



Subject:	NOM Update – Nutrition Support for Children in Out of Hours School Clubs
Date:	Tuesday 10 th May 2022
Reporting Officer:	Rose Crozier, Director of Neighbourhood Services, CNS
Contact Officer:	Kelly Gilliland, Neighbourhood Services Manager, CNS Margaret Higgins, Lead Officer – Community Provision, CNS

Restricted Reports	
Is this report restricted?	Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>
If Yes, when will the report become unrestricted?	
After Committee Decision	<input type="checkbox"/>
After Council Decision	<input type="checkbox"/>
Some time in the future	<input type="checkbox"/>
Never	<input type="checkbox"/>

Call-in	
Is the decision eligible for Call-in?	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>

1.0	Purpose of Report or Summary of main Issues
1.1	To provide members of the People and Communities Committee with an update in relation to action taken to address issues raised via a Notice of Motion tabled by Councillor Black in November 2019 focussing on improving nutrition support within after schools' clubs, particularly in areas of disadvantage.
2.0	Recommendations
2.1	The Committee is asked to: <ul style="list-style-type: none">Note the contents of the report.
3.0	Main report
3.1	<u>Key Issues</u> In November 2019 Cllr Black brought forward a Notice of Motion (NOM), seconded by Cllr McAteer, which stated; "Practical healthy eating, supported by positive influence around lifelong food choices, improves children's wellbeing in physical and mental terms including

	<p>their ability to concentrate and learn. Good nutrition is essential for children to grow properly, do their best in school and be happy and healthy in the future (Education Authority).</p>
3.2	<p>A World Health Organisation Commission had described childhood obesity as a 'growing epidemic.' Department of Health survey statistics indicated that 25% of children in this region are deemed to be overweight or obese. The estimated costs of healthcare attached to weight problems are around £450 million, representing 2.8% of total healthcare expenditure.</p>
3.3	<p>Small changes across a range of arenas can help to turn the tide. Implementing healthy snack choices, as part of the daily routine, significantly increases the capacity of positive choices becoming embedded, ultimately resulting in wider savings to the health sector.</p>
3.4	<p>Belfast City Council supports a range of services and programmes for children, including summer schemes and out of hours school clubs in areas facing disadvantage and food poverty. Such spaces provide daily opportunities for children to undertake physical activity, learning and play. It is worth noting the capacity for such spaces to further improve the health of children via the provision of small healthy snacks.</p>
3.5	<p>It is within this Council's gift to contribute to the improvement of quality of daily life for children and to cement children's positive relationship with food and nutrition. Accordingly the Council agrees that a report, looking at clubs located in areas of disadvantage and the potential for such spaces to incorporate healthy snacks, as part of out of hours schools provision during both term time and non-term time, be prepared.</p>
	<p>February 2020 Update</p>
3.6	<p>Officers provided members of P&C Committee with an update report re. action taken/progress against this NOM in February 2020.</p>
3.7	<p>Almost all of the 22 BCC owned Community Centres have after schools' activities in place for 5-11 year olds. Activities include a combination of drama/arts/crafts/open play/music etc. as well, to a lesser extent, sporting activities. The main focus is on recreation and play. In general food (as in a meal) is not provided due to the short time period the child is present (less than 2hrs).</p>

3.8	<p>Food provision is different at summer schemes as children usually attend for a longer session (2 hours or more with a break included). They may attend either once or twice a day for 4 weeks. A snack is also provided morning and afternoon and there isn't currently a BCC-led healthy eating policy or guidance in place that the centres have to follow/adhere to in relation to providing nutritious meals and snacks. BCC also fund community based summer schemes via a grants scheme and one of the criteria is that the scheme <i>'provides activities that improve health - including physical activity/exercise/mental health/healthy diet/health behaviours.'</i></p>
3.9	<p>A sample survey looking at current practice was conducted by a Council officer which found that a number of after schools' projects accommodated a short break and provided some refreshments e.g. water, diluted juice (no added sugar), fruit, plain biscuits, toast. Overall, there appeared to be a general culture of encouraging healthy options however there were no prerequisites and no formal guidance/instruction in place. There would also be limits on what could be provided in Centres due to budget constraints.</p>
3.10	<p>The report concluded by outlining the proposed actions that BHDU staff had agreed to explore further with Council's community services staff, namely:</p> <ul style="list-style-type: none"> • Further engagement with the BCC Assistant Community Development Officers Forum • Resource development • Staff training • Information provided for parents – and children
3.11	<p>Covid Impact</p> <p>Unfortunately, further action was significantly impacted by the impact of the Covid-19 pandemic and the closure of Council's community centres and suspension of and/or restricted delivery of programming and activities within the centres when they were able to periodically open in 20/21 and 21/22.</p>
3.12	<p>Promoting Healthier Eating in Physical Activity and Sport resource</p> <p>In April 2021 the two specialist dietitians based in the Belfast Health Development Unit (BHDU) supporting Active Belfast, produced a new guidance document. The resource (included as an appendix with this report) aims to provide guidance to physical activity leaders and coaches on healthier food and drink options in settings where physical activity or sport is taking place or is being promoted. This includes both indoor and outdoor</p>

