

# Cooking with Confidence- Carers Case Study

<p><b>Project Lead</b></p>	<p><b>Location/Area</b></p>	<p><b>Area Topics Covered</b></p>
<p>Michael Brown, Founding Director Empower to Cook Tejal Lovelock, NHS Public Health nutritionist.</p>	<p>Fremantle Trust Supported Living High Wycombe, Beechlands Court,</p>	<p><i>What topics did you cover? Did you adapt any sessions to meet the participants needs?</i></p>
<p><b>Session details</b></p>	<p><b>Venue</b></p>	<p>Making person-centred care a focus for menu planning: 'fast food' (microwave/hob/oven), store cupboard 5ADAY 'ready-made meals', adapting online recipes to be healthier (less fat, salt, sugar), softer food textures Empower to Cook Recipes shared over four sessions: Oven baked frittata Quick chicken and vegetable pie Easy sweet and sour chicken Simple fried rice Wholemeal cheese and chive scones Tomato and red pepper soup Lentil and tomato soup East chicken chowder Easy lemon cheesecake Peach and raspberry crumble 3 yoghurt fruit fools</p>
<p>Four weekly 2 hr practical cooking sessions with carers who are responsible for supporting residents to live a healthy lifestyle that includes healthy, nutritious meals.</p>	<p>Beechlands Court</p>	
<p><b>Participant Feedback</b></p>	<p><b>The Cohort</b></p>	
<p><i>Any quotes, conversations, or general feedback the participants have given to you about the course.</i></p>	<p><i>Who was your cohort that you delivered to and how well did they engage in the sessions?</i></p>	
<p>"Really interesting, I have learned new quicker, healthier cooking methods, it saves me 30mins each time". "Instead of microwave meal I know I can make a much healthier dish". "With my clients I involved them in making the meals and they enjoyed it, it makes them feel they are able to prepare something for themselves and the rest of the tenants".</p>	<p>Five carers who support residents attending Talkback UK Energise programme were able to apply nutrition knowledge provided on the programme into their daily practice preparing healthy, balanced meals for clients.</p>	
<p><b>What Changed / Outcomes / Level 2 Hygiene Take up</b></p>	<p><b>Lessons Learned</b></p>	
<p><i>What were the outcomes from the sessions? i.e. Were there pledges made for lifestyle changes? Did anyone commit to L2 Hygiene qualification? If so how many?</i></p>	<p><i>i.e., What Worked Well, what didn't work as well? If you could do it again, what would you do differently? Any top tips for other tutors?</i></p>	
<p>Carers are now sharing their food knowledge and skills with colleagues who are interested to also learn cooking skills. Carers are also more confident in handling food, preparing quick tasty, healthy food instead of microwave meals. The time saved using the recipes means that the clients can help to make something for themselves and carers have more time with them to help them with other things. The carers that attended Talkback Energise session with clients are better able to support food swaps and routinely eat foods that help to increase fibre, fruit and veg intake as well as maintain a healthy weight. Carers enjoyed the sessions, all felt more confident at the end of the course about cooking dishes that meet their client's needs and continuing with the new methods e.g. I can now make soup, there is no need for client to buy it.</p>	<p>Observing carers cooking for clients was helpful to understand the various challenges that arise when clients live in different types of supported accommodation. This makes it possible to build in ways to develop confidence in cooking in short sessions. The space to cook in was a typical flat however the small countertop limited how many hobs could be used, it would be better to have one person on one hob. Max group size was 6 people. The type of oven restricted what could be made, its non-fan electric so took twice as long to cook, only top shelf worked in session time). It would be useful to have proper equipment in a large enough space with a fridge to show how to store dishes and experience good food as this has an impact on building confidence to cook. Extra time to test adapted recipes in this situation is needed.</p>	