

REPORT ON “EAT YOURSELF HAPPY” WORLD MENTAL HEALTH DAY FUNDED EVENTS

The events have varied and started in September 2005 and are still on-going. 10 events have been completed and a further 5 are yet to take place. 3 of these are projects. Some of the funds are being used to produce food and mood barracudas which organisations in Manchester will be able to borrow.

They have been supported by:

- Sessions on food and mental health delivered by a community dietician. There is still need for food and mood training for different staff and volunteers. A Community Dietician has volunteered to link with organisations needing this input.
- A food and mood self help guide, food and mood A5 leaflet, and food and mood guide for practitioners. This information was very well received. They are needed in local community languages. Leaflets specific to the needs of young people are also needed.

Some of the events had food demonstrations which really engaged the interest of people. The written information was however very popular. Staff also benefited from these events. The campaign generated interest from outside of City of Manchester and information has been shared with them.

Examples of funded events that have taken place

Bangladeshi Women’s Organisation on 28th September offered a “ **Healthy Life, Food and Mind**” event to Bangladeshi women and other women. There was a food and mood workshop with a cooking demonstration and information, lunch provided was cooked based on food and mood. As part of the day there was a drugs awareness workshop and an art and craft session.

Launch event for World Mental Health Day in Manchester on 10th October

The World Mental Health Day Campaign “Eat Yourself Happy” and the self help guide on food and mood were launched on 10th October at a stall on St. Anne’s Square, as part of the Manchester Food and Drink Festival activities to generate interest in food and mood.

Passers by were able to enjoy sampling food provided by Kwan Wai Café Bar of Wai Yin Chinese Women Society and Harp Café. The food tasting was an excellent opportunity for people to experience food good for mental health as well as provide people with written information on food and mood. People were also able to try a selection of herbal teas.

Other participating organisations included Manchester Community Nutrition Service, Mind in Manchester, Central Manchester Primary Care Mental Health Team, the Garden Project of the Zion Centre, YASP and Manchester Public Health Development Service.

Kwan Wai Café Bar also did a cooking demonstration on food and mood in the chef marquee which was well received.

The stall was very successful with several people visiting the stall for information. The event demonstrated a high demand for mental health information which was also provided on the day.

African and Caribbean Mental Health Services ran a “**Celebrated World Mental Health Day**” on 13th October with a talk on food in relation to mood and health, poetry reading, gospel singing, a talk on diabetes and cholesterol with blood pressure testing. The day was aimed at service users, local organisations and members of the community.

Chinese Health Information Centre (CHIC) promoted “**Eat Healthy! Look Healthy ! Mood healthy!**” on 16th October to enhance the mental well being among the Chinese population in Manchester and the public who visited Chinatown on the day. People were able to sample fruits and vegetables and dried fruits, take information on food and mood and 5 a day, which they had translated into Chinese, make fruit face masks and watch a Tai Chi performance.

West Gorton Youth Centre organised a “ **Eat Yourself Happy**” week (7th – 11th November) for young people 7-19 years olds of practical healthy fun cooking and related discussion on body image, self esteem, food that makes you feel good, such as 5 a day. This included smoothie recipes to take away and non alcoholic cocktails to try.

Youth Access Team worked in collaboration with several other agencies to deliver a “**Be Good to Yourself!**” day for young people 12-25 years. The range of activities included tasting and making smoothies and healthy snacks, a nutritional workshop of food tasting, information and an interactive quiz, dance exercise workshop, chillout room with leaflets to take away, learning about and trying reflexology and acupuncture, massage and information stalls.

Victoria Park Day Centre delivered a “**Daisy Bank’s Food and Mood Fun Day Fete**” on 9th November. Participants sampled various foods prepared by service users under the supervision of a dietician. Recipes from some of the dishes were available for participants to take away and prepare at home. People were introduced to new foods, ideas and activities and increased their awareness of impact of food on their physical and mental health. People who took part included members, service user groups, voluntary organisations and local community groups.

Awaaz, a voluntary sector education and advocacy mental health agency organised a “**Good Food Good Mood**” day to local community people from all ages and backgrounds. They raised awareness about food and mood through a competition to make quick and easy appetizers, people creating healthy alternative recipes from traditional recipes and providing information in community languages as well as in English. People attending included people from community and Awaaz service users, in-patients and staff from a mental health unit, health and mental health professionals and a voluntary sector organisation.

Kwan Wai Project of Wai Yin Chinese Women Society combined a celebration of their volunteers’ achievements with a “**Feel Good Food at Kwan Wai Café Bar**” session on 10th November. They gave a talk on food and mood, Kwan Wai Café demonstrated how easy it was to cook healthy Chinese food, people were able to fill a questionnaire on their understanding about food and mood, take information on food and mood and sample food.

Harp Café ran a day of “**Good Mood Food @ the Zion Centre**” on 11th November giving people the opportunity to participate in two educational cook and taste demonstrations of breakfast smoothies and vegetarian bean burgers, healthy salads and carrot and courgette fritters and to sample different flapjacks. Throughout the day there was tea tasting with the Big Life therapeutic gardening project and information stalls on the benefits of food on mood.

Pakistani Resource Centre ran a “**Healthy Food – Healthy Minds (Zehni Sehaat ka Raaz)**” session on 23rd November. People from the local South Asian Communities were given a talk about food and mood, a play to watch on the food and mood message followed by a quiz on the information in the play, a talk on women’s health and an opportunity to taste day to day South Asian food cooked in a healthier way.

Some other participating events not funded by Communities for Health funds

Harpurhey Day Centre in collaboration with other organisations ran an “**Open Your Mind to Recovery**” day to promote and celebrate “recovery” and the positive aspects of mental health and explore actions to take to look after our mental health and recover from mental health problems. Volunteer service users applied the principles of food and mood to food that they prepared which participants on the day could sample. There was a variety of information to take including the food and mood guide and other interactive activities like taster sessions in relaxation, complementary therapies and health checks.

Sure Start Cheetham ran a “**Eat Yourself Happy Cook & Taste Session**” on 10th November for Sure Start parents and carers