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European Regional Development Fund

ASPIRE is co-financed by the European Regional Development Fund

health  
wellbeing  
opportunities

# ASPIRE

## n o t e b o o k





## ASPIRE and you

Welcome! You are joining a ground-breaking new project that aims to help people to boost their health and wellbeing and gain the skills and confidence to improve their employment situation. Drawing on the expertise of all our partners and providers, our friendly supportive team is here to help you achieve your health, wellbeing and work goals.

Taking part in ASPIRE is free of charge. All we ask is that you come along to the sessions agreed on your timetable (or let us know beforehand if you can't make it), you turn up on time, you are open to trying new things and that you tell us how things are going.

It is important for us to know whether all the activities people take part in during their time with ASPIRE are having a positive effect. If you meet the criteria, please take part in the Bournemouth University evaluation – this could help policy makers decide how programmes like this are set up in future. Thank you.

We hope you enjoy your ASPIRE journey.



### ASPIRE partners in East Kent



[www.dover.gov.uk](http://www.dover.gov.uk)



[www.yourleisure.uk.com](http://www.yourleisure.uk.com)



[www.kentcht.nhs.uk](http://www.kentcht.nhs.uk)



[www.wellbeingpeople.com](http://www.wellbeingpeople.com)



[www.kent.gov.uk](http://www.kent.gov.uk)



[www.bournemouth.ac.uk](http://www.bournemouth.ac.uk)



[www.c3health.org](http://www.c3health.org)

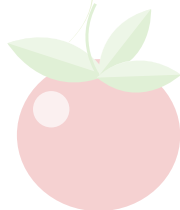


[www.healthandeuropecentre.nhs.uk](http://www.healthandeuropecentre.nhs.uk)



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# My ASPIRE goals

ASPIRE aims to improve your health and employment opportunities and help you to feel more confident and positive about life. Identifying your personal goals can be a powerful tool to help you on this journey. What would you like to achieve in the next few months and in future years?

## My current situation

.....

.....

Health & wellbeing

.....

Employment

.....

## Where I would like to be in future

Health & wellbeing

Short term .....

Long term.....

Employment

Short term .....

Long term.....

Name:.....

ASPIRE ID:.....

You can access your Wellbeing account here:  
<https://myaccount.wellbeingpeople.com/login>

ASPIRE project coordinator's name:  
.....

Contact details:.....  
.....

NHS One You contact details:  
.....

Tel: **01304 840134**  
Email: [aspire@bechange.org.uk](mailto:aspire@bechange.org.uk)

## The ASPIRE participation ladder

It doesn't matter where you are on this path – ASPIRE is here to help you progress and gain the skills and confidence to achieve your goals.

### 1 Sign-up at the ASPIRE hub

- 1-2-1 with project coordinator and chat about goals
- Understand your current health and wellbeing
- Find out about all the support and activities available
- Meet new people
- Help build evidence for wellbeing by taking part in the project evaluation study

### 2 Regularly come along to the ASPIRE hub

- Develop your knowledge and skills about health and wellbeing, growing your own food, healthy eating, getting into work, etc
- Get to know other people taking part in ASPIRE and the team
- Start to feel more motivated

