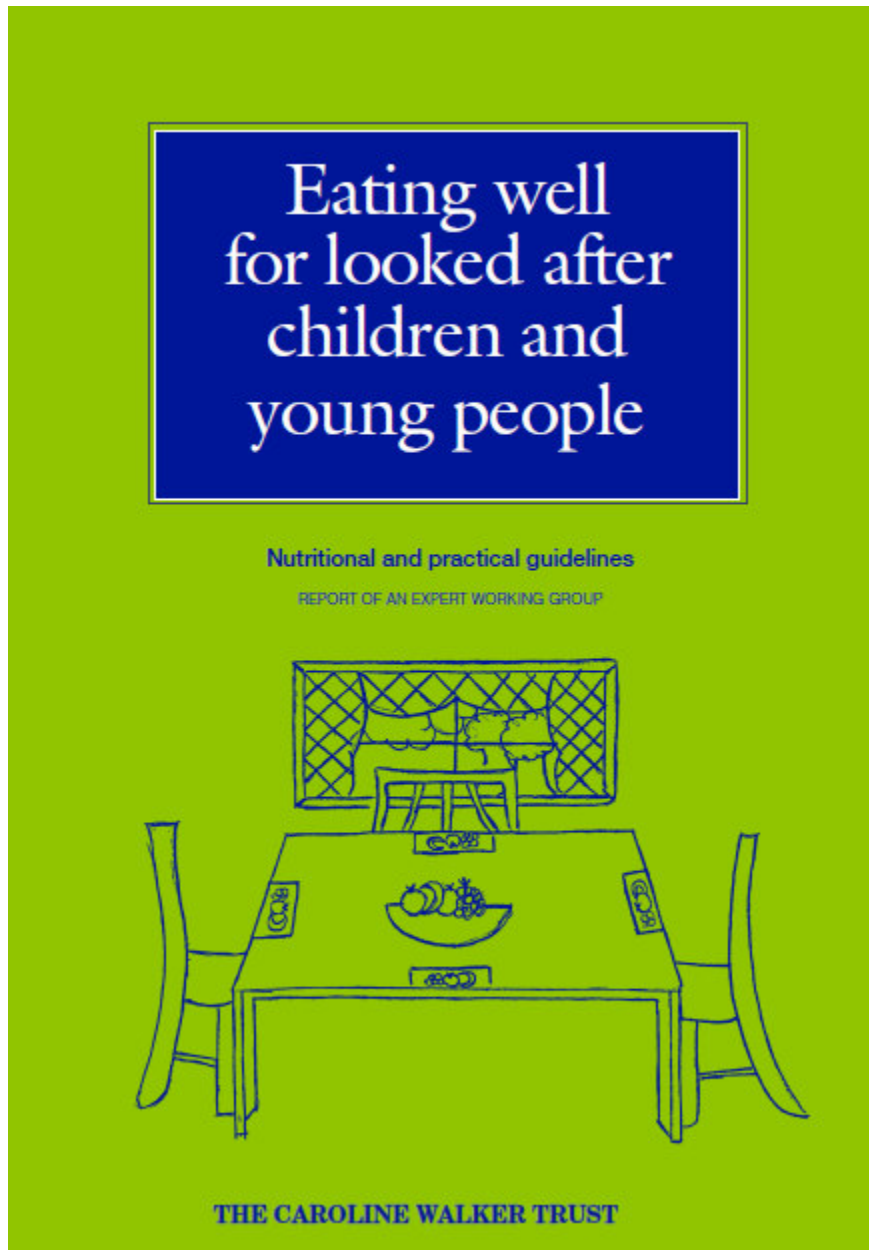


Eating Well for Looked After Children and Young People

West Midlands Training Programme 2009/10



Project coordinated by Catherine Goodridge
Training coordinated by Karen Chugg, Carefree Eating
Project sponsored by Department of Health West Midlands

Report available at www.foodwm.org.uk



Background

There are around 60,000 children and young people in care in England. Of these, approximately 42,000 are in foster care. There is evidence that children and young people in care are a particularly vulnerable group and their diets are a particular cause for concern because many of them will already have experienced deprivation and poor health before they arrived in care. The provision of a well balanced diet, and physical activity, are crucial to the health and well-being of looked after children and young people.

