

## Islington Families for Life annual report 2021/22

### Public health commissioned universal healthy lifestyle offer

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## 1. Summary

Families for Life (FfL) is the over-arching name for healthy lifestyle programmes and sessions available for families with children aged 2 – 11 in Islington. The most popular programme is Family Kitchen (FK), which focusses on healthy eating, food preparation and cooking skills and includes healthy lifestyle messages including physical activity and oral health. The FfL team works closely with a range of other services and teams to recruit families and to share delivery of programmes across the borough: in person and virtually. To increase the reach of healthy lifestyle messages and recruitment of families, there is a FfL community champion programme. FfL champion recruitment and training occurs twice yearly.



Through partnership work, FfL has seen a steady increase in the number of families who have been referred to the programme or have expressed interest in attending a programme. In response, the number of programmes delivered each quarter has increased. FfL team has had amazing support from partners and FfL community champions in delivering and supporting programmes.

The FfL team are very excited to be working with [TastEd](#) to incorporate taste education in their programmes. TastEd approach is based on the [Sapere method](#) and has been proven to be very successful in children being more willing to try new vegetables. TastEd delivered training for private, voluntary and independent (PVI) nurseries, children's centres, and schools across Islington in February 2022 and since then these settings have started including taste education lessons as part of the curriculum. In 2021/22, the FfL team have delivered one parent workshop using taste education with positive feedback and are planning to deliver more in 2022/23.

## 2. Process KPI

	Q1	Q2	Q3	Q4	Total	Comments
30 full* programmes are run in 2021 - 2022	6.25	7	8.5	11.25	33	Four one-off sessions are counted as one programme In Q4 we delivered <ul style="list-style-type: none"><li>• 11 programmes</li><li>• 1 parent workshop (taste education)</li></ul>
180 families attend a Families for Life sessions	42	25	57	69	197	Families / parents who have attended either a programme or a one-off session
At least 50% of attendees are from BME groups	71%	68%	69%	75%	71%	
At least 75% of attendees complete the programme	89%	90%	52%	84%	76%	Families who attend three out of four / four out of six sessions are counted as completed

Table 1: Process KPI

### 3. Qualitative impact

Qualitative impact:

a) Participants who report being more active after taking part in an intervention

- *"the physical activity was an unexpected bonus"* from a parent who attended Active Spaces Family Kitchen programme.

b) Children being more willing to try new foods / eat more fruit and vegetables reduce foods high in sugar and fat, reduce fizzy drinks after an intervention.

- A parent providing feedback a week after attending a taste education parent workshop said how much she had enjoyed the workshop and how she was using the activities with her child. She felt that based on the activities they had done together her child was more willing to try new vegetables.

Quotes to show the impact on children's willingness to try new foods

- *"The programme surpassed my expectations. This programme made a massive difference to my daughter. She is more willing to try and eat food."*
- *"For me and my son was the best, I really enjoyed the programme. It made a huge difference for my fussy eater son. He has been able to experience, and try new food, and even at home is now trying food that he refused to try before. I wish this programme could run for longer, maybe for 3 months."*



- *"Before attending my daughter was super fussy, now she will willingly try new foods and dishes. She is making her own snacks and eating new items ie. cucumber, sweet potatoes, carrots and hummous. we have started to also use less sugar and have encouraged more fruit. This group helped us substantially."*

- *"This programme enable me to help my daughter explore food. In doing so she was open to eating and trying new things."*

Quotes to show impact on families reducing foods high in sugar and fat, reduce fizzy drinks

- *"My son loved it and it was good to learn new things also how to cut sugar, salt and fat in a diet. This programme has made a big difference on my son diet and the family"*
- *"Made us more aware of sugar content in foods, which in turn has made us more conscious of our decision making."*
- *"We change the put less salt and less sugar in our snack. Very good"*
- *"Much less sugar in Maya's diet, seeing all that on screen, hearing from the dental expert was very influential."*
- *"I am more aware on the content of sugar in food and drinks, and I am willing to make better choices."*

c) How confident families feel to cook with their children after an intervention

- *"My daughter loved it she really enjoys cooking. I cook more with my daughter and she is trying new foods."*
- *"The programme surpassed my expectations. It was wonderful, the children were allowed to use more utensils than I was expecting, eg knives and really got hands on with all the ingredients. I am much more relaxed at home, I trust my child with using"*

*equipment I'd have been more cautious before the course. I look forward to cooking more messy meals with her than before."*

- *"My daughter engages even more with cooking - we have grown confident in what she can help with- she has learnt words such as cut and stir."*
- *"The programme has made us eat more tasty and healthy food at home. We are cooking as a family at home most days."*
- *"I cook more with my daughter and she is trying new foods"*
- *"My son now really loves cooking, has got very involved in the kitchen and he is trying new food"*

#### d) General feedback

A member of Bright Start staff mentioned that Family Kitchen was a very successful virtual programme offered during Covid. Parents were very impressed with what they were able to make with their children in their own kitchen. The programme was able to engage with families online; children interacted with each other, showing what they had made to each other via the camera.

