

SUPPORTING OLDER MALE CARERS IN LIVERPOOL TO EAT WELL AND STAY CONNECTED

BETH BRADSHAW ANUTR.

FOOD ACTIVE PROJECT MANAGER, HEALTH EQUALITIES GROUP

With thanks to all our older carers and the Liverpool Carers Centre

**FOOD
ACTIVE**

ABOUT FOOD ACTIVE

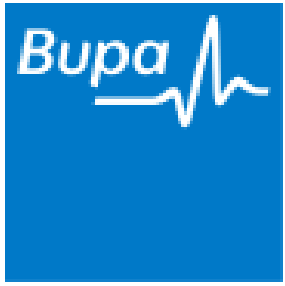
Food Active is a healthy weight programme delivered by the Health Equalities Group, and commissioned by local authority public health teams, NHS organisations, and OHID teams at both regional and national level.

Our aim - address the social, environmental, economic and legislative factors which influence people's lifestyle choices and behaviours, with a specific focus on healthy weight.

HEALTH
EQUALITIES
GROUP



**FOOD
ACTIVE**



**UK
Foundation**



**NATIONAL
LOTTERY FUNDED**



**TOGETHER
FOR LIVERPOOL
FOR GOOD**

THANKS TO OUR FUNDERS...

- BUPA UK Foundation (Cooking and Company)
- LCR Cares Metro Mayors Covid-19 Crisis Fund (Look Who's Cooking)
- National Lottery (Look Who's Cooking)
- LCVS Community Fund (Look Who's Cooking)

THANKS TO OUR PARTNERS...

We have worked with the Liverpool Carers Centre at Local Solutions to deliver both Cooking with Company and Look Who's Cooking

Alongside supporting these projects, they provide a wide range of health and wellbeing services for unpaid carers and they do a fantastic job!

Also thanks to our older male carers for taking part!



COOKING WITH COMPANY

In 2018 we launched our 'Cooking with Company' project, funded by BUPA UK Foundation and in partnership with the Liverpool Carers Centre.

Through consultation with a group of +65 year old unpaid carers, we found that...

CONSULTATION WITH UNPAID MALE CARERS



CARING HAD IMPACTED THEIR
EATING HABITS (100%)



THEIR COOKING SKILLS WERE
POOR (40%) OR ACCEPTABLE
(60%)



THEIR NUTRITIONAL
KNOWLEDGE WAS POOR/VERY
POOR (70%)

CONSULTATION WITH UNPAID MALE CARERS



PRACTICAL COOKERY (80%)



COOKING A MEAL TO TAKE
HOME (70%)



SOCIALISING WITH PEERS
(70%)



HEALTHY BUDGET MEALS
(50%)

COOKING WITH COMPANY

-
- Over 40 older male carers engaged; plus beneficiaries
 - 4 x 6-week programmes from 2019-2020
 - 2 hour cooking sessions
 - Weekly themed cooking sessions, cooked together and eaten together
 - Lots of time for general chat!

CONTENT

WEEK 1

Introduction to The Eatwell Guide
Food Hygiene and handling sheet
Cheese and mushroom omelette
Healthy breakfast ideas

WEEK 2

Fruits and vegetables
Batch cooking sheet
Chicken and bean casserole
Batch cooking inspiration ideas

WEEK 3

Fats and oils
Love your leftovers sheet
Tuna & egg wrap
Hummus and veg wrap

WEEK 4

Starchy carbohydrates and fibre
Cooking on budget sheet
Meal planning worksheet
Creamy lemon and green veg pasta
Meal planning ideas - preparation guide

WEEK 5

Proteins
Salt
Freezing techniques sheet
Tomato and lentil soup
Healthy soups ideas

WEEK 6

Dairy and alternatives
Cutting back on sugar
Food labelling guide
Fruity Yoghurt Crunch