### 3 Attend different workshops and courses to develop your learning

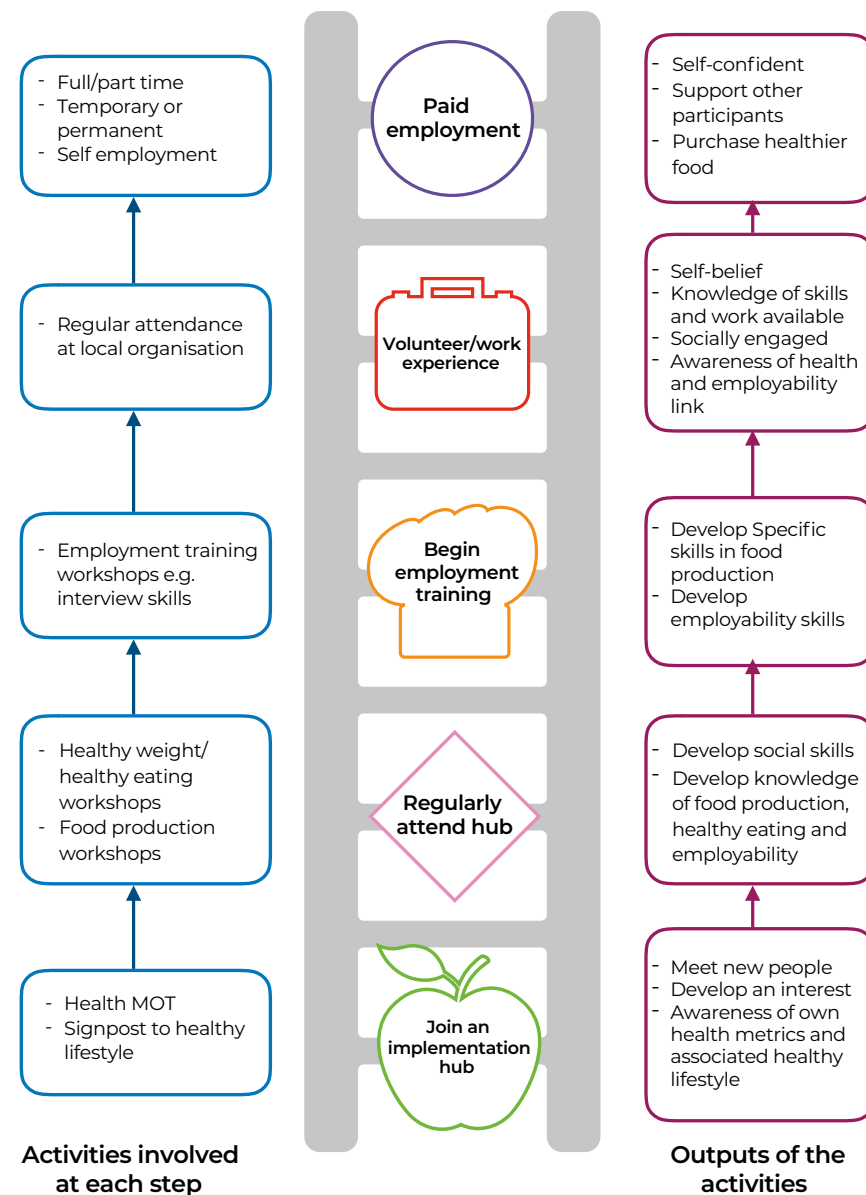
- Build up your CV
- Develop specific skills to achieve your goals
- Benefit from mentoring, help with interview skills, confidence for work, etc

### 4 Volunteer regularly or successfully complete a work experience placement

- Further build your confidence and self-belief
- Learn and develop key workplace skills
- Make new connections
- Motivation to continue to look after your health and wellbeing

### 5 Move into paid employment (full- or part-time) or start your own business

- Self-confidence
- Looking after your health and wellbeing
- Perhaps growing your own, cooking more from scratch, trying new things
- Helping other participants



## Bournemouth University evaluation of ASPIRE

The overall goal of the ASPIRE project is to give you the support, skills and confidence needed to make healthier lifestyle choices for both you and your family. The ASPIRE project can help you grow fresh produce, learn new skills, improve your diet and wellbeing. By practicing a healthy lifestyle and learning new skills, you will be able to improve your wellbeing and, if relevant, your chances of:

- reducing your weight
- increased activity levels
- volunteering
- getting into work

The research results gathered from ASPIRE could help to improve the services that people living with obesity or who are overweight and/or who are unemployed receive across the UK and Europe in future.

You have been invited to take part in the Bournemouth University research, which is an aspect of ASPIRE, because you are currently taking part in activities at an ASPIRE hub. Other adults who live in Medway, Boscombe and France who are taking part in ASPIRE activities will also be invited to participate.

