

CASE STUDY

Bedfordshire and Luton Recovery College is part of the Bedfordshire Mental Health Academy, which is a formal partnership with East London NHS Foundation Trust (ELFT) and the University of Bedfordshire. The college is open to any adults who live or work in Bedfordshire and Luton and its courses and workshops focus on mental health wellbeing and recovery.

Food etc was exploring with Recovery College how to provide cookery workshops, initially at the college's Barford Avenue, Bedford, site. However with all of its face-to-face courses put on hold because of the Coronavirus emergency, it was decided to present a series of four workshops over Zoom on the theme of "Healthy Eating on a Budget". These have been so successful that at the end of four weeks they were extended to 8, then 12, then 16 and they are continuing with a new series in 2021.

"When we started cooking with Julie from Food etc we had no idea how much of a positive impact it would have on students and staff. We have seen in a matter of a few sessions, students grow in confidence from watching from the side lines to not only joining in and cooking for themselves and in many cases their families, but to a place where they feel able to add their own twist to the recipes. We have learnt that cooking with others is so much more than understanding how to follow a recipe. It's fun, it's social and it's uplifting in a way that only food can do."

Tony Isles, Bedfordshire and Luton Recovery College Manager



HEALTHY EATING ON A BUDGET

HOW LONG WILL THE SESSIONS LAST?
APPROXIMATELY 1 HOUR FOR 4 WEEKS

WHAT WILL YOU NEED?
YOU HAVE THE OPTION TO JOIN IN AND COOK LIVE WITH US WE WILL EMAIL YOU TO LET YOU KNOW THE INGREDIENTS AND EQUIPMENT YOU WILL NEED A FEW DAYS BEFORE EACH SESSION. IF THERE IS ANYTHING YOU CAN'T GET PLEASE LET FOOD ETC KNOW AND THEY'LL DO THEIR BEST TO HELP WHERE THEY CAN.

DO I NEED TO HAVE COOKING SKILLS?
NO, WE WILL TALK YOU THROUGH EVERYTHING YOU NEED TO DO SO WHETHER YOU'RE EXPERIENCED OR HAVE NEVER COOKED BEFORE, WE'LL HOPEFULLY GIVE YOU SOME NEW TIPS AND RECIPE SUGGESTIONS.

BOOK NOW!

STARTS: THURSDAY 30TH JULY FOR 4 WEEKS
EMAIL: ELFT.RECOVERYCOLLEGE@NHS.NET
YOUR NAME ADDRESS & TELEPHONE NUMBER

Food etc.



Images sent by students show examples of what they made with Food etc in Zoom live cookery sessions.