NUTRITION
&
HEALTHY
EATING
TIPS

FOOD
SKILLS
&
HEALTHY
COOKING
TIPS

RECIPES
&
HEALTHY
MEAL IDEAS



Healthy Cooking
**RECIPES,
HINTS AND TIPS**
For male carers 65+

**FOOD
ACTIVE**


Local Solutions
Building Resilience. Raising Aspiration. Improving Lives

COOKING WITH COMPANY



TUNA & EGG WRAP

HEALTHY LUNCH

INGREDIENTS

- 1 tin of tuna (in water, brine or oil)
- 1 medium egg
- 2 spring onions, diced
- 2 tbsp reduced fat mayonnaise or salad cream
- Salt and pepper, to taste
- Handful of salad leaves
- 1 salad tomato and 3 slices of cucumber
- 1 wholemeal wrap

SERVES 1
PREP TIME: 15 mins
COOK TIME: 7 mins
EQUIPMENT: Milk pan, chopping board

DIRECTIONS

- 1 Place the egg in a pan of boiling water and cook for 7 minutes.
- 2 Drain the tin of tuna and place in a bowl. Season with salt (just a touch) and pepper, then add 1tbsp of reduced fat mayonnaise or salad cream and the spring onions and mix.
- 3 Place the wholemeal wrap on a plate and spread the remaining 1tbsp of mayonnaise in an upward motion down the middle of the wrap. Add the salad, tomatoes and cucumber on top of the mayonnaise and then half the tuna mix.
- 4 Once the egg is cooked, take off the heat, drain, run under cold water and then peel. Take care as the egg will be hot. Slice the egg into thin slices.
- 5 Fold the tortilla over the egg and then push gently but firmly with your hand to form a roll.
- 6 Tuck the ends in and then finish rolling the tortilla into a tight wrap and serve.



HUMMUS & VEG WRAP

HEALTHY LUNCH

INGREDIENTS

- Half a medium avocado
- 2 tbsp plain hummus
- 1tbsp low fat mayonnaise
- 1 small carrot
- Green lettuce
- Salt and pepper, to taste
- 1 wholemeal wrap

SERVES 1
PREP TIME: 5 mins
COOK TIME: 0 mins
EQUIPMENT: Chopping board, grater, vegetable peeler

DIRECTIONS

- 1 De-stone and peel the avocado. Slice half of the avocado into thin slices and set aside.
- 2 Peel and grate the carrot using the chunky side of the grater.
- 3 Slice a wholemeal wrap on a chopping board. Spread the mayonnaise in a line in the middle of the wrap, being careful not to go the edges. Do the same with the hummus.
- 4 Next, place the slices of avocado and grated carrot on top of the hummus neatly.
- 5 Finally, place the salad leaves on top of the filling and press down gently.
- 6 Fold the tortilla over the fillings and push gently but firmly with your hand to form a roll.
- 7 Tuck the ends in and then finish rolling the tortilla into a tight wrap, slice on the diagonal in the centre and serve.

FOOD LABELLING: HOW TO GUIDE

FOOD SKILLS

Food labels contain so much information, it's often difficult to know what you should be looking for and what it all means. But if you want to improve your diet and make healthy choices, it's important to get into the habit of checking the label.

WHAT SHOULD I LOOK OUT FOR ON FOOD LABELS?

Most products have nutritional information on the label. Some products also have colour coding on the front, which tells you at a glance whether the food is healthy or not.

- **HIGH (red):** This means the food is high in fat, saturated fat, salt or sugars, and these are the foods we should cut down on.
- **MEDIUM (amber):** This means the product is neither high nor low in the specific nutrient. You can eat foods with all or mostly amber on the label most of the time.
- **LOW (green):** If there is mostly green on the label, then this is telling you straight away it is a healthier choice! **TIP:** The more green(s) on the label, the healthier the choice.

Portion size is often written in brackets at the top of the food label. It is the manufacturer's recommendation for one portion of the product. The %RI is worked out based on this portion size. Remember - the portion size may be more than you eat



Fat tells you how much total fat is in the food. Saturates is another word for saturated fat. See your Fats and Oils sheet from Week 2 for more info

This tells you how much salt there is in the product

This tells you how much Total Sugars there are in the product

Energy tells you how many calories are in the product. We usually use 'kcal' when referring to calories.

Reference Intake is the recommended maximum daily amounts of energy and nutrients you need for a healthy balanced diet. % RI tells you how much of the reference intake the stated portion size provides.



