

## West Smethwick Enterprise (UK)

### Healthy Happy Tums

*Coming together through  
the love of cooking*



## Healthy eating

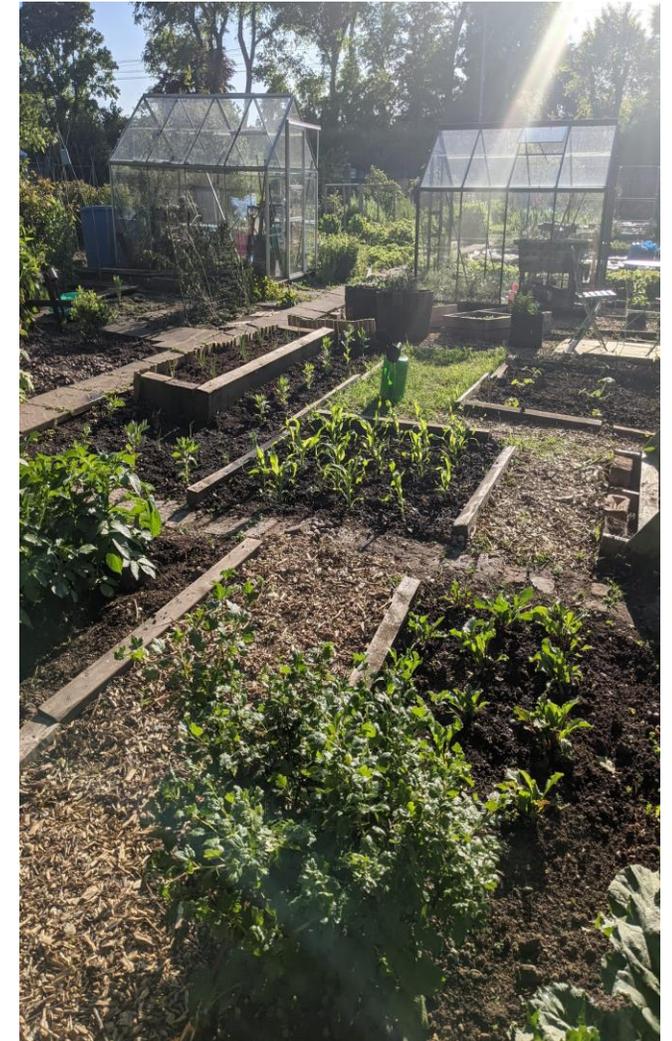


Learning how to be healthy through workshops, activities and programmes



# Health begins in the family – A European comparison

## Growing our own vegetables



## The very hungry caterpillar



Learning about lifecycles through the love of books



Using the seasons, cycles and growth of crops as well as insects and the hungry caterpillar story to show parents and children how food helps you grow healthy and strong.

## Key takeaways for West Smethwick Enterprise from Erasmus+

- Commonality of our challenges
- Powerful impact of field visits – Italy and Romania
- Importance of academic underpinning around larger funding bids:
  - Providing existing evidence base
  - Building stronger academic links
  - Developing our own impact research
- Psychological approaches – family coaching triangle (Italy) person centred perspectives (Romania)
- Development of peer mentoring within projects to increase reach and build greater independence in challenged communities (Italy)