



**BNSSG  
Training Hub**

**Nutrition and health inequality  
Evaluation**

[20/03/2025]

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# Nutrition and health inequality

## Background

### Aim:

- To address the health inequality gap in Knowle West by improving education and access to nutritious food, and thus improve health outcomes. Through collaborating with the Community and VCSE sector, to create bespoke projects that improve health and gather evidence of their benefit to health outcomes.

### Purpose:

- To improve health equity

### Budget

- 12 month health inequality fellowship, through the deepend project

### Timescales:

- April 2024 to March 2025

# Successes

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- Output/ materials
- TH KPIs
- National, Regional and local targets
- People / Roles who benefited
- System partners/ Teams who benefited
- Legacy

# Output/materials

- Successful networking with local VCSEs, Community, Public health colleagues, Bristol City Council, PCN, local champions, University colleagues
- Led various educational events and produced educational resources
- Led collaborative projects and participated in others
- Attended educational events to improve my understanding of my role in the work I was seeking to undertake

# Key Performance indicators 1: Successful relationships built. Creation of long term relationships with Community. Evidence for this:

- Attendance at local network meetings
- Invitation to be trustee for Feeding Bristol
- Successful application to be health inequality lead for PCN
- Invitation to present at RCGP sustainability event and other educational events
- On going collaboration with Health park and Knowle West Media centre to improve health park and create Courtyard Garden
- On going collaboration with Bristol City Community learning, Redcatch Community gardens, One planet matters, Feeding Bristol (and more) and plans for future projects.
- Been approached by other agencies due to successful relationships already built. Word of mouth recommendations

# Key performance indicators 2: educational events run

- Downton Kitchen: food education and simple cooking with staff. Led by Saba James and myself.
- Food justice talk @ Redcatch Community gardens. 'compassion'
- Bristol hospitality network, peace feast talk @ Redcatch community gardens
- Two articles written in the Knowledge (Knowle West local paper).
- Articles posted on knowlewest.co.uk
- Downton Road Website well-being section updated with relevant links
- Attended Batch cook club cooking session.
- Attended batch cook off session at Connaught school as part of shaping places cooking.
- Presentation for south Bristol locality regarding possible south Bristol collaborative projects
- Creation of top tips for type 2 diabetes (and healthy eating) handout. Now on practice website.
- Presented at RCGP Sustainability day. 'Human health and planetary health.'
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# Key performance indicators 3: projects

- Bid written to do project with Batch cook club, with practice staff. Funding Not awarded
- NCIM bid for funding for nutrition and health project. Not awarded.
- Video around supermarket. Aldi and Asda. Discussed possibility of doing video around supermarket. Agreed in principle but funding not yet awarded for this. On going discussions with partner organisations. On going discussions with Oasis Conaught. ?Could we do something around the food pantry.
- Celebrating seasonal: Staff event. Staff invited to cook seasonally. Prizes from local allotment given to all entrants. This has run three times to date. We are now running a Spring session. We also did a Humous making competition for staff
- PUPP with Susan Clarke. I have enrolled onto the lifestyle medicine course which I am working through.
- Vegetable box plus education on prescription project: applied for funding from healthy heart funding and household support fund (HSF). Funding granted from HSF. This was a collaborative project. For six weeks, 12 patients experiencing Type 2 Diabetic, ready for lifestyle change were recruited. They were given 6 educational sessions over 6 weeks. During which a box of vegetables was given from Lush Greens (Community supported Agriculture market garden). The educational sessions provided by Bristol City Community Learning gave an opportunity for participants to cook these vegetables, but also learn about how this links to their health. A local business Fox and West provided the dry goods. Then for 6 weeks afterwards participants were given a further 6 weeks of vegetables and ingredients, as well as a weekly recipe. Data was gathered pre and post project.
- Freezer meals on prescription: Funding also provided from HSF. To prescribe locally made freezer meals, produced by Redcatch community gardens for those at risk of food poverty. We were given funding to prescribe 1120 meals. I created a referral form. Referees were asked to complete an initial questionnaire about food and health. Redcatch community gardens ( Mike Cardwell) came to the practice and the staff were informed of the project and were offered a chance to try the meals. All the practice staff have found this experience extremely rewarding. SO far over 800 meals have been prescribed. We have had some wonderful feedback from patients. The main reason for referral has been mental health. I am currently collating feedback
- Turning Knowle West Health Park into a Nature health hub. This is in progress. Currently we have a working group looking at writing a bid. Heather Williams is leading on this, with support from Annali Grimes, Kevin Thomas and myself. We are currently writing a bid for BCC nature towns and Cities funding. The plans will involve food growing, education and health.
- Courtyard Garden development. Bid written and funding secured from NHSPS. This is now moving forward. Landscaping currently underway