The Caroline Walker Trust has developed clear nutritional and practical guidelines which encourage and enable healthy eating among looked after children and young people (Caroline Walker Trust, 2001). Eating well for looked after children and young people sets out practical and nutritional guidelines to help all those who care for children in residential homes and foster care understand more about eating well for this group. The guidelines enable carers, and those who monitor care settings, to ensure that the young people have a nutritionally balanced, varied and tasty diet. It also provides recommendations for linking food knowledge into care and the skills that young people will need when they become independent. The report recommends that local authorities should organise appropriate nutritional training for carers, and that the Government should support this work.

A survey of foster care teams across the region found that there had been limited food and health training offered to those caring for foster children and a lack of a consistent approach to training. They identified the need for training covering the food and health needs of two distinct age groups – under 11's and adolescent aged children.

Expressions of interest in training were received from 10 of the 14 Local Authority areas therefore the Department of Health West Midlands identified funding to commission Eating Well for Children in Care Training across the West Midlands.

Eating Well for Children in Care Training

Karen Chugg, Dietitian and Psychotherapist was commissioned by the Department of Health West Midlands to deliver children in care training. The training was based around the Caroline Walker Trust materials 'Eating well for looked after children and young people'.

Two days free training were offered to each local authority area and up to £150 per day towards the cost of the venue and refreshments.

Local authorities were given responsible for recruitment to the training, booking venues and refreshments and liaising with the trainer.

Two different training days were offered and teams could choose two of these:

1. Primary food and health training for foster carers and social care teams
2. Adolescent food and health training for foster carers and social care teams

The training was targeted at foster carers, looked after nurses, social workers and other relevant staff who were either involved in supporting foster carers or developing training programmes.

Each training day ran between 9.30 – 2.30 pm to enable carers to manage their childcare arrangements.

Details of the training programme are outlined below:

Primary Foster Carers Training

	Topics covered	Learning Outcome
Overview of Caroline Walker Trust 'Eating Well for Looked after Children and Young People'	<ul style="list-style-type: none"> • Background • Aims and objectives • Key features 	Increase an awareness of the CWT report as a useful resource for anyone involved in the caring of children and young people
What is a healthy diet?	<ul style="list-style-type: none"> • Recommendations • Current Intakes • Nutritional concerns (e.g. salt, sugar, iron) • Health concerns (obesity and dental caries) • Non-hungry eating 	<ul style="list-style-type: none"> • Increase awareness of the importance of good nutrition in promoting long term health and reducing some of the food related problems e.g. obesity and dental problems. • Empower carers and children to change poor eating habits and improve well being
How to achieve a healthy balanced diet	<ul style="list-style-type: none"> • Eatwell Plate • Food groups and proportions in the diet • Achieving an optimum intake of iron, zinc and calcium • Reducing fat, sugar and salt • increasing fibre • 5-a-day • Enjoyable meal ideas and recipes • Understanding food labels 	<ul style="list-style-type: none"> • To improve knowledge and understanding for healthy eating for carers and children • To provide key messages on healthy eating using the Eatwell Plate • To provide practical guidance on the sorts of foods and drinks that should be offered to children to ensure that healthy, nutritious and enjoyable meals, snacks and drinks are provided in the carers environment
Establishing boundaries	<ul style="list-style-type: none"> • Meal and snack pattern • Establishing Routines • Difficult Eaters • Nurture vs Control • Rewards and Treats 	To provide support to carers on how to positively influence children's eating habits and patterns to ensure food is eaten appropriately and not used as a method of control or as a coping mechanism
Cascading training and moving forward	<ul style="list-style-type: none"> • Implementation of the training • Identifying changes and barriers 	To ensure information is cascaded to others where required and to encourage attendees to make a commitment to change.

