Thrive Under 5 Project

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THRIVE UNDER 5 INTRODUCTION

- Thrive Under 5 (TU5) is a pre-5 early intervention project that has been operating in Glasgow since 2021, funded by the Scottish Government.
- From the **1st April 2024** the project in Glasgow became funded as part of the 'Whole Family Support through General Practice' programme (WFSGP).
- TU5 supports families at risk of diet-related health inequalities and provides a package of holistic support to meet family needs.
- TU5 enhances accessibility, affordability and helps mitigate barriers to support healthier lifestyles in partnership with local family support organisations.

TU5 CORE OBJECTIVES

- **Improving Health:** Ensuring children eat healthily and engage in regular physical activity to prevent childhood obesity.
- **Tackling Food & Financial Insecurity:** Work closely alongside pantries and existing providers of food to reduce barriers to accessing healthy affordable food.
- **Building Partnerships:** Strengthening local networks between family support organisations, health visitors, and community groups to provide comprehensive support
- **Help families build skills and confidence around food and cooking:** offering resources including community meal packs to support families to cook from single ingredients, reduce barriers by providing vouchers to purchase cooking equipment and cooking workshops
- **Provide holistic support:** Signposting to holistic family support organisations/money advice through the Linktree.

TU5 AREAS: GLASGOW

- Tu5 is currently funded up until March end 2027 - this involves holistic support for families within 24 GP practices across the city. There is a list of the GP practices covered in the next slide.

- The Tu5 Whole Family Wellbeing funded Glasgow neighbourhoods are:

Pollok, Govan, Govanhill, Castlemilk, Bridgeton, Easterhouse, Parkhead, Tollcross, Carntyne, Springburn, Drumchapel and Possilpark.

WFSGP/TU5 GP PRACTICES

Locality	Practice	Practice
NW	Drs Foster, Logan & Macdonald, Drumchapel Health Centre	Drumchapel Medical Practice, Drumchapel Health Centre
NW	Dr Gavin & Dr Nimmo, Drumchapel Health Centre	Garscadden Burn Medical Practice, Drumchapel Health Centre
NW	Balmore Surgery, Possilpark Health Centre	Drs Langridge & Black, Possilpark Health & Care Centre
NW	Keppoch Medical Practice, Possilpark Health & Care Centre	

Locality	Practice	Practice
NE	Oakwood Medical Practice, Easterhouse Health Centre	Drs Wilson & Boyd, Gilbertfield Medical Centre, Ruchazie
NE	Forge Medical Practice, Parkhead Health Centre	Westmuir Medical Centre, The Westmuir Medical Practice, Parkhead
NE	Drs Al-Agilly, Morgan & Omar, 463 Edinburgh Road	Fernbank Medical Centre, 94 Fernbank Street, Springburn
NE	Main Street Medical Centre, Bridgeton	Tollcross Medical Centre
NE	Drs Mccallum, Gardiner & MacKay, Lightburn Medical Centre	Drs Miller, Fleming and Capewell, Lightburn Medical Centre

Locality	Practice	Practice
S	The David Elder Medical Practice, Govan Health Centre	The Green Practice Govan, Govan Health Centre
S	The Peat Road Medical Practice, Pollok Health Centre	Victoria Practice, Govanhill Health Centre
S	Castlemilk Group Practice, Castlemilk Health Centre	Pinecroft Medical Practice, Croftfoot Road
S	The Kerr Practice, (Dr Harkins & Partners) 30 Croftfoot Road	

TU5 ENHANCED SUPPORT PROCESS & CRITERIA

Families being referred for Tu5 supports should meet the following criteria:

- At least one child 12 years and under (this changed from ‘a child under 5’ in Glasgow to accommodate need via the WFSGP programme)
- Patient of one of the 24 GP Practices involved in WFSGP project

Meets one of these risk factors for poverty (exceptions considered case by case):

- Lone parent family;
- Family includes a disabled adult or child;
- Larger family (3 plus children);
- Minority ethnic family;
- Family has a child under one year old;
- Family where the mother is under 25 years of age.

Families can be referred in a maximum of 3 times.

