



End of Grant Report

It is a requirement of the Grant Funding terms and conditions of Wolverton & Greenleys Town Council that you complete an End of Grant Report. This report will be presented to the Town Council at a Full Council Meeting.

Please complete the form, and return to Dianne Bowver, Projects Officer, Wolverton & Greenleys Town Council, Creed Street, Wolverton, Milton Keynes MK12 5LY, along with any additional evidence and any unspent grant money within the next 14 days.

Event or Project title: ...Community Cookalong for Parents and Kids.....

Name of Organisation, Committee or Single Applicant: ...The Old Bath House.....

.....
Name of Contact Person: Hannah Kitchen.....

Phone: 07734 003437

Email:
oldbathhouseprojects@gmail.com.....
.....

a) Please remind us of the aims of the grant and how this has been fulfilled

P.T.O

The focus of the 'Community Cookalong for Parents and Kids' was for parents to learn alongside their children how to prepare healthy meals in a relaxed and friendly environment, and the course certainly delivered on this.

The course met the following outcomes:

Increased confidence around healthy eating e.g confidence to try new foods, and follow or adapt recipes. *On several occasions when sitting eating with participants they told me this was their first time eating certain foods such as chick peas or brown rice. Parents expressed surprise that their children were trying and eating certain foods.*

When comparing the level of confidence when cooking new foods on the opening and closing surveys all of the adults marked themselves as having increased confidence as a result of the course.

Improved cooking skills – such as cooking techniques and knife skills

All the participants stated that they were more confident at cooking after completing the course

Attempt to change behaviour to improve nutrition, e.g. fewer takeaways or ready meals, changing cooking habits to reduce salt, fat or sugar and eating more fruit and vegetables.

All the adults said they'd be confident or very confident to try cooking the recipes learnt at home, and Mel the Session Leader emailed the recipes to everyone.

Outcomes beyond nutrition- such as improved family relationships, improved social skills, and increased confidence.

The course was about so much more than cooking. New friendships were forged and parents got to spend quality time with their children.

b) Have all the aims been met? If not, what part of the project failed to deliver (to include activity, materials or supplier) what was expected?

All the aims have been met, although only time will tell if participant's behaviour around food has changed in the long term. We'll be running more courses in the summer and Autumn, funding permitting, and plan to invite all the previous participants to a social gathering and food sharing at the end of the year so they can meet up again. We can ask participants attending this event how and if their cooking and eating habits have changed in the long term since doing the course.

c) Please include your end of project evaluation. Is this what you hoped for? Please feel free to include pictures of your event.

The course was very successful and the atmosphere was very supportive and nurturing. The participants gelled together really well and didn't want the course to end! One parent whose daughter has autism commented that this was one of the few activities her daughter was happy to participate in, and she said she'd willingly pay to do another similar course with her daughter in the future.

At the final session the children presented a home made card and chocolates to the the Session Leader and volunteers, and one child made a speech thanking them for their help in teaching her how to cook.

Please go to The Old Bath House Facebook page to see photos from the sessions.

d) Please evidence the number of people that the project / event has reached. This would include planning, participants, project leaders etc.

15 participants: 6 adults and 9 children
1 Session Leader
2 volunteers
1 Project Co-ordinator

e) Please include any feedback that you may have been given, publicity that you may have acquired or produced.

Feedback from Closing Surveys:

What was your favourite aspect of the course?

"Trying new things, letting the children do more in the kitchen, and mixing with other families."

"Getting to know more people and cooking with my Mum."

"It was brilliant. Really well run and organised."

"Eating it!"

"Learning new skills and working with a lovely group of parents and children."

f) Please attach a final set of financial accounts for the project that include proof of expenditure, such as receipts and invoices.

Signer: *Hannah Kitchen*

Position: *Projects Co-Ordinator*

Date: *21/3/19*

Please tick this box to agree for your details to be held for a period of 6 years subject to the Freedom of Information act.



Free Community Cookalong for Parents and Kids

**A FREE six week course
Tuesdays from 4-6.30pm
The Old Bath House, Stratford Rd, Wolverton
Starts: 5th February 2019**

We're looking for parents, each with a child aged
7-14 years to take part.

Share the joys of food and learn valuable skills, whilst having
loads of fun getting hands-on together in the kitchen.

You'll be making lots of tasty and healthy meals,
with a few treats thrown in!

If you're interested or would like to find out more, contact:



Hannah Kitchen, Projects Co-ordinator
oldbathhouseprojects@gmail.com
01908 310574
[Facebook/oldbathhousewolverton](https://www.facebook.com/oldbathhousewolverton)

