

## CASE STUDY

CHUMS [Young Carers Service](#) supports children and young people aged 5-25 who are helping to care for someone with a disability, chronic or serious illness or mental health condition.

Food etc was exploring with CHUMS how to provide cookery workshops for its groups. With the advent of COVID-19, creative thinking was required and we devised a series of six virtual cookery workshops to be delivered over Zoom.

A survey was undertaken with attendees to determine their perceptions.

This revealed that:

- Almost half of respondents cooked less than once a week before the course.
- Since starting the course all respondents cook at least a few times a week.
- Most said they had learned was that “cooking can be fun” and “it’s good to be prepared” and that they liked trying new foods and cooking with other people.
- Some were not keen on doing it over Zoom because people talk at the same time.
- The most common change attendees would like is to attend sessions face to face not online.

## Testimonials

“She’s so proud of herself for preparing the full meal! At first she was a bit shy because everyone seemed to be so confident but when she tasted it and liked it she started enjoying it.”

“My daughter would like to continue after the 6 weeks!”

“She would love for her photos of cooking to be shown and shared. She’s very proud of her work. We would love to continue [the cookery workshops] as long as possible.”

“The young people have gained so much more than learning to cook from these sessions. It’s clear they have become a place for fun, laughter and family memories. Not only do the children get involved, mums, dads and siblings are also in the thick of this experience! The feedback shows that the children have gained confidence in being in a kitchen as well as trying new foods and understanding cost too! They have listened well and worked as a team (virtually) and shown delight and pride in the finished dishes. Thank you for offering this fantastic opportunity to the young people we support.” Annette Cooper, Young Carers, Friendship & School Intervention Project Manager

