

Mentored Home Cookery Courses - Applications for the next course are now open.

Who can refer students? Any professional service or organisation

Who are the mentored home cookery courses aimed at? Individuals or families within East Surrey

We want to make sure the course is aimed at people who will get the most impact from it in terms of cooking budget friendly healthy food.

This includes the following:

1. rely on take-aways/ready meals/convenience foods
2. Claim benefits
3. unemployed
4. pensioners
5. anxiety/mental health issues
6. long-term illness or disability (including diabetes)
7. single parent?
8. Live in temporary/insecure housing?

How can you refer someone?

Email cooking@loveworks.org.uk with the following information:

- Student name
- Postcode
- Phone number and Email address
- Special diet or allergies
- Size of family

Please confirm that you have their consent to share these details with Bags of Taste and Loveworks to be used for the course. (Please note that the phone number will be visible to the other course students on the whatsapp group).

What happens then?

1. One of the Bags of Taste team will call the applicant to talk about the course, understand a bit about what they need including details about cooking ability, allergies, situation etc (through a conversation not direct questions). We will let you know if we cannot contact them.
2. They will be booked on 2 week course and set up on a whatsapp group with a mentor and other group members
3. They will get parcel of food and resources delivered to the house ready to start the course. .

After the course

We will be able to share feedback from the course. If the course is completed the participant will get a certificate, access to further £1 portion recipes and invitation to join the 'Bags of Taste' community Facebook group and future Loveworks face to face sessions.

Any questions /concerns, requests for leaflets or just want to know more?

Email cooking@loveworks.org.uk or call 07912 628013