

## **Grow, Cook & Eat - Information for Referrers**

Grow, Cook & Eat is a health and wellbeing programme delivered by The Kindling Trust, since 2017.

Grow, Cook & Eat supports people to improve their wellbeing in a social and supportive environment. Participants spend half a day per week at Woodbank Community Food Hub learning how to cook healthy meals, eating a shared lunch and spending time in the community garden.

Participants also take home a weekly bag of organic veg, along with recipes and a selections of dried goods, herbs and spices.



These opportunities for increased social interaction, physical activity, and learning the skills to maintain a healthy diet, can benefit the physical and mental health of those who take part

Our activities are based on the principles of Social and Therapeutic Horticulture and the Five Ways to Wellbeing. We evaluate the impact of the project using the Warwick-Edinburgh Well-being Scale and questionnaires

We also run a number of one-off and regular activities at our community food hub, which means people have the opportunity to continue being involved once their referral has ended



## Referrals

The activities are suitable for a range of abilities. Our staff are fully trained and have many years experience of supporting people with different needs. People who meet the following criteria, may be referred:

- No known risk of harm to self or others
- 18 years of age or over
- Able to engage in group activities with minimal 1-2-1 support

Due to space and health and safety considerations, we can only accept one of the following types of referral per group. Please contact us in advance to discuss:

- Wheelchair users
- Parents who need to bring their child with them

**If we have any concerns about someone while they are taking part, we will contact the person or organisation who made the referral**

Sessions take place between 10.00am and 2pm on various days of the week. We run a five-week programme and a ten-week programme.

**To make a referral, fill in our referral form and send it to us by email or post:**

corrina@kindling.org.uk OR Corrina Low, The Kindling Trust, Bridge 5 Mill, 22a Beswick Street, Manchester M4 7HR

## About Us

We are a social enterprise working to create a fairer, more sustainable food system for all, from the growers producing our food, to the communities eating it

Since 2016 we have been working to turn the old council nursery site in Woodbank Memorial Park - now Woodbank Community Food Hub - into a thriving food hub for the local community