Adolescent Foster Carers Training

	Topics Covered	Learning Outcome
Overview of Caroline Walker Trust 'Eating Well for Looked after Children and Young People'	<ul style="list-style-type: none"> • Background • Aims and objectives • Key features 	Increase an awareness of the CWT report as a useful resource for anyone involved in the caring of children and young people
What is a healthy diet?	<ul style="list-style-type: none"> • Recommendations • Current Intakes • Nutritional concerns (e.g. salt, sugar, iron) • Health concerns (obesity and dental caries) • Non-hungry eating 	<ul style="list-style-type: none"> • Increase awareness of the importance of good nutrition in promoting long term health and reducing some of the food related problems e.g. obesity and dental problems. • Empower carers and children to change poor eating habits and improve well being
How to achieve a healthy balanced diet	<ul style="list-style-type: none"> • Eatwell Plate • Food groups and proportions in the diet • Achieving an optimum intake of iron, zinc and calcium • Reducing fat, sugar and salt • increasing fibre • 5-a-day • Enjoyable meal ideas and recipes • Understanding food labels 	<ul style="list-style-type: none"> • To improve knowledge and understanding for healthy eating for carers and children • To provide key messages on healthy eating using the Eatwell Plate • To provide practical guidance on the sorts of foods and drinks that should be offered to children to ensure that healthy, nutritious and enjoyable meals, snacks and drinks are provided in the carers environment
Establishing boundaries	<ul style="list-style-type: none"> • Meal and snack pattern • Nurture vs Control • Body image and self esteem • Using food as a coping mechanism 	To provide support to carers on how to positively influence children's eating habits and patterns to ensure food is eaten appropriately and not used as a method of control or as a coping mechanism
Cascading training and moving forward	<ul style="list-style-type: none"> • Implementation of the training • Identifying changes and barriers 	To ensure information is cascaded to others where required and to encourage attendees to make a commitment to change.

The Local Authorities were provided with clear guidelines on training requirements (Appendix 1) and an invitation was sent to training managers in the 14 Local Authorities in the West Midlands (Appendix 2).

All training resources are available in Appendix 3.

Training was requested from 10 authorities and eight areas finally received training. Two areas dropped out due to recruitment difficulties.

Evaluation

149 delegates were trained in 15 training sessions. The training was delivered as outlined in table 1.

Table 1

Local Authority Areas	Date of Training	Numbers Trained
Herefordshire	02.03.09	11
	24.04.10	10
Stoke on Trent	10.03.09	15
Dudley	17.11.09	12
	24.11.29	10
	26.04.10	6
Coventry	05.01.10	5
	12.01.10	16
Walsall	25.02.10	12
	18.03.10	7
Telford	02.03.10	10
Sandwell	09.03.10	10
	20.04.10	5
Solihull	25.03.10	11
	01.04.10	9
Total	15	149

The training evaluation found that:

- 100% of delegates said they would recommend the course to others
- 99% rated the training usefulness as either good or excellent
- 99% rated the trainers knowledge as either good or excellent
- 97% of delegates felt the course was good or excellent at meeting the course objectives
- 99% of delegates thought the course was the right pace
- 72% of delegates rated training facilities as good or excellent
- 63% of delegates rated lunch as good or excellent

The most useful topics covered in order of most often mentioned were:

- All information
- Food Groups
- Nutritional Content of Food
- Weaning
- Eating Disorders
- Fussy Eaters
- Behavioural issues/portion sizes/visual aids/healthy alternatives/Eatwell Plate
- Labelling/Introducing Foods

Other comments included in order of most often mentioned were:

- Trainers knowledge

- Enjoyable/informative
- Excellent/thankyou
- Useful/good trainer
- Interesting

Recommendations

- 1.1 There is a need for ongoing training and support to ensure that those looking after children in care have a clear understanding of the nutritional needs of the children they are looking after. We would recommend that foster care teams work with their local food and nutrition teams to support ongoing food and health training with foster carers in their locality based around the Caroline Walker Trust Materials.
- 1.2 It is recommended that training resources are made available to localities. To enable this the training materials from this programme have been hosted at www.foodwm.org.uk to enable the training to be cascaded at a local levels
- 1.3 It is recommended that the training should be extended to include more practical skills and further training modules developed to support children moving into independent living, linking with other local cooking programmes. Consideration also needs to be given as to how to support carers that are taking care of children with special needs. Particular areas noted during the training included issues with food texture and food refusal, and young children that cannot use cutlery.
- 1.4 Additional work is required to promote the importance of fostering good eating habits among those working with children in care.
- 1.5 It is recommended that areas who did not participate in the training should develop and deliver food and health training for carers within their localities

Appendix 1

Training Requirements

Venue Requirements

Central location for all delegates with good parking facilities

Access required 9am to 3pm the day of the training

Please ensure that there is nothing else happening at the same time that would cause a distraction (e.g. building work).

Equipment Requirements

Data projector (I have my own laptop)

Flip Chart and pads and 5 pens

Delegates should be provided with paper and a pen

Catering

Drinks (tea, coffee, and juice) +/- biscuits and fruit to be offered on arrival and at break approx. 11am

Water should be available throughout the day

It would be ideal if lunch could be taken outside the room if possible.

Requirements for delegates

Maps on how to access the venue if not known

Please ensure that delegates are aware of timings 9.30am – 2.30pm

Appendix 2

Training Offer Letter



Catherine Goodridge
Regional School Food and Health Co-ordinator
2nd Floor, Kingston House
438 High Street
West Bromwich B70 9LD

Direct line: (0121) 612 1460
Direct fax: (0121) 500 1501
Mobile: 07891 490350
E-mail: catherine.goodridge@sandwell-pct.nhs.uk

6 July 2010

Dear Colleague

Re: Training offer: 'Eating well for looked after children and young people'

Further to your expression of interest and a successful pilot of food and health training for foster carers and social care teams, the Department of Health (West Midlands) is offering this training across the West Midlands region during 2009/10.

The training is based around the Caroline Walker Trust materials 'Eating well for looked after children and young people' which provides clear nutritional and practical guidelines to encourage and enable healthy eating among looked after children and young people (see attachment for further information).

We are offering two days free training to each local authority area and up to £150 per day towards the cost of accommodation and refreshments. The local authority will be responsible for recruitment to the training, booking venues and refreshments and liaising with the trainer - Karen Chugg, dietician and psychotherapist – to arrange dates.

Two separate training days are on offer:

3. Primary food and health training for foster carers and social care teams
4. Adolescent food and health training for foster carers and social care teams

and the training is targeted at foster carers, looked after nurses, social workers and other relevant staff who are either involved in supporting foster carers or developing training programmes.

Each training day will run between 9.30 – 2.30 pm and you can select from this which you think would be most appropriate in your local authority area.

If you are interested in receiving this training please can you complete the attached form and return to Karen Chugg by the 4th September 2009. Karen will then contact you to discuss dates and arrangements for the training.

Yours sincerely

Catherine Goodridge
Regional School Food and Health Co-ordinator
Department of Health West Midlands

Eating Well for Looked After Children and Young People Training

Name	
Job Title	
Organisation	
Local Authority Area	
Address	
E-mail address	
Tel. No.	
<p>I would be interested in Eating well for looked after children and young people training and understand I will be responsible for booking venues, organising refreshments and recruitment to the training (minimum attendance 12 people - max 20).</p> <p>Signed</p>	

Please return by 4th September to:

Karen Chugg
Carefree Eating
14 Mansfield Terrace
Budleigh Salterton
East Devon
EX9 6EN

kchugg@carefreeeating.co.uk

tel: 01395 444267

Appendix 3

Training Resources



C:\Documents and Settings\goodridgec\Settings\goodridgec\Settings\goodridgec\