This was reflected by a comment from a parent: *"Great thanks to the tutors for their input and encouragement and the very professional and friendly way of running the group, I haven't felt any other zoom format to be as successful as this and I use the platform a lot. We will miss them."* Another parent commented *"Beyond my expectations by far. We made great food and loved eating together with others on the call."*

#### General quotes

- *"Please, please , please make the course longer, we've loved every minute and would come all year if we could."*
- *"Enjoyed all the recipes and replicated at home. My daughter ate lots more fruit and vegetables .The programme has made us eat more tasty and healthy food at home. We are cooking as a family at home most days. Norma has been fantastic, fun, bubbly and easy to talk too. She has been a great teacher."*
- *"I just want to drop a little note to say how professional and wonderful Norma has been throughout this course as well as the online course I have done with her. I find her to be patient and very dedicated to her work. Her friendly personality isn't just professional but welcoming as well. I have learned new recipes and have added them to my weekly cooking list."*
- *"They are a well prepared team, they got a lot of patience. It was lovely to meet new parents and my kids loved it very much. We will miss it. It made me more conscious of the importance of eating healthy, they taught us how to use new ingredients and prepare delicious dishes."*
- *"The programme was more than I expected and way more enlightening than I expected. It was informative; supportive and fun all at the same time. The staff were star of the show and so very warm and helpful."*

## 4. Programme development and delivery

Each programme requires two facilitators. In Islington, there is one Families for Life Engagement Worker (FFLEW) who delivers Families for Life programmes and workshops as part of the FfL team. The FFLEW is very experienced and brilliant at engaging families both in-person as well as virtually. In addition to the direct delivery by the FFLEW, the success of FfL is due to the great staff and champions we work with who deliver or support programmes and the very supportive partnerships the FfL team has with colleagues and partners.

a) Working with other teams and organisations has a number of benefits to the programme:

- Colleagues and partners encourage families to attend a programme or they refer directly into the service.
- FfL team have attended a number of different team meetings explaining the Families for Life programme and how we can work together, looking at families' relationship with food and giving healthy lifestyle messages to use with their families. This leads to a more consistent approach, across Islington services, in the way we work with families and children/young people. It also ensures that families receive the same healthy lifestyle messages from different professionals.
- With the support of colleagues and partners FfL is able to meet the need of a wider range of families in Islington, for example running Turkish/Kurdish programmes or developing skills to deliver programmes that can be attended by more vulnerable families, for example children with autism.
- Families with children with more complex needs can benefit from FfL as they are supported within the programmes by professionals who know them well.

b) FfL have worked with a host of different organisations and teams:

- Family Kitchen Early Years (FK EY) programmes continue to be funded by [Adult Community Learning](#) (ACL). ACL also supports the Families for Life Engagement worker (FFLEW) to continue to develop her teaching and learning skills by carrying out lesson observations and mentoring. Families are registered with ACL when attending a Family Kitchen early years programme. Of the 32 families who were registered with ACL as part of attending an FK EY programme, two parents have attended a Brush up your English course and one parent attended a Improve your Grammar course.
- **Bright Start Islington** is the name for all services supporting families from pregnancy to a child's fifth birthday across Islington. FfL works with Bright Start Health Visiting team at Whittington Health to encourage more referrals into Families for Life. Bright Start early childhood team at Islington council are directly involved in organising venues for the early years programmes, recruitment of families and supporting the delivery of Family Kitchen early years programmes. They also provide expertise in working with families with children under 5 and can provide advice on, or refer to, other services that might benefit the family. Families for Life also run workshops at some of their special events such as in Black History Month as part of series of events organised by Bright Start Central during October.
- FfL team deliver Active Spaces Family Kitchen programmes with the **Communities Team** as part of their Active Spaces free health and wellbeing activities. The programme greatly benefits from this partnership as the community team pays for the delivery of half an hour of physical activity. The communities team supports the delivery of programmes and actively recruits families.
- During 2021-22, FfL team trained two community nurses in the **school health team** at Whittington Health and they have supported four programmes. This partnership has led to an increase in referrals to Families from Life from the school health team. The operational lead for children and young people services at Whittington Health has said about the partnership that, "*it's a real example of*