# Key performance indicators 4: Contribution to strategic meetings

- Knowle west food network meetings
- Bristol food justice fortnight events and subsequently Bristol food justice network meetings
- South Bristol local community engagement working group
- Child healthy weight meetings
- Deepend events
- ICS 'healthy weight', latterly 'why weight?' steering groups
- Collaboration on productions of GP education aspect of why weight pledge
- Meeting at UOB to discuss AI in health inequalities 'chat bots for weight management'
- Green impact for health conference in Frome.
- Knowle west health park fun day
- Completed Filwood Broadway development planning application
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# People/ roles who benefited 1

- Networking: By networking I have built long term relationship. This has been the basis of everything else.
- Educational events run and resources created:
  - Staff at practice: Downton Kitchen, Celebrating seasonal, Courtyard garden creation
  - Local residents: Compassion and nutrition talks as part of food justice fortnight, Bristol hospitality network, wellspring community, articles in local paper and update on website, Practice website updated with nutritional and local resources
  - Colleagues: Sharing of resources, Presentation to locality, presenting at RCGP sustainability day

# People/roles who benefited 2

- Projects:
  - Veg box on prescription. 12 type 2 diabetics given vegetable boxes and education. Direct benefit for participants, their families. Future benefit from what was learned from this project and future participants. Evidence gathered could help fund similar projects.
  - Freezer meals: approximately 90 families given prescriptions for locally produced freezer meals. Improving mental and physical health of 90 families. Evidence gathered could again help fund similar projects.
  - Other projects still on going so benefit will be seen in due course

# System partners who benefited

- ICS: Support with why weight declaration and co-creation of educational resources for GP colleagues
- Public health colleagues through collaboration on shaping places project
- Multiple community and VCSE organisations through collaboration and relationship building
- Locality: presentation of ideas to South Bristol locality partnership
- Collaboration and sharing of ideas across National food justice strategic groups

# reflections

- Bristol City Community learning are keen to repeat the veg box and education programme. We have discussed with participants and had debriefing meetings.
- Following our post veg box review meeting and listening to the feedback from participants:
  1. Provide a session on 'why seasonal'
  2. Provide a session on nutrition top tips with a guest speaker
  3. Provide meals that can be 'fake aways'
  4. We had discussions with the university about providing a chat box to accompany the last course. Ethics approval was not achieved in time. We have planned to provide this to them now. With the next course, we plan participants to have this at the outset.
  5. The education should be more focused to type 2 diabetes.
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- With regards to the other projects, when they finish, I will reflect in the same way and seek to repeat and improve

# Financial evaluation

Item	Budget	Actual	Comment
<b>Budget</b>	£		
Fellow role	£		
Expenses	£		Travel, accommodation ...
Events	£		
Resources/ materials	£		
xxxx	£		
<b>Total</b>	£		

# Next Steps

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## Recommendation/s

- Continue relationship building and attending local network meetings
- Continue to build new relationships
- Build on ideas from projects completed (veg box) and replicate in other areas
- Continue with projects underway (freezer meals, nature health hub) and replicate in due course
- Other GPs to become champions in community engagement.
- Improve communication between GP and community sector

## To embed outcomes/ legacy by

- On going.

## Share Evaluation with:

Deepend project  
Other stakeholders

## Future contact/ action handover:

Continue projects, others to undertake similar projects/collaborations



# BNSSG Training Hub

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**Thank you**

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