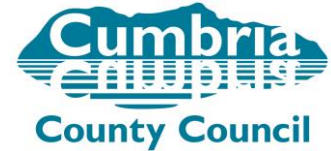


Carlisle Community Development Case Study



We are interested in whether the funding of your project from the Community Grant has made a difference to the people you serve. This is a simple 2 page feedback form which we will read with a great deal of interest and share with Carlisle Local Committee members. Please be frank in your answers to the following questions.

If you have any photos of your project then we would be delighted to receive a copy by post or email to :
carlisle.areasupport@cumbria.gov.uk

Organisation: Organise, Act, Change

Contact: Alex Key

Grant Amount: £2,638 COMF

PROJECT –

The Healthy eating on a budget course is designed to be a new way of engaging and teaching skills to people experiencing food insecurity. The Course teaches people how to use slow cookers to make a variety of different nutritious meals and to bring people together to tackle some of the effects of pandemic eg Social Isolation. The people attending the course are provided with all the food they would need to make the recipes, for example some of the meals people are taught to cook are, soup and bread, meatballs with spaghetti, rice pudding, vegetable curries, chicken casseroles. At the end of each session everyone sits down to enjoy the food they have made and take food home for their families. At the end of each block, people who attended every session get to take home the full pack of equipment, including the slow cooker, and all the recipes and ingredients from the course.

Learning objectives of the course

Demonstrate safe food skills for preparing and cooking food
Follow a step-by-step recipe
Evaluate a finished recipe
Plan a healthy meal
State one way of saving money on food shopping

Other objectives

Tackle social isolation
Provide support to low income families
Promote a healthy diet
Bring together communities
Build family skills and relationships

CARLISLE LOCAL COMMITTEE FUNDING

The funding paid for:

- Room Hire
- Equipment packs for each participant including:

- Slow cooker
- Knife (2- small and large)
- Chopping board (2 meat and veg)
- Grater
- Wooden spoon (X2)
- Peeler
- Measuring jug
- Tea towel pack
- Food used for the session and a bag of food to take home
- Additional Costs
 - Coordinator time
 - Promotion and advertising (social media artwork).

BENEFICIARIES AND DETAILS OF COURSE SUPPORT.

The courses are open to anyone to register, and all the people who have signed up so far have been female between the ages of 25 – 65, from both single parent and two parent backgrounds living in the CA2 postcode. The courses provide 14 hours of learning time to each person attending. Students have access to an online learning area, called Canvas, to support learning. This includes using Canvas to think about and record their progress and to give the tutor feedback on the course and use resources or activities on Canvas between lessons.

The course is free for anyone matching the below criteria

Claiming Job Seeker's Allowance

Claiming Employment and Support Allowance (ESA)

Claiming Universal Credit and earn less than £345 per month or household earns less than £552 per month

Claiming or are dependent on someone who claims Council Tax Reduction (not single occupancy discount)

Claiming Working Tax Credit

Claiming Income Support

Claiming Pension Guarantee Credit

Claiming or are dependent on someone who claims Housing Benefit

Claiming Asylum in the UK. As an Asylum Seeker you will need to have been a resident in the UK for six months or longer, have an Application Registration Card (ARC) or Standard Acknowledgement letter (SAL) and a current Asylum Support Agreement from UK Visas and Immigration.

Alternatively, they may be eligible for support if:

Earning a Low Wage.

From a household (who they live with e.g. partner or family members) where income is below £21,000 (eligible for the Discretionary Learner Support).

IMPACT AND EVALUATION RECEIVED FROM STUDENTS

People who sign up are asked a few questions on what they hope to get from going on the course and encouraged to give evaluations along the way. They can set personal learning goals and there are a list of learning objectives as well. Below is a snapshot of some of the answers received.

Learning new dinner ideas, using a slow cooker as I have struggled in the past to do this.

Meeting people, learning new things and learn new meal ideas.

I'm looking forward to finding some new recipes and ideas for cheap meals to feed my family.

Build my confidence

Improve my skills or understanding of this subject

Get to know people

Get involved in my community
Support my children or grandchildren
Improve my health or wellbeing
improve cooking skills,
budgeting, and food ideas,
Get some cheap meal ideas and recipe ideas under my belt.
Learn how to cook better for the kids
Stop eating chips and frozen stuff

Other feedback received

I liked using the slow cooker to make bread, it was tasty, and I had always wanted to make my own.
We had a good laugh, food was yum.

The course has a positive impact on students who attend, especially those with children. They said they often struggle with time after school to prepare healthy food for children who are often hungry after being active at school all day. They felt good that they could make lots of food in advance and still have time to complete other tasks whilst the food was cooking. One already had a slow cooker which was never used as they had only thought they could be used for meat casseroles, so learning new ways in which they could prepare food was an invaluable skill and made them want to find more recipes to try out.

Another positive impact is that after the course the journey does not end there. If students want to there are a range of resources open to them in planning their future. There is some relevant information and resources to assist them with their learner journey and to help them make informed decisions and plan the next steps towards your future from the WEA. They can find useful resources for applying to work, university or apprenticeships, working out their interests, skills, and aspirations.

CASE STUDY -

Some of the other feedback received tells the story of the difference this grant has made:

I really enjoyed this course and learned a lot especially about food safety. The course tutor was very kind and helpful.

I enjoyed meeting new people as I have stayed in not seen anyone. The food was gorgeous, and the lady was lovely that taught us.

Course time was longer than a usual cookery class as they needed to ensure the food had time to cook in the slow cooker setting on high. So, the course became a mixture of preparation and cooking as well as looking at healthy eating on a budget, food labels, Eatwell Guide etc. This allowed the tutor to share information and ideas but more importantly for all learners to be involved in the discussions and share their own hints, tips and ideas around healthy eating on a budget.

ANY OTHER COMMENTS

Everyone that has attended the courses so far has really enjoyed them. The only negative feedback we have had is that really people thought they weren't long enough and could have been 5-6 weeks instead of 4.

Form completed by: Alex Key

Date: 11/08/22