TOMATO AND LENTIL SOUP

HEALTHY SOUP

INGREDIENTS

- 1 tsp olive/rapeseed oil
- 1 white onion, peeled and diced
- 4 cloves of garlic, peeled and finely chopped
- 2 sticks of celery, diced
- 2 carrots, peeled and finely chopped
- 4 large tomatoes, sliced into 8 half moons (keep the skin on)
- 1 baking potato, diced into small chunks
- 2 tsp ground cumin
- 1 tsp dried thyme
- 1 tsp paprika
- 1 tin chopped tomatoes
- 250g red lentils
- 1ltr reduced-salt vegetable stock
- Ground pepper, to taste
- Chopped fresh parsley or coriander

SERVES 4-6
PREP TIME: 15 mins
COOK TIME: 30 mins
EQUIPMENT: Chopping board, knife, large saucepan, blender (optional), measuring jug and vegetable peeler.

DIRECTIONS

- 1 Add 1 tsp of oil to a large pan and heat on a medium heat, then add the onion, celery, carrots and potato and cook for 8-10 minutes until soft, stirring every now and then.
- 2 Next, add the tomatoes, garlic, cumin, paprika, a pinch of pepper and thyme and fry for a further 2-3 minutes, ensuring all the veggies are covered in the herbs and spices.
- 3 Add the 800ml stock, chopped tomatoes and lentils. Bring to the boil, then turn down the heat to simmer for 25-30 minutes until the potatoes are soft and the soup has thickened up. You may need to add the remaining 200ml of vegetable stock if you want to make it less thick. It just depends on how you like your soup - thick, thin or somewhere in between!
- 4 Check the lumps of potato are cooked and taste the soup to make sure it has the right seasoning - add some more pepper or herbs/spices if you think it needs more.
- 5 Now you can blitz up the soup, keep it chunky, or take out a few ladleful's and blitz that then add it back to the chunky mix to create a mix of textures. Again it's up to you how you like your soup.
- 6 Serve in bowls with wholemeal bread.

CUTTING BACK ON SUGAR

NUTRITION

Reducing your sugar intake will help you to:

- Maintain a healthy weight. Help reduce weight.
- Reduce tooth decay.
- Help to protect against type 2 diabetes.
- Improve your mood, performance or behaviour. Help you concentrate better.

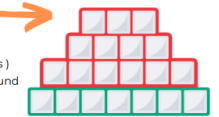
GOOD TO KNOW: Some foods we think of as healthy are actually packed with sugar. Make sure you read the label so you know exactly how much sugar you're eating. See your food labelling guide for more info!

HOW MUCH SHOULD I BE EATING?

Recommended daily intake = 30g or 7 cubes of sugar



Average daily intake = 90g or 21 cubes of sugar



- Try to not consume more than 30g free sugars daily (= 7 sugar cubes, teaspoons)
- Currently in the UK we consume around 3x more than we are recommended.

Did you know? There are > 56 different names for sugar, including:

sucrose	hydrolysed starch	golden syrup	treacle
glucose	invert sugar	palm sugar	date syrup
fructose	corn syrup	organic sugar	dark muscovado
maltose	honey	beet sugar	caster sugar
fruit juice	molasses	maple sugar	brown sugar

RECIPES, HEALTHY EATING & FOOD SKILLS

COOKING WITH COMPANY

“I have gained good friends and learned how to cook.”



OTHER OUTPUTS

Cooking with Care

A toolkit to support healthy eating for unpaid older carers



FOOD
ACTIV



Bupa

Cooking with Care Toolkit – designed to reach a wider audience

The Eatwell Guide



The Eatwell Guide is used to show the different types of foods commonly eaten and the proportions that are recommended to achieve a healthy, balanced diet.

No single food provides all the nutrients we need, so it is important to include a wide variety of foods in the diet. The guide is based on the following principles, and we should aim to base our diet on these guidelines as much as possible.

-  Everyone is recommended to eat at least five portions of a variety of fruit and vegetables every day.
-  We should try to base meals on potatoes, rice, pasta or other starchy carbohydrates, choosing wholegrains where possible.
-  Have some dairy or dairy alternatives (such as soya-based products); choosing lower fat and lower sugar options (where appropriate).
-  Eat some beans, pulses, fish, eggs, meat and other proteins.
-  Choose unsaturated fats and use in small amounts.
-  Drink 6-8 cups of fluid a day (this includes water, lower fat milk, sugar free drinks).
-  Reduce the amount of foods containing high levels of fat, salt and sugar you consume. Have these less often and in small amounts.