Taking part is completely your choice and it is up to you to decide whether or not to take part. If you initially decide to take part, you can change your mind at any stage. If you do decide to take part, you will be given an information sheet to keep and be asked to sign a consent form.

If you have chosen to take part in the BU research your co-ordinator will send you links to questioners for you to complete at baseline, 12 weeks and 6 months.

**Your ASPIRE ID:** .....

**Baseline date:** .....

**12 week is due:** .....

**6 months is due:** .....

Thank you for taking part in the research element of the ASPIRE Project.



## ASPIRE activities

### Our core activities include:

- **Gardening** (learn everything you need to know to grow your own)
- **Beekeeping**
- **Health Walks**
- **NHS One You Weight Loss Programme**
- **Cooking sessions (6-week courses)**
- **ASPIRE employability course**
- **Accredited courses (please speak to the team about these)**
- **Exercise sessions (including Legs, Bums & Tums)**
- **NHS One You drop-in service**
- **NHS One You healthy lifestyle support**

# My ASPIRE timetable

Monday

Tuesday

Wednesday

Thursday

Friday



“A good laugh  
and a long sleep  
are the two  
best cures for  
anything!”

Irish proverb

# Week 1

Date   /   /

Monday

Tuesday

Wednesday

Thursday

Friday

My weight this week

Notes

## Week 1 self-reflection

How was this week for you? 😊 😐 😞

Which step best describes your current position on the ASPIRE participation ladder? 1  2  3  4  5



## Week 2

Date   /   /

Monday

Tuesday

Wednesday

Thursday

Friday

My weight this week

Notes

## Week 2 self-reflection

How was this week for you? 😊 😐 😞

Which step best describes your current position on the ASPIRE participation ladder? 1  2  3  4  5

## Week 3

Date   /   /

Monday

Tuesday

Wednesday

Thursday

Friday

My weight this week

Notes

## Week 3 self-reflection

How was this week for you? 😊 😐 😞

Which step best describes your current position on the ASPIRE participation ladder? 1  2  3  4  5

## Week 4

Date   /   /

Monday

Tuesday

Wednesday

Thursday

Friday

My weight this week

Notes

## Week 4 self-reflection

How was this week for you? 😊 😐 😞

Which step best describes your current position on the ASPIRE participation ladder? 1  2  3  4  5

## Week 5

Date   /   /

Monday

Tuesday

Wednesday

Thursday

Friday

My weight this week

Notes

## Week 5 self-reflection

How was this week for you? 😊 😐 😞

Which step best describes your current position on the ASPIRE participation ladder? 1  2  3  4  5



## Week 6

Date   /   /

Monday

Tuesday

Wednesday

Thursday

Friday

My weight this week

Notes

## Week 6 self-reflection

How was this week for you? 😊 😐 😞

Which step best describes your current position on the ASPIRE participation ladder? 1  2  3  4  5

## Week 6 check-in meeting with project coordinator

Date:

Goals:

Next steps:



“When you think about stopping, think about why you started.”

## Week 7

Date   /   /

Monday

Tuesday

Wednesday

Thursday

Friday

My weight this week

Notes

## Week 7 self-reflection

How was this week for you? 😊 😐 😞

Which step best describes your current position on the ASPIRE participation ladder? 1  2  3  4  5

## Week 8

Date   /   /

Monday

Tuesday

Wednesday

Thursday

Friday

My weight this week

Notes

## Week 8 self-reflection

How was this week for you? 😊 😐 😞

Which step best describes your current position on the ASPIRE participation ladder? 1  2  3  4  5



## Week 9

Date   /   /

Monday

Tuesday

Wednesday

Thursday

Friday

My weight this week

Notes

## Week 9 self-reflection

How was this week for you? 😊 😐 😞

Which step best describes your current position on the ASPIRE participation ladder? 1  2  3  4  5