	<p>activities for example in community centres, leisure centres, sports clubs and activity centres. Getting active can be a great opportunity to promote healthy eating and drinking habits and as people become more active, they may also be keen to improve their diet. The nutrition information in the guide is aimed at healthy adults, young people and school aged children.</p>
3.13	<p>Food/drink may be eaten/drunk before or after activities. It might be brought by participants themselves or it can be provided as part of programmes, events or celebrations by the organisers. This can be a great opportunity to provide healthier food and drink choices and highlight important key health messages.</p>
3.14	<p>The guide provides practical guidance on;</p> <ul style="list-style-type: none"> a) Drinks b) Healthy snacks c) Celebrations d) Food allergy e) Preparing food safely f) Cooking programmes.
	<p>April 2022 Update</p>
3.15	<p>The BHSCT dietitian based in BH DU met with the BCC Assistant Community Development Officers Forum on 26th January 2022 where she highlighted the <i>'Promoting Healthier Eating in Physical Activity and Sport'</i> resource and its potential for use by Community Services staff as well as other links and support available on nutrition which community staff could avail of.</p>
3.16	<p>Further meetings have taken place to commence planning of a practical workshop for community staff to attend (to take place on 10th May) which will focus on healthy snacks. It is anticipated that once Council officers are familiar with the resource that they will also be able to promote it, and assist external groups, to use it. They will also be looking at ways in which Council, in partnership with Active Belfast/BH DU, can provide best practice information, advice and support in relation to physical activity and nutrition to those groups who apply for funding via Council's grants schemes.</p>
3.17	<p>Funding has also been made available via Active Belfast to support the provision of 'Go bags' – easy to carry outdoor activity equipment bags (for Community Development</p>

	<p>Officers/Playworkers to use with children) a resource identified as a need by CDOs. A small group has been established to identify the resources and the Go bags should be used/targeted.</p>
3.18	<p>The dietitian based in BHDU now also regularly shares information on training opportunities and other relevant opportunities to the CDO team. Some examples include:</p> <ul style="list-style-type: none"> -BHSCT Slow Cooker training -Nutrition Awareness training for Teenagers -Monthly Nutrition webinars (also posted on interlink and featured on BHDU's www.makinglifebettertogether.com website each month) -A number of physical activity training opportunities such as 'Chi Me' -Nutrition resources available to supporting Healthy Eating on a Budget
3.19	<p>BHSCT Dietetics Service in partnership with BHSCT Health Improvement Team are planning a nutrition training calendar for 2022/23 meaning that all training available on both physical activity and nutrition – the Active Belfast dietitian based in BHDU will share this resource once it becomes available.</p>
3.20	<p>The Active Belfast dietitian continues to form relationships within and across Council and has linked in with the BCC Food Sustainability Group/Climate Plan Programme Board and provided feedback on a potential BCC/QUB Food Insecurity Project.</p>
	<p><u>Financial & Resource Implications</u></p> <p>3.21 There are no financial or resource implications attached to this report, given that promotion of physical activity and nutrition is an ongoing priority work area within the Belfast Agenda and therefore staff within BHDU will be able to continue to provide support and advice in relation to taking agreed work forward in partnership with Council community services staff.</p> <p><u>Equality or Good Relations Implications/Rural Needs Assessment</u></p> <p>3.22 None.</p>
4.0	Appendices – Documents Attached
	<p>Appendix 1: Active Belfast: Promoting Healthier Eating in Physical Activity and Sport resource</p> <p>Weblink: https://www.makinglifebettertogether.com/wp-content/uploads/2021/06/AB_Nutrition_guide_WEB-1.pdf</p>