

## **Empower to Cook's projects since 2012-**

Buckinghamshire County Council Chefs Club - An after -school cookery club in primary schools mostly in Wycombe and surrounding area, plus Aylesbury and Steeple Claydon family centres.

Chiltern Wood School – Cookery workshops used as therapy for SEN pupils. Still currently running over two sites. Impacting not only on the pupil bust staff and families.

National Lottery funded Kids as Teachers - Empowering SEN children to teach their parents how to cook.

2 day cookery event at a secondary school for primary age, year 6 leavers.

Social housing cookery club for children during the school holidays.

Mother and toddler family support cookery club at a local church.

Food education classes at a my children's primary school linking food to the curriculum i.e. Vikings, Romans, Tudors and World War 2.

First ever cookery class for Asian men at Castlefield community centre.

Various Young Carers cookery clubs in Wycombe and Buckingham.

Cookery on a budget – supporting residents of social housing in Wycombe and Harrow.

Cookery on a budget with financial support - Supporting local homeless charity users.

Local Youth club cookery class – How to make a takeaway from scratch!

Bucks Mind – a basic cookery class for people using their services.

Mental health service users Grow and Cook club - using fresh produce from the allotment to make nutritious seasonal meals.

The Fit and Fed (HAF) cookery holiday clubs in High Wycombe, partnered with WWSET and Khepera CIC - teaching simple nutritious meals and eating together.

Parent and child after school cookery club at Beechview Academy supported by Marsh and Micklefield Big Local.

Various food education, nutrition and budgeting classes for social housing residents in High Wycombe, Aylesbury, Harrow and Hounslow.

Wycombe Market Food Festival-kids cookery classes.

Online classes during Covid for residents and schools.

Made up recipe packs for schools to teach cookery, that I demonstrated online later in the day during Covid.

Supporting difficult eaters with their parents at a primary school in Chesham.

Teacher training classes in High Wycombe and Aylesbury.

All mother cookery at Castlefield community centre focussing on Diversity Through Food.

Training for carers of the elderly residents who live at home.

Carers food training course for SEN adults living independently – at Beechlands supported living flats, funded by Buckinghamshire Public Health.

Teaching young people at Tool Shed to deliver catering for a Heart of Bucks event.

Classes for young people leaving care, including some young people who are refugees – teaching valuable food skills to encourage independence.

Supported various food events for Wycombe Youth Action.

A yearlong community education programme on food, nutrition and life skills for young people living with autism.

Cooking on an allotment using the produce available.

Worked at a local primary school for a year linking food onto all of the curriculum. Working with year 4, 5 and 6 pupils using a practical hands on approach.

Classroom Kitchen - an innovative 5 week obesity intervention/prevention programme for young children and parents at various primary schools around Bucks.

Opened a Community Cookery and Wellbeing kitchen in Wycombe 2022. Partner with Khepera CIC.

Working with Feedback, who funded two internships for young people over 6 months, supporting them to gain valuable work experience in the food sector.

Instigated the Food Partnership idea to Buckinghamshire, supported by the Rothschild Foundation and then Sustain.

Held various corporate 'Wellbeing through Food' workshops at schools and community venues in Bucks, supported by Janssen UK.

Had seconded to us the first ever Janssen employee manager to a social enterprise in Bucks.

We were invited to contribute to the Jamie Oliver Foundation, Food Education Learning Landscape report.

A social entrepreneur and leader. Have been on two funded programmes with the School for Social Entrepreneurs. Firstly Lloyds Banking Start Up and then a Power to Change Trade Up leadership programme.

Involved with various parties on several food education conferences in London and one in Bucks.

Secured funding from a wide variety of funders including Local Public Health , the local council Community Board, National Lottery, Heart of Bucks, Kop Hill, Aylesbury Garden Town, Ella's Kitchen, John Lewis, various social housing providers and, from 2020, the Rothschild Foundation.

Secured sponsorship for the Community Kitchen from Sodexo, Howden's, John Lewis, Local councillors, Beaumont Forest, Grant and Stone.

Raised £50,000 through collaborating with local social housing providers and community partners to run Fit and Fed (HAF) holiday hunger clubs.