

<b>Project ID</b> (Please use full ID with no spaces, e.g. CLIFxxxxx)	<b>CLIF12047</b>	<b>Project Title</b>	Ageing Artfully	<b>Date</b> (DD/MM/YY)	<b>25/09/12</b>
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## Wider outcomes: planning and capture tool

**Brief description of learning programme/activity** (1000 character limit, approx 150 words): Workshops and activities for older adults in Camden. Cooking for Health: Working with people from diverse ethnic backgrounds exploring cookery and healthy eating; planning wonderful menus from many cultures; learning to cook nourishing fresh food. Health Walk: Adults embark on a series of creative walks, BollyWalks, dance-walking and 'walks to the beat' on Hampstead Heath, Regents Park and other lovely outdoor spaces. Visits to allotments, gathering freshly-picked produce; shopping at London's vibrant markets. Movement: Classes for adults in yoga and movement, learning about physical activity levels and approaches. Volunteers and Health Champions: Training advocates for ageing well, reaching into communities to share this message. Training Health Champions to run sessions and to build on partnerships once the project ends. Individual Wellness Plans: Each adult develops a Wellness Plan with an Advisor with advice and help to build healthy lifestyles and record what they've learned.

Outcome category	Who changes? (500 character limit, approx 75 words)	How do they change? (500 character limit, approx 75 words)	Tools / methods to capture (500 character limit, approx 75 words)	Number of individuals (where relevant)		Evidence of change (500 character limit, approx 75 words)
				How many will change?	How many did change?	
(Broad area of change)	(Learners/families/communities/ organisations)	(Positive/negative, intended/unintended)				(How do we know?)
Health: Physical	Older adults in Camden ( West Euston, Kentish Town, Gospel Oak, Belsize and Bloomsbury)	Learning and implementing diet, exercise and wider physical activity into lifestyles	Individual Wellness Plan for each participant. Group and individual reflections. <u>Data</u> Recipe bank. Film, image and blogs; Pinterest and other social networks.	60		
Health: Mental	Older adults experiencing isolation, anxiety, stress and lack of interaction	Awareness of local project and opportunities; access Community Champions' services	Individual Wellness Plan, registers, records of progression; group and one to one discussions.	60		