Theme: Health and Wellbeing

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Staying well in a Changing Climate challenges and opportunities in the South West

- Heat and heatwaves
- Milder winters
- Flooding
- Extreme events

- Food-borne disease and contamination
- Emerging infections
- Outdoor air quality
- Pollens and other allergens

Source: Living with Environmental Change Report Card
Food as a Lifestyle Motivator (FLM) project

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Dr Lyndsey Withers (Devonport Lifehouse)

(Gia D’Aprano; Carole Sutton; Dr Julie Parsons; Miranda Cunningham; Andy Whiteford; Dr Richard Ayres; Gayle Letherby)
FLM project

• Use creative methods to explore the role of food as a potential ‘lifestyle motivator’ to support wellbeing and life skills in marginalized individuals in Plymouth

• Multi-disciplinary research team

• This project promotes ‘Community engagement’ and ‘Social sustainability’

Funded by:

[Logo: Plymouth University Sustainable Earth Institute]
Main message

Food is known to be central to many health concerns

BUT

Food can also be a powerful ‘lifestyle motivator’

(especially for those on the fringes of society)
Communal meals:

• Lend a rhythm to the day
• Provide affordable nourishment
• Offer a social environment
• Help us celebrate
• Cut food waste.
Cooking classes:

• Engage isolated and insecure residents
• Teach self-care and functional skills
• Encourage sharing, and social skills.
The Centre allotment:

• Gives satisfaction through growing one’s own food
• Provides healthy outdoor exercise
• Supports recovery.
The Centre kitchen:

• Offers a supportive environment to practise work skills
• Helps build confidence and self-esteem.

Journey’s café:

• Trains in catering and service skills
• Is a route to paid employment.
Plymouth Soup Run:

• A daily service providing over 20,000 meals per year
• A lifeline for rough sleepers and other vulnerable people
• May be the only food consumed by those most at risk
• Uses large quantities of potentially wasted food.
• Getting involved with food can be a starting point to address other things that are ‘broken’ and lead to progress in other ways’ (staff member, Ellen).