

MEDIA RELEASE

18 July 2018
FYPC_10P_18

Breakfast boost for local families



Staff at Bridge Park Plaza, Leicestershire Partnership NHS Trust (LPT)'s headquarters in Thurmaston, are working with local charity, Breakfast Boxes, to help families on low incomes provide the most important meal of the day for their children throughout the school summer holidays.

Local mum, Verity Bryan (pictured on the far right), piloted the

Breakfast Boxes scheme last summer after overhearing a family in the supermarket who were having to make some difficult choices about what they could afford to put in their shopping basket. She explains: "It struck me that during term time, children are eligible for free school meals, but during the long six week summer break, it can be really tough for some families to suddenly have to put a lot more food on the table. I wanted to do something to help."

Breakfast Boxes relies on donations of food items, which are assembled into packs and delivered each Sunday throughout the holidays by volunteer drivers to families who have been referred to the scheme. Referrals come directly from schools or from

LPT's public health nurses (health visitors and school nurses). Following each referral, a follow-up phone call is made to the family to ensure dietary requirements or particular needs are catered for. The scheme has grown significantly this year, and is supporting more than 50 local families.

Lindsay Franks, lead practice teacher for school nursing at LPT (pictured far left) heard about the scheme last year and contacted Verity to see how public health nurses could provide support. Lindsay, who has been co-ordinating all the donations of food items from LPT staff, said: "Breakfast Boxes is a fantastic scheme, and as well as completing referrals on behalf of the families we work with, colleagues wanted to make donations too. Clearly the boxes make a massive difference, and by the end of the summer they will have provided around 5,500 breakfasts for children."

Each box contain cereals and cereal bars, tinned, dried and fresh fruit, fruit juice, bread, eggs, yoghurt, and snacks - enough to last a family the whole week. The boxes also contain details of how to contact a public health nurse for support and advice about children's physical or mental health. Each child will also receive a free book, gifted by Story Imagin-ory.

Going forward, Breakfast Boxes is considering providing a similar service during Christmas and Easter periods too. Find out more about Breakfast Boxes, how to donate and how to volunteer, from their dedicated [Facebook](#) page.

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NOTES TO EDITORS

- Leicestershire Partnership NHS Trust (LPT) provides community health, mental health and learning disabilities services for the one million people living in Leicester, Leicestershire and Rutland. We have a budget in excess of £275 million and employ approximately 5,500 staff. For more information visit: www.leicspart.nhs.uk. Our registered charity is called Raising Health (charity number 1057361). The charity fundraises to support excellent care initiatives, equipment and innovations which go above and beyond core NHS provision to enhance the experience of our patients, service users and staff. See www.raisinghealth.org.uk
- [Healthy Together](#) is the name for LPT's 0-19 public health nursing services (largely health visiting and school nursing) for children, young people and their families. A significant part of the role of the Healthy Together public health nursing teams is to provide health advice and information, supporting local families to lead healthier, happier lives. Healthy Together is commissioned by Leicester City Council, Leicestershire County Council and Rutland County Council.
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