*integration and the role we all play in delivering on the healthy child programme and in making a difference to families."*

- **Minik Kardes** provides Families for Life with the opportunity to deliver programmes to families whose first language is Turkish / Kurdish and who are more comfortable attending a programme delivered in their community language. They have recruited and delivered virtual and in-person programmes across the borough.
- **Families for Life community champions** have been a valuable asset to recruitment and delivery of programmes. They have been able to provide a greater flexibility of delivery of programmes across the week. In total, FfL champions have been involved in delivery of 14 programmes and a number of one-off sessions.
- **Bright Futures** is the early help service for families with children aged five to nineteen. Bright Futures relationship with Families for Life has meant an increase in referrals for the families they work with. Bright Futures have also been involved in delivery of two school programmes and a community programme.
- FfL team's relationship with community centres meant that **St Luke's** delivered an in-person programme again at [Central Street Cookery school](#) as soon as they felt comfortable to do so. They are planning to continue this on a regular basis and have enough expertise to deliver these programmes independently. We developed a new relationship with [Caxton House](#), which we used as a training venue as well as to deliver programmes. We trained two of their volunteers and supported them to deliver their own Family Kitchen primary programme. Both St Luke's and Caxton House recruited families for the programme at their centre.
- We have started building relationships with **Specialist Family Support Team** and **Disabled Children Consultation and Advice Team** (DCCAT), attending team meetings for both teams to discuss the importance of consistent messages and how we can work together. Staff from DCCAT have observed sessions and the FFLEW has attended disability training with DCCAT team. The partnership has led to referrals from the teams and a parent workshop as part of Strengthening Families, Strengthening Communities (SFSC) parent programme. SFSC programme supports parents to strengthen their parenting skills and enhance their relationship with their children. Our workshop focussed on the importance of a regular breakfast. DCCAT and SFST staff have expressed interest in being trained and involved in delivery of programmes specifically for the families they work with.
- [Holiday Activity and Food programme](#) (HAF) is a Department for Education funded national programme for families with children on free school meals, or who have an education, and health and care (EHC) plan, social worker or family support worker. One of the requirements of HAF is that nutritional education is provided for families. In Islington, Families for Life have provided nutritional education through recipe cards, FfL videos and virtual Family Kitchen cook-along sessions during the Easter, summer and winter holidays.
- Our work with [Bright Beginnings](#) led to a one-off virtual workshop for their families. Bright Beginnings at Manor Gardens work with families across North London to give their children the best start in life. Families come from a refugee or migrant background and the majority speak limited English.



c) Breakdown of programmes delivered during 2021/22

Supported by	Quarter	Venue	No of sessions	Unique families	Total attendees
<b>Family Kitchen Early Years in conjunction with Bright Start early childhood</b>					
Delivered with BS North	Q1	Virtual	6	3	6
Delivered by FfL champion with BS South	Q2	Virtual	6	2	4
Delivered with BS Central	Q2	Ambler CC	5	4	8
Delivered with BS South	Q3	Golden Lane CC	4	4	8
Delivered with BS North	Q3	Caxton House	6	4	8
Delivered with BS Central	Q4	Ambler CC	4	4	8
Delivered with FfL champion	Q4	Ambler CC	5	8	16
Delivered with BS South	Q4	Bemerton CC	5	8	16
<b>Virtual Family Kitchen Primary Programme</b>					
Supported by FfL community champion	Q1	virtual	5	6	15
Supported by school health team	Q2	Virtual	4	5	12
Supported by school health team	Q3	Virtual	5	4	11
Supported by FfL community champion	Q4	Virtual	5	4	8
<b>Active Spaces Family Kitchen Primary Programme</b>					
Supported by Bright Futures team	Q1	Virtual	6	7	17
Supported by FfL champion	Q2	Virtual	5	5	13
Supported by school health team	Q3	Virtual	5	3	7
Supported by school health team	Q3	Caxton House	5	7	18
Supported by communities team	Q4	Virtual	5	5	13
Supported by FfL champion	Q4	Williamson Street	5	7	17
<b>Family Kitchen Primary Programme in Schools</b>					
Delivered by staff at Hungerford Primary school, supported by Bright Futures.	Q1	Virtual	4	4	10
Delivered by staff at Pakeman Primary school, supported by Bright Futures	Q3	Pakeman Primary School	4	5	10
Delivered by staff at Ambler Primary School, supported by FfL champion	Q4	Ambler Primary School	6	4	14
<b>Family Kitchen Primary delivered by community centres</b>					
Programme delivered by Caxton House together with FfL community champion	Q4	Caxton House Community Centre	5	4	9
Programme delivered by Central Street Cookery School staff	Q4	Central Street Cookery School	6	5	13
<b>Turkish / Kurdish Family Kitchen</b>					
Turkish Family Kitchen early years - bilingual. Delivered by Minik Kardes	Q1	Virtual	5	4	8
Turkish / Kurdish Family Kitchen early years in Turkish / Kurdish. Delivered by Minik Kardes and Turkish speaking FfL community champion.	Q3	Archway CC	6	2	4