WITH CARE TOOLKIT



Train the Trainer Programme – in 2020 we trained up 5 members of staff and 1 older male carer to deliver the programme post-funding. Plans were halted by Covid-19...

ADAPTING OUR WORK IN A COVID-ERA

- More than 100,000 people caring unpaid for older or disabled relatives are using food banks to get by
- Almost 229,000 unpaid carers have had someone in their household go hungry during lockdown
- Researchers say figures paint a worrying picture of unpaid carers under intolerable pressure



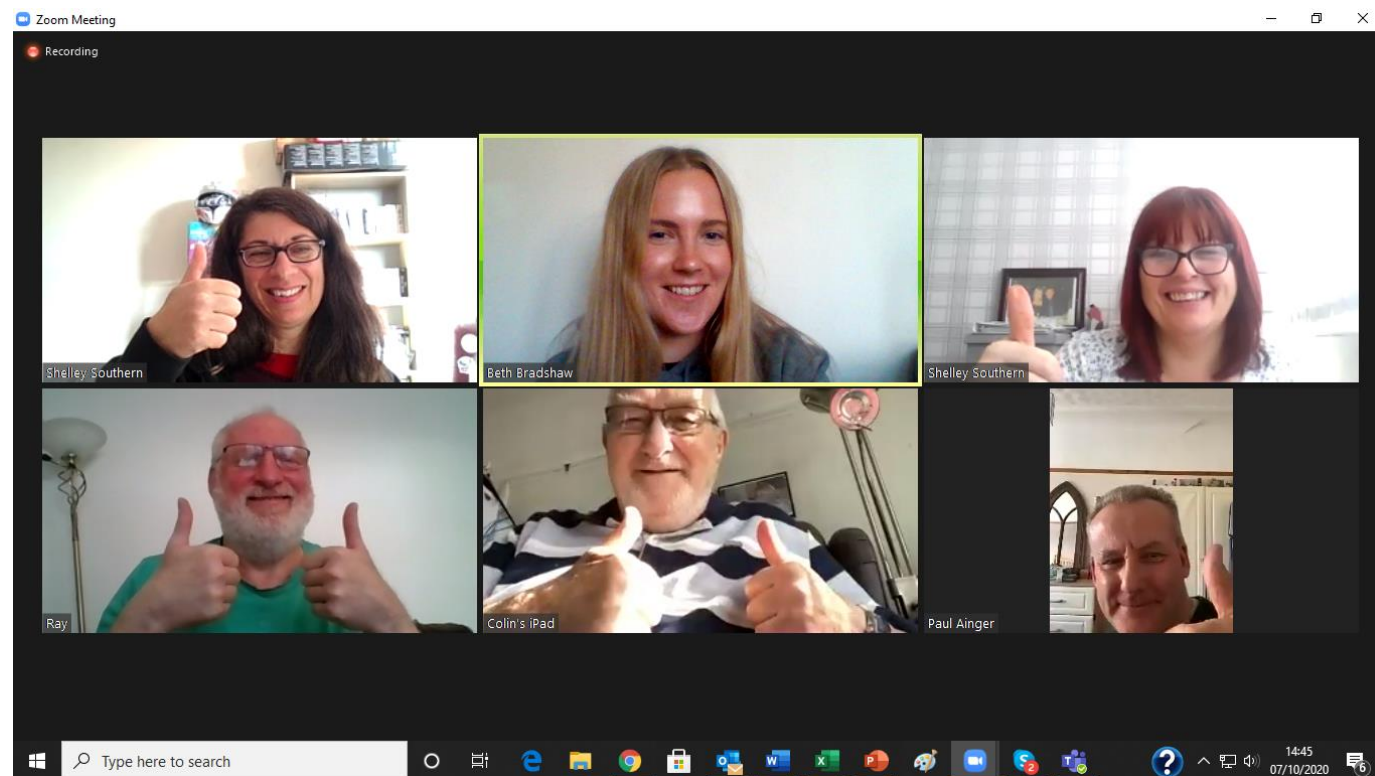
IMPACT ON OLDER UNPAID CARERS

- Shielding due to older age
- Shielding due to clinically vulnerable risk in household
- Availability and access to fresh food and drink is thus restricted
- Ability to utilise online food shopping may be limited compared to other groups
- Socialising and support off other family/friends/services is limited



ADAPTING OUR WORK IN A COVID-ERA

- Conducted brief consultation with some older male carers and staff at the Liverpool Carers Centre to see whether a virtual cooking course would be of interest...
- The answer was...YES!



