

Please can you update the Learning Disability Partnership Board in December on what has happened in the LDDF projects.

Your form will be sent to the Partnership Board so please can you provide information that is accessible to people with learning disabilities.

Please can you complete the form and return to sarah.crowe@brighton-hove.gov.uk by the 28th November 2011.

Name of Project:



Involving People with Learning Disabilities In Food Choices and Cooking

Update:

Please tell us in no more than 75 words what you have done?

We have finished the Cooking Together Course.
We are starting the Food Advocacy group called Food with friends on 17th November.

The Cooking Together Course.



We worked with support workers for two weeks. They did some cooking and talked about how to support people with learning disabilities better with cooking and healthy choices.



Then the people with learning disabilities who they support joined us for four weeks.



We cooked lots of different healthy dishes.



Sometimes we worked 1:1 sometimes in groups.



We used lots of different skills.



We learnt to use different equipment.



We used pictures of food to help us think about healthy food.



We talked about good support in cooking.



We are now planning a presentation on Cooking together.



We made lots of accessible information on the course and we are making some more.

We want to give more support workers and people with learning disabilities the resources we made on the course. We will think of ways to do that , like putting on Brightpart website.



1. How has this made a difference for people with learning disabilities?

- **Support workers said they learnt more about cooking**



- **Support workers said they learnt more about helping people with learning disabilities to cook**



- **All people with learning disabilities said they felt more confident about cooking**



- **People with learning disabilities learnt more about healthy eating.**



- **People with learning disabilities said they learnt new skills like using knives to chop vegetables, using hob, using cooker**



Here are some of the things people said about the Cooking Together Course:

‘A is making far more progress in her healthy food choices. She has bought many of the ingredients used in the course and is enjoying making new things.’



‘Definitely more confident, learned new skills each week and used them at home.’



‘Increased confidence around hot hobs and knives.’



‘very empowering and needs to continue, really good to see changes in people, skills learnt and confidence grow.’



2. What have you learnt from the project so far?

Speak Out and the Food Partnership have learnt about:

- **Good ways to support people with learning disabilities to cook**



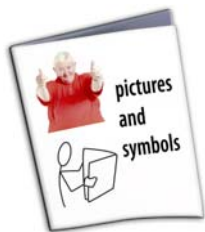
- **Kitchen equipment and techniques that are easier for some people**



- **That people with learning disabilities need the time and space to learn cooking skills and practice them to build confidence.**



- **Making recipes and healthy eating information easy to read and talk about.**



3. Is the project going to be complete by the end of March 2012?



Yes

4. Will the project spend all the money by 2012?



Yes.