



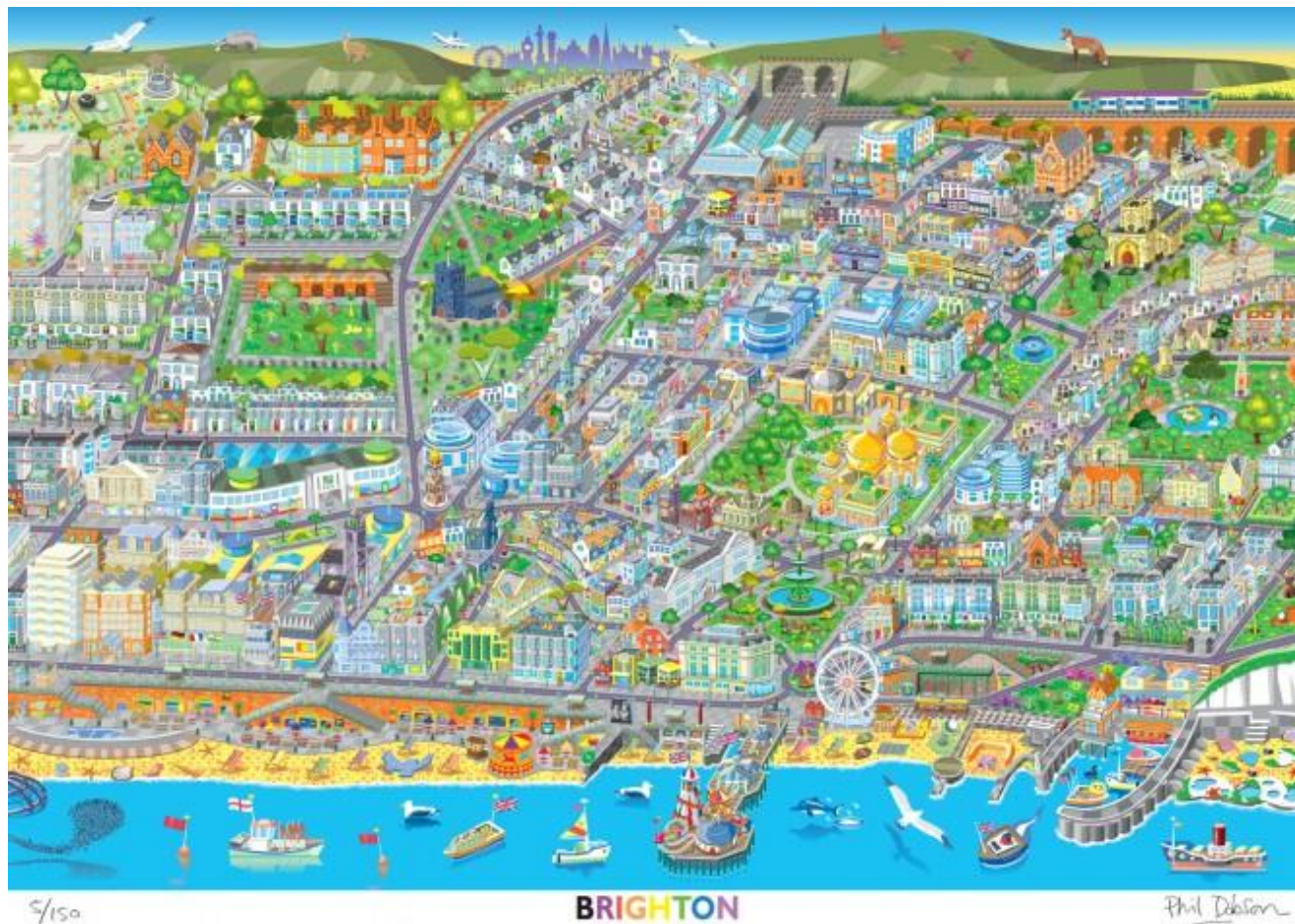
Commissioning case study: Dementia-friendly food project

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A city of contrasts



- Very **compact** – sea on one side and South Downs National Park on the other
- More people live in flats than houses and **housing costs** are similar to London boroughs although wages aren't
- **Inequalities:** 19 out of 164 areas are in the 10% most deprived in England. 2 of these are the most deprived 1%.
- Deprived areas of the city have a **life expectancy** of up to 10 years less than affluent wards
- Estimated **3046** people with dementia in B&H but **only 57%** of (1797) have actually been **diagnosed**

Brighton & Hove Food Partnership is a hub for information, inspiration and connection around food.

A non-profit organisation that helps people learn to cook, to eat a healthy diet, to grow their own food and to waste less food.

- Work with individuals
- Work with groups
- Work at a strategy and policy level

These are interconnected.



A seat at the table?

- Food Strategy
- Seats on local strategic bodies
- Commissioned work on healthy weight
- Mental health and happiness strategy: involvement in food growing for wellbeing
- Older people & food/ nutrition research
- Or 'right place, right time?'