LOOK WHO'S COOKING



LOOK WHO'S COOKING

Virtual Cooking Course for Male Carers

WEEKLY PARCELS

WEEK ONE:

Pre-evaluation survey
Utensils and apron

WEEK SIX:

Certificate
Post-evaluation
survey



Nutrition handout
(printed on card)

Food ingredients for
weekly recipe

Recipe Card (printed
on card)

Food skills
handout (printed
on card)

DROP OFFS & SOCIAL INTERACTION

Socially distanced
catch up



Drop off food parcels

Ask about welfare of
themselves and the
person they care for

Signpost to other
support at LCC

Ask if there is any
further support they
need



LOOK WHO'S COOKING

Virtual Cooking Course for Male Carers

- Live Cook-a-Long session especially for male carers of all ages.
- Learn how to make easy, low cost and delicious meals from around the world with other male carers.
- FREE 6 week course with all the ingredients and equipment delivered to straight to your door – no need to head to the supermarket!
- Receive recipe cards and other useful handouts, stored in a handy ring binder.
- Increase your confidence in the kitchen and release your inner-chef!
- Learn new skills on food preparation, handling and healthy eating.

Starting in December

Every Tuesday 11am-12 pm
OR

Every Wednesday 4-5pm

For more information and to register for your place, please call Maryam on 0151 705 2308



LOOK WHO'S COOKING

Virtual Cooking Course for Male Carers

WHAT'S ON THE MENU?



WEEK ONE: GREAT BRITISH CLASSIC

Easy Mackerel Fishcakes



WEEK TWO: GREEK WEEK

Crispy Greek-style pie



WEEK THREE: MEXICAN WEEK

Speedy Mexican Chicken Rice



WEEK FOUR: ITALIAN WEEK

Easy Risotto with Peas, Mushrooms and Bacon



WEEK FIVE: A TOUR OF INDIA

Chickpea and Cauliflower Curry



WEEK SIX: AUSTRIAN WEEK

Apple strudel

FREE Virtual Cooking Course especially for male carers – with all the ingredients and equipment delivered straight to your door. To register for your place, please call Maryam on 0151 705 2308

Starting in December

Every Tuesday 11am-12 pm
OR

Every Wednesday 4-5pm



HEALTHY RECIPES


LOOK WHO'S COOKING

Virtual Cooking Course for Male Carers

WEEK TWO

CRISPY GREEK STYLE PIE

A delicious and satisfying vegetarian pie that will soon become a household favourite!

 Serves 2, with leftovers for lunch

 Prep time: 10 mins  Cook time: 30 mins

INGREDIENTS:

- 200g bag spinach leaves
- 175g jar sundried tomato in oil
- 100g feta cheese, crumbled
- 2 tsp oregano
- 1 tsp dried nutmeg
- 2 eggs
- 125g filo pastry
- Bag of mixed salad leaves

EQUIPMENT:

- Large saucepan
- Chopping board
- Mixing bowl
- Knife
- Cake tin
- Teaspoon



GOOD TO KNOW:

- This pie is an easy way to go vegetarian for dinner – you won't miss the meat, promise! However, you can add slices of cooked chicken if you prefer.
- You can use fresh or frozen spinach – if using frozen, make sure you thaw it and drain thoroughly before cooking – otherwise it will make the filling very soggy.

