

# Living Well Courses



## Affordable Cookery

*Returning to help his community*

- H** Holistic services
- O** Open to all
- P** Person centred
- E** Empowering

### Jerry's Story From Crisis to Empowerment

#### In Crisis

Burnt out from years of night shifts as a care-worker, Jerry's high levels of anxiety meant he had rarely left his home for two years. Despite all the efforts of his kind and attentive family, Jerry was lonely, unexcited by the idea of cooking for himself, and missing the rich and diverse quality of life he used to have.



#### The Hope Hub in action

Jerry needed the support of his family and local authority Mental Health worker just to enter the first *Affordable Cookery Workshop*, but within half an hour he was comfortable and enjoying himself, independently. Jerry said he '*appreciated the warm welcome, the relaxed atmosphere and fun in learning to cook in new ways*'. Jerry had plenty of cooking and life skills to share with others on the course and they soon recognized him as a gem in their midst. He said that the Affordable Cookery course had given him the confidence to try new dishes and to cook from scratch. He has begun to eat more healthily and is looking forward to showing his daughter (his biggest fan) his cooking skills. He said he feels more optimistic about his future.

#### Empowered

**On week two** Jerry thought the idea of joining the group for a Living Well Coffee morning at The Hope Hub far too daunting.

**By week four** he was helping to serve a bacon butty breakfast at the church hosting the cookery course.

**By week six** he had practiced the drive to the hub, walked in independently and so much enjoyed the Living Well Coffee morning that he offered to volunteer with us on other occasions.

What an amazing journey ***in less than two months***. Welcome back Jerry.

Supported with funding from



# Living Well Portfolio



Working to Prevent and End Homelessness in Surrey Heath

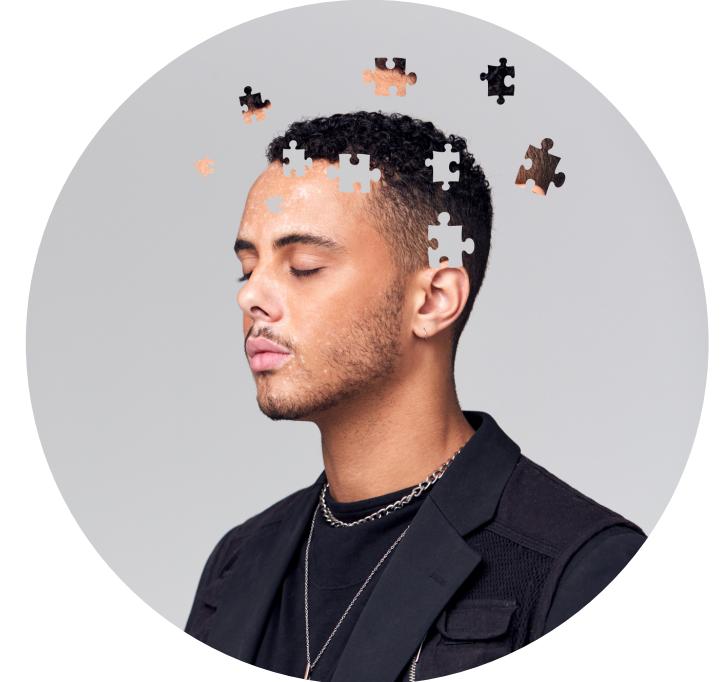
## Affordable Cookery

### The Partnerships - Jerry's Story

#### Referral

As part of the Living Well Portfolio, the Mental Health and Wellbeing team at The Hope Hub run on-line and in-person *Feel Well Workshops* which support different areas of mental health. The team regularly liaise with colleagues in mainstream services who also sign-post their Service Users to the additional help offered by The Hope Hub. Jerry was one such case. His local authority Mental Health Worker encouraged Jerry to attend the Affordable Cookery course and was instrumental in helping him to overcome his initial anxiety and get him through the door. This is often the hardest step of all. As soon as Jerry met the team, he realised the pressure was off, relaxed and began to flourish.

Jerry's local MH worker kindly emailed The Hope Hub saying: *'After speaking with Jerry yesterday, I wanted to take this opportunity to thank you for making him so welcome at the Cookery course and encouraging him to be part of the Volunteer team for the Sunday Breakfast. When I spoke with him he was sounding so positive and had found something that he can be part of and most importantly enjoy.'*



#### The Hope Hub in the Community



The Hope Hub's unique partnership with St Martin's Church on the Old Dean provided Jerry with a very effective package of specialist care, community interest and mutual support. He says, *'I have more confidence, not just in cooking, but also getting back out there. I love helping out at the Community Breakfast and I'd like to volunteer at The Hope Hub.'*

#### Volunteers

Jerry received the gentle, but high level of support he initially needed due to excellent partnerships between The Hope Hub Staff and Volunteer Teams. See our web pages where Volunteers say more about what they gain from spending time at the Hub and supporting The Living Well Courses.

#### Funding Bodies

Funds are raised through vital project grants, statutory funding, community fundraising and supporters. This Affordable Cookery course has been funded by *The Frimley CCG Innovation Fund* and the *Community Foundation for Surrey*. We are enormously grateful for the opportunities to run these courses and humbled by the wide-scale impact they make to individuals, families and communities.