Turkish / Kurdish Family Kitchen primary programme delivered in Turkish / Kurdish. Delivered by two Turkish speaking champions.	Q4	Virtual	6	7	14
<b>FfL Community Champion Family Kitchen programme</b>					
Delivered by FfL community champion	Q2	Virtual	4	4	4
Delivered by FfL community champion	Q4	Virtual	5	9	9
<b>Holiday Activity and Food Programme Family Kitchen Sessions</b>					
Delivered by FfL team	Q1	Virtual one-off session	4	4	11
Delivered by FfL community champions	Q2	Virtual 4 week programme	4	4	9
Delivered by FfL community champions	Q2	Virtual one-off sessions	4	11	29
2 sessions delivered by FfL team 2 session delivered by FfL community champions	Q3	Virtual one-off sessions	3	10	24
<b>Family Kitchen sessions (other than HAF)</b>					
Manor Gardens Bright Beginnings workshop delivered by FFLEW and supported by Manor Gardens Bright Beginnings	Q1	Virtual one-off	1	5	8
Black History Month for BS Central – delivered by FFLEW	Q3	Ambler CC	1	8	16
One off parent workshop as part of Strengthening Families, Strengthening Communities (SFSC) programme. Delivered by FfL community champion	Q3	The Lift Youth Hub	1	12	12
Parent workshop using taste education delivered by FFLEW	Q4	Ambler Primary	1	5	5
<b>Total</b>			<b>159</b>	<b>197</b>	<b>414</b>

Table 2: breakdown of programmes delivered during 2021/22

d) Programme development, resources and extending our reach

We continue to develop our offer to provide services where families will access them by delivering programmes across the borough, with different teams as well as virtually.

FfL partnered with TastEd to provide training to early years settings and primary schools. We took the opportunity to invite FFLEW and FfL community champions with the idea to incorporate the taste education approach into our Families for Life programmes. Since then, we have delivered one taste education session for parents at Ambler primary school. The school requested this workshop as part of the work they are doing to reduce the number of children who are fussy eaters. We have offered parent taste education workshops to all schools and early





years settings that are rolling out taste education following attending the training.

## 5. Our reach

Before COVID, majority of FfL programmes were delivered in schools and children's centres. FfL team often found it difficult to book families on programmes run centrally as the reach to families was not sufficient. Since COVID, the number of referrals to the programme has significantly increased, as has the number of families who express interest in attending a programme because they have heard about it from someone else or have seen information about the programme. The FfL team also engages with other channels to provide healthy lifestyle information to families in Islington.

### a) Families are referred to us by the following teams

Service	Q1	Q2	Q3	Q4	Total
LBI Bright Start		7	4	10	<b>21</b>
Health visiting	1	2	2	6	<b>11</b>
Speech & language	1	2			<b>3</b>
Bright Futures	1	1	1		<b>3</b>
Healthy living nutritionist	5	5	5	3	<b>18</b>
School nursing			5	11	<b>16</b>
Dietitian	1			1	<b>2</b>
Specialist Family Support			1	1	<b>2</b>
Social worker			1		<b>1</b>
Minik Kardes				7	<b>7</b>
GP	1	4			<b>5</b>
<b>total</b>	<b>10</b>	<b>21</b>	<b>19</b>	<b>39</b>	<b>89*</b>

*Table 3: referral to Families for Life by professionals*

\* In 2020/21 total number of referrals to FfL programmes was 37.