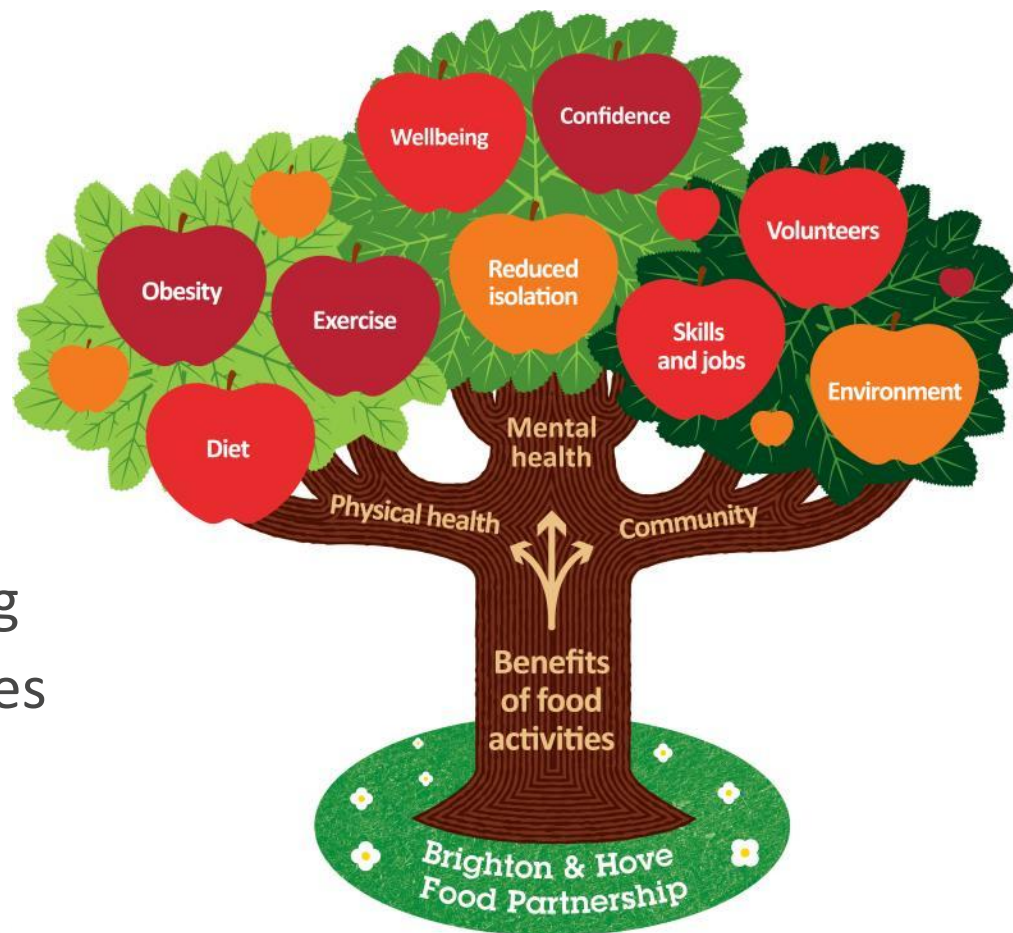
Spade to Spoon: Digging Deeper

A food strategy and action plan for Brighton & Hove



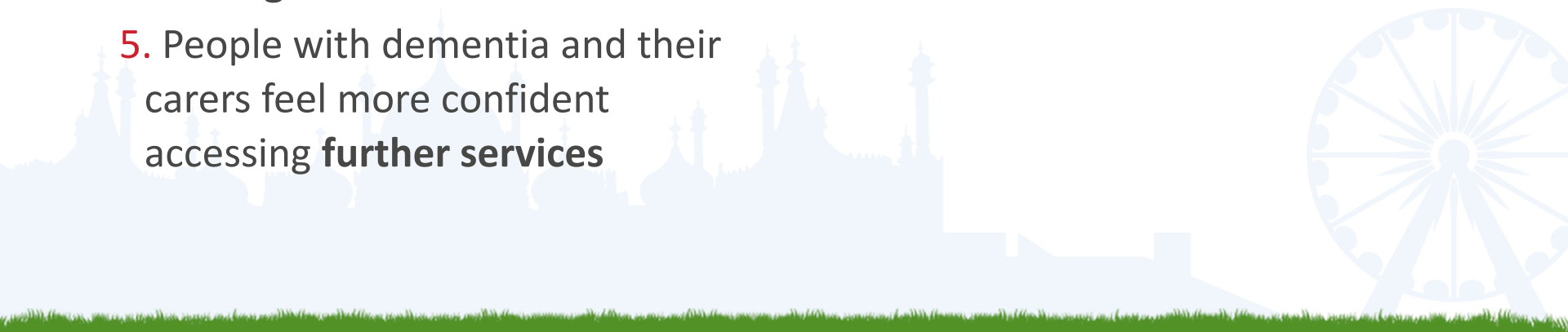
Evidence base / application

- Track record of work on food growing and with vulnerable groups
- Evidence about benefits from monitoring and evaluation
- National data, eg Growing Health factsheet, examples of dementia gardening activities elsewhere
- Scale/ structures to be opportunistic



Outcomes

1. Provide engaging/cognitively **stimulating activities** to people in early stages of dementia
2. Improve the **health and wellbeing** of people with dementia
3. Reduce **social isolation** for people with **dementia and their carers**
4. Support people with dementia to remain **active in the community for longer**
5. People with dementia and their carers feel more confident accessing **further services**



Activities

- Weekly **gardening group** from Feb to November. Each participant joins for six months.
- 5-week **cookery courses**, x3 per year
- High levels of **volunteer** support & trained staff lead
- Input from **professional OT** at assessment & evaluation
- **Carers** included where appropriate/possible
- 3-year contract
- Mild (to moderate) dementia focus



Learning - setup & promotion

- **Time!**
 - To setup
 - To make new contacts
 - To promote
 - To become known...
- **Expert input**
 - Training staff & vols
 - Planning
- **Risk**
 - Planning vs reality?



Learning - delivery

- High support ratios
- Well-supported and trained volunteers
- Time around activities
- Adaptable activities to suit different abilities and speed of working
- Continuity and connection to the space
- Suitable referrals...
- Food!



Learning - evaluation

- Commissioner input
- Other potential funders?
- Most Significant Change
- Three perspectives
 - Participant
 - Their carer
 - Volunteers/ staff



Next steps

- Keep testing ideas
- Increase referrals
- Share learning with other local services for people with dementia
- Implement and improve evaluation process





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