

Proposed Project:

What is the name of the proposed project?

**Involving People with Learning Disabilities in
Food Choices and Cooking**



Please give a brief description of the proposed project:

There are two parts to this project:

- 1. A Food Advocacy Group for people with mild learning disabilities who live independently.**



Speak Out got a small amount of money from the Good Food Grants to start up a Food Advocacy Group.

This is enough money to do six sessions.

We would like money from LDDF to carry on and do another five sessions.



The Group is for 10 People with mild learning disabilities who live on their own with none or a little support. These people may be isolated.

The group will decide what skills, or information they want around food and health, cooking, shopping, growing.

Speak Out will organise visits, workshops that the group want to do to develop their food skills.

Having another five sessions will give the group more time to work out what help they need around food. They will have more time to access local services and build skills and knowledge.



Speak Out and the group will be able to tell local services how they can support people with learning disabilities better.

2. Cooking Together, a course for people with learning disabilities and staff who support them at home.



People with learning disabilities have told Speak Out that they want to be choosing food and cooking more at home.



Speak Out and the Food Partnership want to work together on a cooking and healthy eating course for people with learning disabilities and their support staff.



The Food Partnership has not worked with people with learning disabilities before so Speak Out's job will be to:

- **Make healthy eating information and resources accessible**
- **Make sure the voice of people with learning disabilities on the course is heard.**
- **Make sure the cookery course is person centred**
- **Help find good ways of supporting people to cook and look after their health**

- **Work with trainers with learning disabilities**
- **Help tell other people about the good practice in this course.**
- **Make sure we target homes that do not involve people with learning disabilities in cooking**

Speak Out and the Food Partnership would like money to pay for Speak Out's contribution to the course and the trainers with learning disabilities.

What are the name and contact details of Organisation that would deliver the project?

Brighton and Hove Speak Out will be supporting the Food Advocacy Group.



Brighton and Hove Speak Out will be working with the Brighton and Hove Food Partnership to run the Cooking Together Course.

Brighton and Hove



Advocacy Project



Does your organisation currently receive funding from Brighton & Hove city council?

YES

Speak Out gets a 3 Year Council Strategic Grant and money from LDDF for the Advocacy Groups Network.

Priorities:

Which of the four priorities would your project meet? How will the project meet these priorities?



This project will improve equality through access to mainstream services by:

- **Working alongside the Food Partnership a mainstream service, to design a course to meet the needs of people with learning disabilities**
- **Helping the Food Partnership to be a more accessible service**

- **The Food Advocacy Group will support members to find out about mainstream food related services.**
- **Food Advocacy Group members will give feedback to mainstream food and health services to help them make their services better.**



This project will also maximise independence through supporting move on and reducing need for support by:

- **The Food Advocacy Group will build the confidence of members to access local food related services.**
- **Members will have more knowledge about how to stay healthy**
- **Members will have more skills in growing, cooking and will need less support around these.**
- **Cooking Together participants will have more skills in choosing, preparing and cooking food, hygiene and using cooking equipment.**
- **They will be able to plan and prepare a number of meals and have resources to support food choices and more cooking.**

Criteria

1. What are the benefits and outcomes?

(What would your project achieve for people with learning disabilities and how will you show evidence of the benefits?)



- **People with mild learning disabilities in the food advocacy group would have ongoing support for five months around food issues**
- **The group would support each other to learn more about food, health and services in Brighton and Hove. They would be more confident in accessing services and looking after themselves.**



- **Cooking together participants would have learnt more cookery skills, and used kitchen equipment.**
- **They would be able to cook a number of meals and be able to say what support they need**
- **Together with their support worker they could cook food at home and support other tenants to do more cooking**
- **Speak Out want Cooking Together to help other residential homes to involve more people in cooking.**

Evaluation



We will ask the Food Advocacy group and the Cooking Together group to tell us what difference the groups have made to them.

We will ask people what they know about food and cooking at the beginning and then ask them at the end what they have learnt.

We will use photos and videos to show what people have got from the groups.

What is the added value of the project?



An advocacy group just about food and health is new. It will help learning disability services and mainstream to understand the needs of people with mild learning disabilities more and how to meet them better.

Cooking Together gives practical skills to support staff on how to support people with learning disabilities to cook. Everyone will be learning together which makes us equal and gives people with learning disabilities control. This is different to other cooking courses in day centres.

2. How would you make sure the project can be set up and money spent by March?

With money from LDDF, the Food Advocacy Group will be 11 sessions. We will get members in September/ October and start in November. We will finish at the end of March 2011

Cooking Together is starting in September and finishing in October 2011. This is the time the Food Partnership have planned for it to happen.

3. What is the on-going benefit?

(The benefits, effects or learning that continues after March 2011)



- **We will tell the Community Support team, and other learning disabilities what problems Food Advocacy Group have around food and the support they need.**
- **We will work with Food related services to make them more accessible to people with learning disabilities**
- **After the Cooking Together course we will put together useful accessible information and tips about cooking and send it to residential homes and supported housing.**
- **We will share what we learnt with the Partnership Board and Sub Groups.**

- **After the Cooking Together course we would do a presentation or training about what worked well to involve people in food and cooking.**
- **The Food Partnership will have more skills in supporting people with learning disabilities**

Funding:



We need £ 2629

The money would be spent on:

Food Advocacy Group: total £1079

Planning and Delivering 5 sessions	£448
Evaluation and Telling local services	£ 96
Training and Supporting volunteers	£160
Volunteers expenses	£ 50
Transport costs	£125
Costs for visits, ingredients etc	£200

Cooking Together Course : total £ 1550

Publicity and promotion 4 hours	£ 64
Designing accessibility of course 10 hours	£160
Getting volunteers and training 5 hours	£ 80
Planning sessions 12 hours	£ 192
Delivery sessions 30 hours	£ 480
Evaluation 4 hours	£ 64
Making resource 7 hours	£112
Telling people about course 10 hours	£ 160
2 Trainers with learning disabilities 11 hours	88
Transport costs for participants	£ 150

Is there anything else you want us to know?

The Person Centred Approaches Sub-Group and the Healthy Lives Sub-Group support this proposal.