### b) Families are referred to us with a range of different needs:

- Dad attended without children as they are in care with grandparent. He has lost his partner and is trying to get custody of his children. He wanted to learn how to prepare healthy meal to make at home with his children, and was really impressed how simple it was to make them. He is now more aware on sugary food and drinks and he is keen to practice what he has learnt.
- Dad and son attended all the sessions and they really enjoyed it. Dad came to the programme after he had suffered health issues and wanted to be a good example to his son. Dad doesn't eat vegetables due to childhood trauma, and this has influenced son's eating behaviour. While attending the programme, they enjoyed making new recipes and the son made an effort to try new food. The dad's feedback was: *"It was fun, we*

*loved the environment, the group and the teacher. We didn't know what to expect but we really enjoyed. We have learnt new healthy recipes and we will be making them at home again. We loved all the healthy eating information, they are very useful"*

- c) Families are asked why they would like to attend when they express interest in attending a programme.

In Q4, 25 families expressed interest in attending a programme. Below are some examples of why families said they wanted to attend:

- "Want to learn to cook healthily with my daughter"
- "To learn about cheap, easy and healthy child friendly food"
- "To try and get the family into healthy eating (especially eating vegetables) and to try and understand what to cook myself"
- "Fussy eater - refuses fruits and vegetables"

Going into 2022/23, there are 70 families registered with Families for Life.

- d) Other channels - reaching out to families who may not have attended a programme:

- Recipe cards and videos

As part of the HAF nutritional education for the summer programme, FfL developed [five recipe cards](#) which were distributed through HAF providers, libraries and leisure centres during summer 2021. FfL, with the support from ACL, also created 9 accompanying videos available on [Islington's YouTube channel](#).

The printed recipe cards continue to be used by ACL and Bright Futures to engage with families and promote Families for Life programmes. FfL refer families to the videos if they are unable to attend a programme, for example due to work commitments or the children are outside of the target age range. They can also be used for families to continue to engage after finishing a FfL programme.

Items	Views
Recipe trailer	228
Veggie burgers	766
Coleslaw	95
Berry yoghurt popsicles	88
Cauliflower Mac and cheese	114
Stir Fry	124
Chocolate brownie	119
Cheese scones and hummus	110
Couscous Salad	303
No bake carrot and coconut cake	261
Recipe page	221 page views with 153 unique pageviews

Table 4: data on number of views of FfL recipe cards and videos

- Newsletter  
Families for Life aims to send out a regular newsletter to families in Islington covering healthy lifestyle messages.

	Summer 2021 newsletter	Spring 2022 newsletter
Topics	<ul style="list-style-type: none"> <li>• Be active with your children: promoting Family Community Virtual Fun</li> <li>• Do children and vegetables mix? – fussy eating tips</li> <li>• Recipe: oven baked popcorn cauliflower</li> </ul>	<ul style="list-style-type: none"> <li>• The importance of physical activity: promoting Beat the Streets</li> <li>• What is the best drink for my child?</li> <li>• Recipe: Cauliflower mac 'n' cheese</li> </ul>
Services and weblinks	FfL, Active Spaces, Get Set 4 PE and Child feeding guide	FfL, Refill London, NHS food scanner app
Distribution	687 recipients	1,811 recipients
Total opens	437 opens	777 total opens
Unique opens	237 (36%) unique opens	519 (29%) unique opens
Total clicks	25 total clicks	126 total clicks

*Table 5: breakdown of FfL newsletter to Islington families*

- FfL also contributed a weekly recipe to the Bright Futures newsletter distributed to Islington families with children aged 5 – 19 throughout 2021/22.
- This year, FfL supported the Bright Start annual conference, Food, Fairness and families- emotional and physical impact of nutrition through life transitions. Seventy-two people attended. Feedback was very positive and delegates found the topic very thought provoking and timely.
  - FfL showcased a [video](#) (accessible to LBI staff only). Families, including a champion, came together specifically to make this video.
  - FfL spoke at the conference on 'What is for dinner tonight' looking at what influences families choices on how to feed their child(ren).
  - Two champions had a FfL stall promoting Families for Life to delegates attending in person.



## **6. Skilling up broader workforce (partnership work)**

- Our training sessions for partners to deliver Families for Life programmes were with smaller groups than previously, due to Covid.
- Small Steps for Big Change, healthy lifestyle messages training for all professionals working with families with children under 5, continues to be delivered on a termly basis.
- Families for Life co-delivers with Healthy Early Years the health and wellbeing training. Families for Life deliver the oral health, healthy eating and physical activity messages. The training is delivered centrally on a termly basis, ad hoc as full staff INSET and as part of the Bright Start Early Years champion training for each new cohort.
- Taste education training was delivered by TastEd and this was the first time this training was delivered in Islington.

