsight and Cheetham Hill to promote health and well being with South Asian women. The meeting, chaired by Manchester City Council's Population Health team, was a fantastic networking opportunity and reconnected organisations after what has felt a long time.

Population Health Supporting Adult Weight Management

To support adult weight management following the impact of the pandemic, Manchester received an enhanced grant enabling the existing offer to be extended to support more residents with accessing the free 12 week Slimming World voucher scheme. Disappointingly, and at short notice, it was announced that the grant would not be continued beyond 1st April this year. Recognising the value the scheme brings to Manchester residents, Population Health has committed to continuing the support without changing the eligibility criteria:

- Manchester resident or Manchester GP
- BMI > 28
- 16 years and above

Residents can self-refer to the scheme by contacting Be Well 0161 470 7120.



Denmark Road Officially Launched!

Manchester Active and GLL officially launched Denmark Road as a sports and community facility on 6th April. The event was supported by many organisations including Buzz, Junior Pars, Community Nutrition Service, Morelife and MCC Smoking cessation team. Despite the typical school holiday weather, the event was attended by many community members of all ages, and

Did you Know?

Supporting children aged 5-17 years to increase their activity levels and have a healthier lifestyle, Junior Physical Activity on Referral Service (Jnr Pars) work with children and families to identify suitable sports and activities available in their neighbourhood. Although early days, Jnr Pars practitioners have worked with more than 420 children and young people, with 61.5% increasing their activity levels, and further reported health benefits including feeling better about themselves, having more confidence, and sleeping better. Children and young people can be referred to the social prescribing service by a health professional at their GP Surgery. A flyer with contact information has been attached with the newsletter.



Also, don't forget.... Healthy Start Vitamins

In Manchester free Healthy Start vitamin drops are available for all babies and children under 4 years old, and free vitamin tablets for all pregnant women and new mums. Residents do not have to be in receipt of benefits. Vitamins are available from children's centres, health visitors or community midwife. If in receipt of certain benefits residents can also receive free healthy food and milk. To find out more go to www.healthystart.nhs.uk, residents can apply online, or their midwife or health visitor can help them register.



Manchester Healthy Weight Team scoop national award!

The Healthy Weight Team, commissioned by Population Health, provide 12 month one to one support with severely obese reception aged children and their families. In the last year the team undertook 1776 face to face appointments and 811 home visits resulting in evidenced reduction in children's BMI's. The work of the team was recently recognised, winning the prestigious Public Health Nursing award. Here's a picture of the team with their award win, many congratulations to all!

Good Foody News in Our Neighbourhoods

Old Moat & Withington Food Work

Following on from the very successful Food in a Bag project, the team at Buzz Health & Well Being Service delivered a 10 week cooking group at Old Moat Children's Centre to give local parents practical skills and information about preparing healthy,

nutritious, family meals on a budget. Here is a beautiful display of the creations made by the group at a session focused upon healthy family snacks, homemade hummus with a selection of vegetables, breadstick and cheese, and also very cute homemade bread hedgehogs!



Starting Plates is a three week healthy cookery workshop and available to residents from Levenshulme, Longsight or Gorton, who are an expectant parent or carer, or have a child under 2 years. The workshops are a friendly welcoming group who work with families to learn how to prepare and cook healthy dishes for families to enjoy. Workshops are available in May and new sessions will also be available in June. Booking details are included on the attached flyer.

If you have a good news story to share in future newsletters or information about how your organisation supports Manchester residents with achieving a healthy weight, please email louise.mcerlain@manchester.gov.uk