

# Living Well Courses



## Affordable Cookery

*Overcoming fear and food poverty*

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

### Dee's Story From Crisis to Empowerment

#### In Crisis

One of our Caseworkers met Dee as she queued for free fruit and vegetables at a local Church. Covering over the scars of a past trauma, much of her time was spent meeting the special educational needs her younger child and wondering how the family were going to make ends meet.

Trusting the Caseworker, Dee joined one of our Affordable Cookery courses. She wanted to move her children off convenience foods and unhealthy snacks and know more about cooking with fresh fruit, vegetables and affordable produce.



#### The Hope Hub in action

Dee enjoyed the relaxed and friendly approach of the Affordable Cookery course, had fun experimenting, and her self-esteem increased as she shared her own ideas and skills with others. She overcame her bad memories of cooking and reading recipes in a second language.

*Dee: 'Cooking from basics is now more fun and I find I am more motivated to try new recipes and nourishing food'. (Post-Course Questionnaire).'*

#### Empowered

Our Training and Employment Coach, and another participant, supported Dee as she took and passed, a Level 2 qualification in Food Safety and Hygiene. Within days of printing off her certificate, Dee was offered two part-time jobs that she could fit around her family life. In less than two months, Dee gained the qualification and the confidence to move into employment, overcome her financial fears and make healthy home-made meals for her family.

*'Adding Vegetables to curries was something I didn't do, for whatever reason, but have confidence to do so now.'*

Names and photos changed to protect Dee.

Supported with funding from



# Living Well Portfolio



Working to Prevent and End Homelessness in Surrey Heath

## Affordable Cookery

### The Partnerships - Dee's Story



#### Referral

Dee was encouraged to join the Affordable Cookery course by one of our very skilled Caseworkers who has a dual role with St Martin's Church. It was no coincidence that she was in the right place, at the right time, offering a very practical and accessible form of help. We owe a phenomenal amount to her experience and skills as a practicing Christian and as an experienced Caseworker.



*'The Affordable Cookery Courses are evolving into a dynamic partnership between The Hope Hub and local churches. Designed to help anyone on the street, living in emergency accommodation or relying on food parcels to cook healthily, they are becoming the catalyst for so much more.'*  
Diocese of Guildford 26/11/2021

#### The Hope Hub in the Community

The Hope Hub has a strong partnership with St Martin's Church as many of our Service Users come from the Old Dean Community, an area of deprivation and poverty. Dee attended some church services and events, but mostly Dee worked on keeping herself and her family afloat, schooling and sourcing food and other basics on her very limited income. St Martin's provide a weekly community breakfast before their Sunday service and free fruit and veg parcels later that morning. Dee chatted to the Caseworker and learnt about one more practical source of help as she waited in the queue for another. She knew she was in a safe place, with non-judgemental people offering unconditional kindness. This was her springboard into a new and very successful venture.

#### Sponsorship

Dee moved her life forward with the help of 10 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. Good news travels fast, and there is increasing interest in extending the Affordable Cookery courses to other vulnerable populations and communities. The initial funding from the *Frimley Collaborative NHS CCG Innovation Fund* has run out and the current focus is on securing new grants and engaging a workforce of volunteers and leaders to help us meet this need. Please do contact The Hope Hub should you wish to join a course, host a course, volunteer or have inspired ideas for funding.