Team	Q1	Q2	Q3	Q4	Total
<b>Family Kitchen training</b>					
School health team			2		2
Community centre volunteers			2		2
FfL community champion			1		1
Ambler primary school staff			2		2
Ambler CC staff			1		1
Total for Family Kitchen			8		8
<b>Small steps for Big Change training</b>					
Bright Start early childhood	1		2	1	4
Bright Start health visiting			2	2	4
Children's centre staff	1		2		3
PVI nursery staff	4		2	1	7
Childminder			1		1
Disabled children consultation and advice team (DCCAT)	1				1
Total for Small Steps for Big Change	7		9	4	20
<b>Health and wellbeing training</b>					
PVI Nursery and children's centre staff			11	6	17
INSET at Archway and Willow CC				40	40
FfL community champions (Islington residents)		4		9	13
		4	11	55	70
<b>Taste education Training</b>					
Children's centre staff				3	3
PVI nursery staff				7	7
School staff				12	12
FfL champions				3	3
Specialist Family Support team				1	1
Paediatric dietitian				1	1
FfL team				3	3
Total for taste education				30	30
<b>Total</b>	<b>7</b>	<b>4</b>	<b>28</b>	<b>89</b>	<b>128</b>

Table 6: Healthy lifestyle training of staff, volunteers and champions

## 7. Families for Life community champion programme

### a) FfL community champion highlights:

- Number of champions  
We have trained 26 champions, 22 of whom are still active. This includes two new cohorts of champions trained in 2021/022:
  - Summer 2021: four champions were trained, three remain active.
  - Spring 2022: nine champions were trained.
- Training opportunities for existing champions:
  - Five champions were trained in recruitment and selection, three of whom took part in an interview panel, representing Islington residents for resident facing posts.
  - Five champions attended Brandon Centre training on the link between mental health and obesity.
  - One champion was trained in delivering the Family Kitchen programme.
  - Three champions attended Mental Health First Aid training.
  - Three champions took part in taste education training by TastEd.
- Supporting Families for Life

- Five champions have been involved in delivering and/or supporting 14 Families for Life programmes and 11 one-off sessions/workshops (see table 2).
- One champion talked about the impact attending a Family Kitchen programme had on her and her family at one of the quarterly Brandon Centre training sessions aimed at professionals.
- Champions are active in recruiting families for programmes.
- One champion took part in the Family Kitchen session organised to film for the Bright Start conference.
- Two champions ran a Families for Life stall at the Bright Start conference.
- Other areas FfL community champions have been involved in:
  - Three champions shared their perceptions of dental services since COVID.
  - Champions were involved in recruiting BAME families for GLL swimming sessions over the summer holiday.

b) More detail about the FfL community champion programme

- **Turkish and Kurdish Family Kitchen Programme**

In quarter three and four FfL

Turkish/Kurdish speaking champions were able to support the delivery of Turkish and Kurdish Family Kitchen programmes together with Minik Kardes. Quarter four

was the first ever Turkish / Kurdish primary programme delivered. These programmes are a departure from previous programmes as they are being delivered in Turkish and Kurdish only, previously a Turkish / Kurdish speaker would attend to support families.



- **Families for Life Community Champions Training**

During 2021/22, two new FfL champion cohorts were recruited and trained. In June 2021, our fourth cohort of four champions were trained, three of whom are active. In March 2022, the fifth cohort of nine champions were trained.

The training for FfL community champions consists of a six-week training programme which includes sessions on health and wellbeing, safeguarding, confidentiality and communications, healthy eating, and Make Every Contact Count (MECC). Each week, the trainee champions also attend a community champion Family Kitchen programme, to gain first-hand experience of cooking and eating together.

## 8. Looking forward

In 2022/23, FfL team will build on the success of this year:

- By expanding on the number and range of programmes and workshops offered to families in Islington, continuing to provide the option of attending in-person or virtually. The new partnership with TastEd means that we will offer more parent workshops and develop a new 5 or 6-week family tastes programme which can be delivered in settings and schools without a kitchen.
- Building on the partnerships with DCCAT and SFST, Families for Life team will explore the possibility of providing specific programmes for the families they work with, such as autistic children.
- Engaging with schools to return to delivering more programmes on school sites.
- Continue to reach out to families in different ways so that the impact of the programmes is beyond the relatively small number of families the team directly works with. We will

continue to use different means to reach a wider audience, through our newsletters, use of social media, training of professionals, work with FfL community champions to share information with their contacts, as well as exploring other channels.