TU5 ENHANCED SUPPORT OFFER FOR FAMILIES

TU5 Enhanced supports available for referred families:
• **8 free meal packs (vegetarian)** with recipe provided by The Scottish Pantry Network - delivered to a community venue (or through Home Delivery depending on area) once a week for 8 weeks
• **Free local pantry membership** and **12 free shops** (where pantry is available- some areas have shopping vouchers as an alternative)
• A **£40 supermarket voucher, which increases to £60 for larger families** with 3 plus children.

EXAMPLES OF THRIVE UNDER 5 MEAL PACK RECIPES

Prepmate Meal Pack Recipe for the Thrive Under 5 Project

Please note: This recipe contains stock cubes/powder.

Use of stock cubes/powder (standard and low salt versions) should not be used with babies under 12 months of age and are not recommended for children under 11 years old. If you plan to use the low salt stock cube(s)/powder suggested for this recipe, please add this towards the end of cooking, taking out the baby/child's portion before you do so. Herbs and mild spices can be used.
Texture of foods is very important for babies around 6-12 months (starting solids stage), beginning with well mashed to lumpy to then chopped (age/stage appropriate). Also, simple single food ingredients are recommended at early weaning stage and not composite dishes. Consult with your Health Visitor/Dietician for advice and see:
www.publichealthscotland.scot/publications/fun-first-foods-an-easy-guide-to-introducing-solid-foods
Follow this link for recipes and wider information on introducing solid foods to your baby: www.nhsggc.scot/your-health/early-years/starting-solids/
For other family friendly recipes see: www.parentclub.scot/recipes
For further information on salt refer to: www.bda.uk.com/resource/salt.html

DAHL

INGREDIENTS (SERVES 4)

- **175g** Red lentils
- **1** Low salt vegetable stock cube
- **1** Onion
- **2** Cloves garlic
- **1** Inch piece of ginger
- **400g** Tinned chopped tomatoes
- **1** Teaspoon ground turmeric
- **1** Teaspoon cumin seeds
- **1** Teaspoon ground coriander
- ½ Teaspoon chilli powder (optional)
- Fresh coriander for garnish (optional)
- Lemon wedges for serving

PANTRY LIST

- Oil

EQUIPMENT NEEDED

- Medium pot
- Frying pan
- Wooden spoon
- Chopping board
- Sharp knife
- Grater
- Measuring jug

PREPARATION TIME: 5 minutes
COOKING TIME: 45 minutes

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AUBERGINE PENNE ARRABIATA

INGREDIENTS (SERVES 4)

- **1** Mild green chilli
- **2** Aubergines
- **300g** Dried penne pasta
- **4** Cloves of garlic
- **400g** Tin of chopped tomatoes

PANTRY LIST

- Oil, water, black pepper

EQUIPMENT NEEDED

- Frying pan
- Medium pot
- Sharp knife
- Chopping board
- Measuring jug
- Wooden spoon
- Sieve
- Mug

PREPARATION TIME: 10 minutes
COOKING TIME: 30 minutes

Prepmate Meal Pack Recipe for the Thrive Under 5 Project

Please note: This recipe contains stock cubes/powder.

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EASY LENTIL SOUP

INGREDIENTS (SERVES 4)

- **3** Low salt vegetable stock cubes
- **400g** (3-4) Carrots
- **1** Onion
- **170g** Red lentils

