“This project was a real hit with our customers. I pride myself in knowing that a conversation was started that would have been brought home to their families and made an impact on them. Maybe if our biggest impact was changing someone from flavoured water to regular water, it is still a change and I am proud of that”

The information used to develop this report is from our initial submissions of evaluation templates and competition entries.
**What did we talk about?**
- Smoking cessation
- Breastfeeding
- Eating Habits
- Dental health
- Portion size
- How to measure your waist correctly
- Pregnancy
- Diabetes
- Fibromyalgia
- Cholesterol
- Alcohol
- Eating disorders
- Depression
- Thyroid
- Exercise
- Stroke
- Gout
- BMI

**Who did we refer to?**
- Leisure centre
- Dietitian
- Chair Aerobics
- GP
- Running Club
- Weight loss classes
- Sports Club
- Mens shed
- Cycle to Work scheme
- Spinning Class
- Swimming Class
- Walking Club
- Healthy Living Centre

**How did we Measure up?**
- Over 5600 people received ADVICE
- Over 8900 LEAFLETS were provided directly to patients.
- Over 220 REFERRALS were made.

“Following on from this, myself and a local GP are running a healthy eating course for weight loss.”

“The pharmacy attended a Sure Start event provided for expecting parents and used the opportunity to promote the campaign. A number of fathers were found to be overweight, have high blood pressure and cholesterol readings. This encouraged them to think more about adopting a healthier lifestyle and become more physically active in preparation for parenthood.”

“Many customers availed of the recipes we provided and came back to take more. One mum mentioned that she had made the chicken enchiladas for her family dinner and her children loved them – despite normally having an aversion to all things green”

“It was great to see many from the local community at the cooking demonstration evening and encouraging to hear that people enjoyed the evening, would try the recipes and were interested in more events of the same nature in the future.”

“One patient brought her husband back the following day to show him the display. They both felt they were over the guidelines and in turn joined Slimming World.”

“Many clients were shocked that 100 calories was as little as 5 sweets. One lady was so shocked she signed up to Couch to 5K – a running programme in order to improve her health and wellbeing and lose some weight. It is too early yet to see any reduction in risk of type 2 diabetes in such a short time frame, but it is encouraging that education has brought about changes in lifestyle and action to maximise health.”

“We contacted a local charity and asked if we could start a walking group…… We supervised this walk twice a week….. Due to the success of this initiative the walking group will now continue and its participants are currently preparing for couch to 5k. Some of the members of this group undertook no form of exercise prior to joining the group.”

“It was great to see many from the local community at the cooking demonstration evening and encouraging to hear that people enjoyed the evening, would try the recipes and were interested in more events of the same nature in the future.”

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