

WellFed Cornwall 2024

Active Project: Petroc Practice



WellFed Cornwall is an informal network of health professionals, community and small growers, and third sector organisations, supported by Sustainable Food Cornwall, and Volunteer Cornwall Climate and Health Resilience team. We are all working to improve access to good food for one and all as part of our provision of health CARE (ie as a means of treating sickness and reducing inequality), and equally as a means of achieving health CREATION (ie actively creating communities and initiatives which ensure everyone gets good food, can stay well, and avoid preventable disease). These brief Case Studies of active projects are this network's way of moving our good practices and ideas around for all to share, so just share what you are happy to.

For more info, contact mandab@volunteercornwall.org.uk or claire@sustainablefoodcornwall.org.uk

Practice and community grower
Petroc Practice (Central ICA) with Newquay Orchard
Main contact name and details
Emma Seward-Adams and Izzy Webb
Brief description of the aim of the project
Money will be spent on adapted vegetable boxes provided by Newquay Orchard. £1,200 will cover 3 x 12-month subscriptions for single boxes. (Total cost £1,285.20) Each subscription will be split into 3-month blocks and offered out to 4 different patients. Patients will be chosen based on income, dietary need and health condition.
Monitoring and evaluation
Participation in the scheme will be monitored in conjunction with Newquay Orchard and Health Coaches and outcome data will be evaluated. Outcomes measures will include blood glucose control (HbA1C), blood pressure, cholesterol, weight, waist circumference, fruit and vegetables intake, non-sedentary activity and qualitative feedback. We will also work with the WellFed researchers at Universities of Bath and Cardiff as they develop a more detailed design brief over the summer, to enable further research.