PANTRY LIST

- Water

EQUIPMENT NEEDED

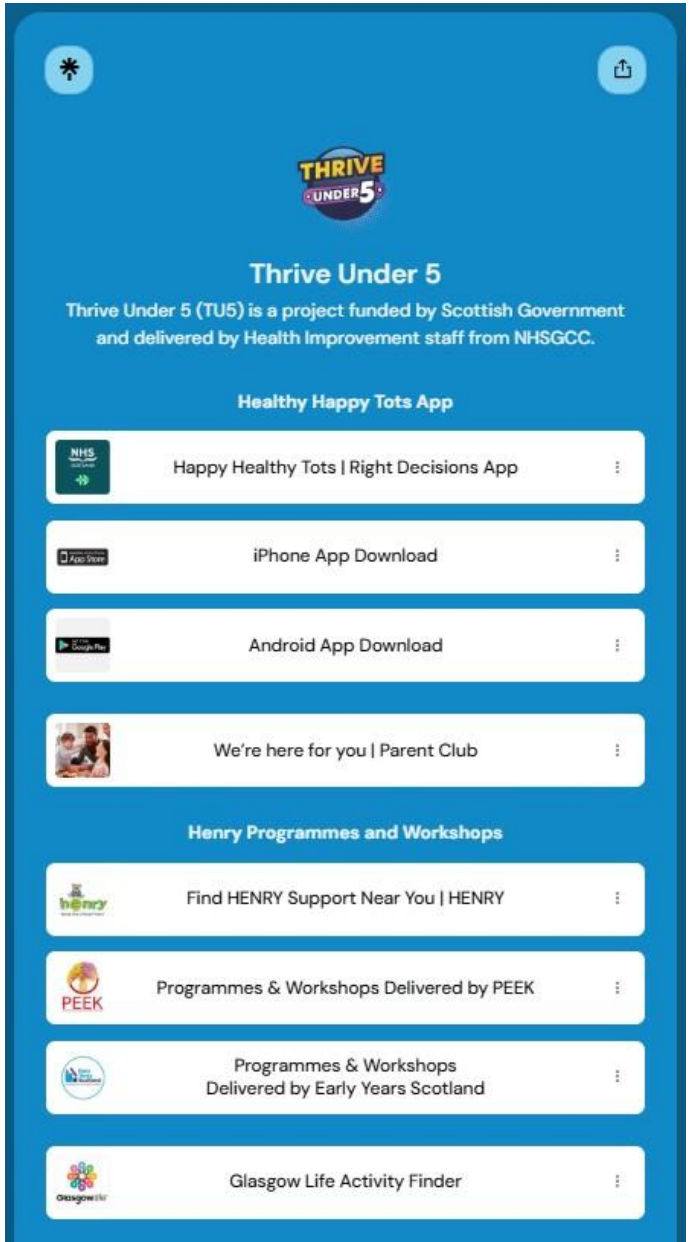
- Large pot
- Wooden spoon
- Chopping board
- Sharp knife
- Grater
- Measuring jug
- Hand blender (optional, this recipe suggests using a hand blender if a smoother consistency is desired)

PREPARATION TIME: 10 minutes
COOKING TIME: 30 minutes

Linktree

https://linktr.ee/thriveunder5

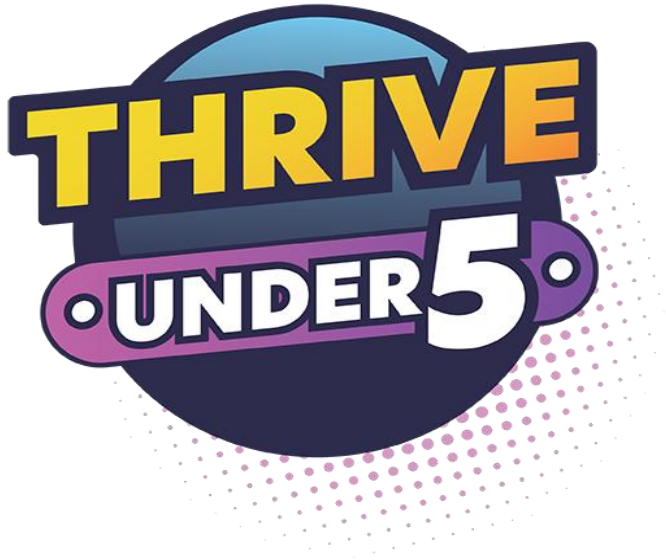
This Linktree contains relevant information regarding additional family support services- it can be accessed via the link or the QR code.



TU5 CONTACTS FOR 3 X SUPPORTS

Item	Named TU5 Contact	Email Address
Meal Packs	Alex Durie	Alex.Durie@nhs.scot
Food Pantries/Community Food Retail	Lucy Sewell	Lucy.Sewell@nhs.scot
Supermarket Vouchers	Siobhan Boyle	Siobhan.Boyle@nhs.scot

Glasgow City HSCP
Health and Social Care Partnership



Thank you

NHS Greater Glasgow and Clyde

Glasgow City Council