

Living Well Courses



Affordable Cookery

Looking forward to independence

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

Jack's Story From Crisis to Empowerment

In Crisis

Hardworking, good natured and with a long list of things he wants to do in life, Jack was homeless and sofa-surfing. Working as a part-time Security Officer his income was too low to cover renting a bedsit of his own. His life was disorganised and his energy consumed by meeting basic needs as he shifted locations between family and friends.



The Hope Hub in action

At The Hope Hub, Jack's Caseworker helped him to apply for Supported Accommodation and encouraged him to enrol on our *Affordable Cookery* course. In just a few weeks, Jack was less reliant on expensive take-away meals, he had a *Level 2 qualification in Food Safety and Hygiene* and his self-esteem soared as he helped new friends from his course to gain theirs. He also cooked a meal for his sister.

Jack (Post-Course Questionnaire): 'I am looking forward to being in my own place to start cooking healthy meals and I also have confidence to try new recipes, vegetables, and herbs and spices.'

Empowered

Jack was soon confident in using our IT suite and benefitted from the help of our Training and Employment Coach. He learnt to update his Universal Credit journal quickly and more accurately, helping him to better manage the limited income he had. He also updated his CV, prepared for interviews and swiftly secured a new full-time job in a local hotel. Jack has transformed his income and his budgeting, he makes healthier choices, is more self-confident and independent. He also plans to help The Hope Hub with some cooking videos once he has settled into his new job.

Supported with funding from



Living Well Portfolio



Working to Prevent and End
Homelessness in Surrey Heath

Affordable Cookery

The Partnerships - Jack's Story

Referral

Jack was referred to The Hope Hub by *The Workshop*, a local partner agency who help young people into work. They had helped him find a *Kick Start* placement which led to him working as a part-time Security Officer. However, his income and benefits combined were still too low to pay for his own bedsit. While he appreciated the kindness of family and friends who offered him a bed or sofa for a night, his life was disorganised and his energy was sapped by basic survival.



The Hope Hub in the Community

At The Hope Hub Jack's Caseworker helped him to apply for Supported Accommodation, which they agreed was the best option to support his next step to independent living. She also suggested he joined the *Affordable Cookery* course where he gained more skill and confidence in cooking on a tight budget. On this occasion, she was running the Cookery course at *St Martin's Church in Old*



Overcoming his initial anxiety about coming through the door, Jack rapidly felt at ease with the staff, volunteers and other cooks on the course and as he engaged in other activities at the Church. In less than a month, Jack's support network extended across The Hope Hub and into the wider community. He accessed practical support to address being homeless, managing a tight budget, applying for jobs and entering full-time employment. He made healthier choices, cooked for himself, developed a stronger support network and gained significant first steps to independence.

Chris Richardson, Vicar of St Martin's: "I enjoyed seeing each member of the course grow in confidence and develop good friendships with fellow course members as we had great fun together learning to cook healthy, nutritious meals on a budget."

Sponsorship

Jack moved his life forward with the help of 15 interventions from our staff over a period of two months. Most interventions cost around £30, but the intense course of *Affordable Cookery Workshops* delivered out in the Community and the linked *Level 2 training in Food Safety and Hygiene* at The Hope Hub costs nearer £500 per Service User. 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.

