

6<sup>th</sup> September 2021

## West London schoolchildren to benefit from 'Cook and Eat' health sessions as Fulcrum and QPR Community Trust renew partnership

- **Healthy eating sessions to continue for a third year as new report underlines the huge social benefits the partnership has helped to deliver**

West London schoolchildren will continue benefitting from new cooking skills, healthy eating advice and improved health and wellbeing with news that 'Cook and Eat' after-school sessions delivered by West London Health Partnership and QPR Community Trust will continue for a third year.

With [local authority figures](#) showing that more than a third of children in Hammersmith and Fulham are overweight or obese, Fulcrum and QPR Community Trust joined forces in 2019 to set up 'Cook and Eat' to help tackle local health issues and give local students the skills and confidence needed to cook healthy and nutritious meals. The 'Cook and Eat' sessions have been managed by QPR Community Trust and teams from the Parkview Health Centre in Shepherd's Bush – one of 6 west London health centres that West London Health Partnership has invested in.

Over the last two years, 'Cook and Eat' has been run as a free after-school club for Year 7, 8 and 9 students at Phoenix Academy in Hammersmith and Fulham, with more than 70 students taking part and benefitting from:

- **Learning new skills:** Along with developing new cooking skills, students also learned about kitchen safety, food hygiene, and education around shopping healthily and household budgeting such as bulk cooking and freezing
- **Improved health and wellbeing:** Students have learned how to cook healthy food, to live healthier lifestyles and consume less processed food.
- **Improved mental health:** The clubs offered children an important chance to socialise and have fun with friends after-school, also helping to mitigate the effects of the Covid-19 pandemic on young people
- **The creation of a Cook and Eat booklet:** Students were able to take home a booklet of key recipes, helping build on their learning experience and try out their new skills at home, with many parents saying that children were now cooking healthier foods at home for the family

New analysis of the 'Cook and Eat' sessions has shown it has been a hugely effective way of tackling local health priorities and improving students' mental and physical health, with figures showing that **for every £1 invested in the activities, there is over £4.50 of social value created**. As a result, West London Health Partnership and QPR Community Trust **have renewed their partnership for a third year** and will continue the 'Cook and Eat sessions throughout the 2021/22 academic year.

West London Health Partnership includes **investment partner Fulcrum** whose **CEO Sarah Beaumont-Smith** said:

*"Our health centres across West London already play a vital role in supporting community health but the 'Cook and Eat' sessions also allow us to tackle local health priorities head-on, teaching young people new skills and the importance of healthy eating to support their long-term well-being. QPR has a huge reach among the local community and offers us an important platform to continue supporting the health of local residents, so we are delighted to continue the 'Cook and Eat' sessions for a third year."*

**Sinead Friel from QPR Community Trust** said:

*"We are delighted to continue this partnership with Fulcrum. These sessions make a real difference to the young people and their families, teaching them skills which they can use throughout their lives."*

Fulcrum is a leading investor in community healthcare facilities and, working with [Community Health Partnerships](#) (a key part of the NHS family) under the [NHS LIFT Programme](#), Fulcrum has delivered more than 40 healthcare centres across England including 6 in West London. The 'Cook and Eat' partnership with QPR Community Trust is one of a number of initiatives Fulcrum has delivered with local sports teams as part of a wider focus of [supporting community health through sport](#).

QPR in the Community Trust uses the power and huge reach of the football club to develop an inclusive range of sporting, educational, cultural and social opportunities, improving the quality of life for individuals and neighbourhoods.

- Ends -

#### **Notes to Editors**

- For further details on **Fulcrum** please visit the [Fulcrum website](#), [Twitter](#), [LinkedIn](#) or email [info@fulcrumgroup.co.uk](mailto:info@fulcrumgroup.co.uk)
- For further details on **QPR Community Trust** please visit [www.qpr.co.uk/community](http://www.qpr.co.uk/community) or on [Twitter](#)
- Further details about the **Parkview Centre for Health & Wellbeing** are available at [www.parkvieww12.co.uk](http://www.parkvieww12.co.uk)