

# Co-producing a community health

# The Project

## Aim:

The project aim was to establish a self-help community-based group to support the adoption of healthy lifestyle behaviours focusing upon diet and physical activity.

The target audience for the project was mothers with young children living in West Drayton, Hayes and Yiewsley.

## COVID Challenges:

Due to restrictions arising from the COVID pandemic, the group was established as a private group on Facebook and consisted of 12 mothers, 3 exercise specialists, two dieticians, one local charity with Paula Wittels serving as administrator.

## The Group:

With support from a dietician at Hillingdon Hospital and professional exercise specialists, group members were encouraged to exchange ideas and experiences on healthy lifestyles.

Facebook brought to group together enabling them to discuss ideas for healthy eating for themselves and their families and to take part in strength & tone exercise sessions and Zumba dance classes.





# Feedback

15 June 2022