## Week 10

Date   /   /

Monday

Tuesday

Wednesday

Thursday

Friday

My weight this week

Notes

## Week 10 self-reflection

How was this week for you? 😊 😐 😞

Which step best describes your current position on the ASPIRE participation ladder? 1  2  3  4  5

## Week 11

Date   /   /

Monday

Tuesday

Wednesday

Thursday

Friday

My weight this week

Notes

## Week 11 self-reflection

How was this week for you? 😊 😐 😞

Which step best describes your current position on the ASPIRE participation ladder? 1  2  3  4  5

## Week 12

Date   /   /

Monday

Tuesday

Wednesday

Thursday

Friday

My weight this week

Notes

## Week 12 self-reflection

How was this week for you? 😊 😐 😞

Which step best describes your current position on the ASPIRE participation ladder? 1  2  3  4  5



## Week 12 check-in meeting with project coordinator

Date:

Goals:

Next steps:



**“The only impossible journey is the one you never begin.”**

Tony Robbins

# Eatwell Guide

Check the label on packaged foods

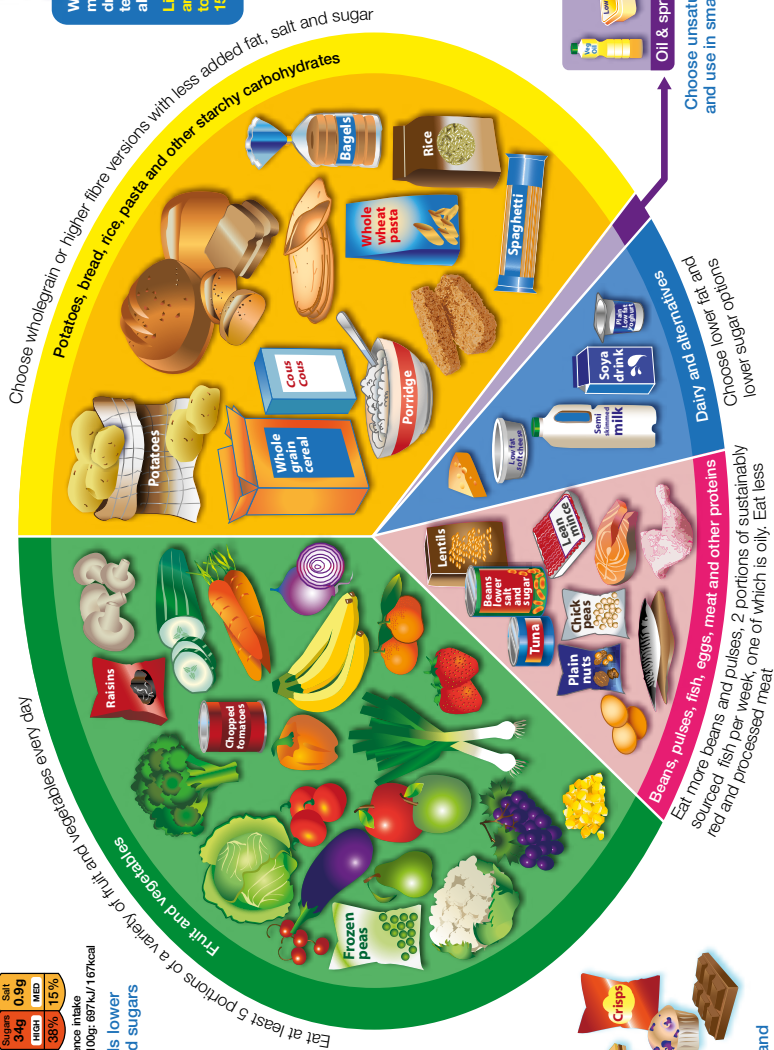
Each serving (150g) contains

Energy	Fat	Saturated	Sugar	Salt
1000kJ	3.0g	1.3g	34g	0.9g
240kcal	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

Typical values (as sold) per 100g; 897kJ / 167kcal of an adult's reference intake

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS