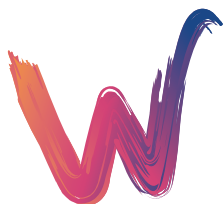


Community Investment

Health & Wellbeing



Investing in Wythenshawe



Wythenshawe
Community Housing Group

photo on cover:

Award winning 'Air to Breath' sculpture at Wythenshawe Hospital's maternity unit.

photo below:

Students in the Geodome at The Manchester College



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Welcome

Being healthy is a key priority for everyone, therefore focusing on the health and wellbeing of our residents seems an obvious way to invest in our community.

Wythenshawe Community Housing Group, based in South Manchester, is a community landlord. With 14,000 homes and 20,000 tenants, our vision is to create a community where people choose to live and work.

The Group has a strong track record in successful community investment and partnership working. A recent independent analysis showed that our investments have generated a five-fold social return for the community of Wythenshawe.

This brochure offers an insight into the work we are doing to support the health and wellbeing of the residents in our community.

We welcome conversations with partners, old and new, and anyone looking to invest in Wythenshawe.

Sarah Woolley

Senior Community
Investment Manager



Healthy Lifestyles: Health and Well-being

Real Food Wythenshawe

Real Food Wythenshawe is a 5 year £1million Big Lottery funded community food project. It aims to inspire local people in Wythenshawe about the food they eat, with a slogan of "Grow it. Cook it. Eat it!"

The project is part of our strategy to help improve the health of the people of Wythenshawe, who have some of the highest levels of long-term illness, disability and heart disease.

Real Food. Wythenshawe.

Did you know...

The Wythenshawe Garden City Plan in 1930's included...

57%
more green space than
the rest of Manchester

and was designed with wide, tree-lined streets and a fruit tree in every garden!



The Real Food Team - Kay, Susan, Rachel, Jacqueline and Pam



To find out more about Real Food please contact **Jacqueline Naraynsingh**, Real Food Programme Manager:

T: 0161 946 7554/07580 869760

E: Jacqueline.Naraynsingh@wchg.org.uk



Since the Real Food Wythenshawe programme began:

8,224

people have engaged in our growing and cooking activities

45 
active volunteers

were recruited and trained, giving back

2,260
volunteer hrs



Did you know that the Real Food Team have had...

600
questionnaires completed

3,063
recipe cards given out

4,840
food tasters distributed

= which equates to
£25,000

Real Neighbours

The Real Neighbours scheme in Wythenshawe recruits, trains, co-ordinates and enables local volunteers to provide support to their community.

£147,940

in kind support to the community

420

people registered

13,340

voluntary hours since 2012

30

people actively volunteering each week

Real Neighbours provide real support during winter months.



Julie (Volunteer)

Julie joined the Real Neighbour's project over three years ago while suffering from depression. The hope was that getting involved would help to make her feel part of the community and gain self-worth.

Since being involved, Julie has grown in confidence, taken better control of her life and made positive changes to her lifestyle. She is now employed and was recently given an achievement award at our celebration event for volunteers.

Health Strategy

As part of our Health Strategy, Wythenshawe Community Housing Group are committed to providing support to help improve the health of the people in Wythenshawe.

The Group recently sponsored an innovative art project to celebrate Smokefree Pregnancy and this

University Hospital
of South Manchester **NHS**
NHS Foundation Trust

Manchester Mental Health **NHS**
and Social Care Trust

sculpture, 'Air to Breathe', was unveiled outside the maternity department of Wythenshawe Hospital as part of a joint project with the Stop Smoking Service at Manchester Mental Health and Social Care Trust and South Manchester University Hospital NHS Trust.



Royal Society for Public Health Award in recognition of the project's innovative promotion of public health

Nigel Wilson, Chief Executive WCHG said: "We are committed to helping people be more aware of not smoking during pregnancy and not having smoking in their homes, so that babies in Wythenshawe get the best possible start to their lives".



Over the last year in Manchester, smoking rates at time of delivery went down to

12.5%, lower than the England average.



*"a community where
people choose to
live and work, having
pride in their homes"*



Wythenshawe
Community Housing Group