

WellFed information sheet

This information is about WellFed 'free veg on prescription' pilots.

WellFed pilots (or trials) are for people who:

- have type 2 diabetes or
- have pre-diabetes, also known as 'non-diabetic hyperglycaemia'. This is when you are at risk of developing type 2 diabetes.

WellFed started when a Cornwall GP 'prescribed' free healthy vegetable boxes for her patients with type 2 diabetes. Using the vegetables helped these patients reduce or reverse their diabetes. For some, it worked better than taking diabetes medicine. It improved their physical health and how they felt in themselves.



To find out whether this could help more people, we are running some more pilots. You could take part in a pilot with [Salakee Farm](#) on St Mary's.

What's involved in a WellFed pilot?

- Every week for 12 weeks, you'll get a FREE bag of vegetables. The vegetables are grown locally and organically at Salakee.
- You'll be offered free help with how to use your veg. There will be simple, friendly cookery and tasting sessions and easy recipe ideas.
- You'll also be able to take part in activities at Salakee Farm. The activities are all free and could help improve your health and wellbeing. They are optional - you don't have to take part.
- Before you start getting your veg box, we'll ask you some questions about how you feel in yourself, and about your health and wellbeing. We'll ask these questions again at the end of 12-week trial. The person asking you the questions might be a health coach, social prescriber, nurse or a member of the WellFed team. They will record your answers but not your name, so the researcher looking at the information won't know who you are. (Your answers are anonymous.) You won't have to answer any questions you don't want to.
- We'll also ask your permission for your GP surgery to share some information with us, before and after the pilot. This will be your HbA1C level, blood pressure, cholesterol, weight and BMI. Our researcher will only see a summary from a group of people taking part in WellFed and won't know your name or who you are. We look at this to understand whether having a veg box and cooking support leads to improvements in your physical health that we can measure.

Why is the trial happening?

More and more people are getting type 2 diabetes. It can make people very unwell. It puts pressure on the NHS by increasing the need for medicines, GP and hospital appointments and operations. But it can be prevented.

Eating more healthily and being more physically active can prevent and reverse type 2 diabetes. A prescription of healthy veg and support to use it could be a better way of treating or stopping diabetes than medicine for some people. But to make it available to more people, we need analyse how well it works. And we need to ask people who try it what they think.

Who can join the trial?

If you have type 2 diabetes or pre-diabetes you could join WellFed.

We will need to talk to your GP or diabetes nurse and they will look at your most recent diabetes blood test. The blood test tells us your HbA1c level. This is how much glucose (sugar) is in your blood. People with HbA1c of 42-75 mmol/mol can join WellFed. (Don't worry if you don't know. We can help you find out or find out for you.)

You'll need to be willing to take part in the research and to try out a free veg box for 12 weeks. Of course you can change your mind at any time.

What can you expect?

Once you've decided to take part, we'll invite you to a WellFed welcome session at Salakee. You'll get your first free veg bag there. If you want to, you can bring someone with you for support. At the WellFed welcome you'll meet other people taking part in the pilot.

You'll learn how to make simple, tasty and healthy meals using the veg that are in your bag each week. You won't need fancy ingredients or equipment. The meals will be cheap to make. And it's not like being in a classroom! The idea is to build cooking confidence and skill by having a go, with other people. It's a friendly, inclusive and practical approach. After making a meal together, you'll share a delicious lunch. You'll use the veg in your veg bag at home.



WellFed welcome and cooking sessions, mid Cornwall

There will also be other activities on offer. These will include gardening or learning about food growing. All activities are optional and are adapted to suit different levels of fitness and ability. You won't have to take part in anything you don't want to. Changing your mind is OK too!

"I'm cooking from scratch and eating more healthily. It's made me love my food even more. Some of the veg I've never seen before and had to google!"

"It's been great being part of a team and has really improved my mental health. I just feel I fit. It's made me look at the environment and what I'm eating. I always leave feeling positive!"

WellFed Participant, mid Cornwall

About Salakee Farm

[Salakee](#) is a beautiful 35-acre farm on St Mary's. Since 2014, Kylie and Dave Mumford have been using 'beyond organic', regenerative principles to produce nutrient-dense food for their family and island community. They see the farm as a whole ecosystem: no synthetic fertilisers or chemicals are used on the land and the high-welfare management of all their animals contributes to building topsoil and soil health on the farm.

Salakee has a no dig market garden producing both vegetables and flowers. The veg for WellFed bags will be provided by the market garden and the cookery and other activities will take place on the farm.

Kylie and Dave also milk four cows, run a small beef herd and look after a few chickens, ducks, pigs and several hundred fruit, nut and native trees too. They host events in their converted workshop