METHOD

1. Heat oven to 180C/fan 160C/gas 4.
2. Put the spinach into a large pan. Pour over a couple tbsp water, then cook until just wilted. Tip into a sieve, leave to cool a little, then squeeze out any excess water and roughly chop.
3. Roughly chop the tomatoes and put into a bowl along with the spinach, oregano, nutmeg, crumbled feta and eggs. Mix well and season with black pepper.
4. Carefully unroll the filo pastry. Cover with some damp sheets of kitchen paper to stop it drying out. Take a sheet of pastry and brush liberally with some of the sundried tomato oil. Drape oil-side down in a 22cm loose bottomed cake tin so that some of the pastry hangs over the side. Brush oil on another piece of pastry and place in the tin, just a little further round.
5. Keep placing the pastry pieces in the tin until you have roughly three layers, then spoon over the filling. Pull the sides into the middle, scrunch up and make sure the filling is covered. Brush with a little more oil.
6. Cook the pie for 30 mins until the pastry is crisp and golden brown. Remove from the cake tin, slice into wedges and serve with salad.

LEFTOVERS?

Once cooled, store in an airtight container in the fridge and consume within two days. You can either reheat in the microwave (although this may make the pastry a little soggy) or back in the oven to warm through. Either way, make sure the food is piping hot before serving and serve with salad. You can also freeze any leftovers for a later date if necessary, but bear in mind the pastry may become a little soggy from the freezing process, but it is still fine to eat – cool, wrap tightly in clingfilm and freeze for up to a month. Bake straight from frozen until piping hot and eat on the same day.

- **Filo:** Use the leftovers to make a tasty healthy apple strudel – more information on Week 6!
- **Feta cheese:** Feta is great crumbled on top of salad or into an omelette.
- **Eggs:** Cook up a tasty omelette for lunch or dinner, or serve up boiled eggs or scrambled eggs with wholemeal soldiers or toast for a filling breakfast.
- **Oregano:** Great in Italian or Greek dishes – add to tomato sauces or marinades for chicken or lamb.


LOOK WHO'S COOKING
Virtual Cooking Course for Male Carers

FOOD SKILLS

W5 LOOK WHO'S COOKING
Virtual Cooking Course for Male Carers











TIME TO GET... PORTION WISE!

Eating the right amount of the different foods is key to achieving a healthy diet. However, it can be difficult to figure out how much we should be eating, and very easy to eat too much. Below are some useful tips and advice on getting portion wise...



FOOD GROUP	PORTIONS PER DAY
FRUIT AND VEGETABLES	5+
CARBOHYDRATES	3-4
SOURCES OF PROTEIN	2-3
DAIRY & ALTERNATIVES	2-3
OILS AND FATS	SMALL AMOUNTS

SEE BELOW FOR A ROUGH GUIDE ON PORTION SIZES FOR SOME POPULAR FOODS AND CHECK OUT THE OVERLEAF FOR MORE INFORMATION ON PORTION SIZE ESTIMATES

	Fresh fruit	-1 handful	80g
	Fresh vegetables	-3 tablespoons	80g
	Dried pasta or rice	-2 handfuls	65-75g
	Baked potato	Size of your fist	220g
	Breakfast cereals or dried porridge	-3 handfuls	40g
	Chicken breast	Half the size of your hand	120g
	Tinned tuna	One can (~160g net weight)	120g
	Low fat cheddar	-2 thumbs	30g
	Milk/dairy alternative	1 medium glass	200ml
	Rapeseed oil	1 teaspoon	3-5g

W1 LOOK WHO'S COOKING
Virtual Cooking Course for Male Carers

4 C'S TO FOOD SAFETY AT HOME

- ### 1 Cleaning

Clean kitchen surfaces after preparing foods;



After handling raw meat, poultry, fish and other raw foods always wash hands, utensils and surfaces thoroughly and before any contact with other food.
- ### 2 Cooking

Check food is piping hot before serving. Double check that sausages, burgers, pork and poultry are cooked right through; they should not be 'rare' or pink in the middle and when pierced with a knife any juices that run out of the meat should be clear, not bloody.


- ### 3 Cross contamination

Keep raw foods separate from cooked and ready-to-eat food at all times.



Ideally use separate chopping boards for raw and cooked foods. Wash hands after handling raw foods and before touching other foods and utensils.
- ### 4 Chilling





Do not put hot food directly into the fridge or freezer, let it cool sufficiently first; cooling should be completed within one hour after cooking. To speed cooling divide foods into smaller portions or place in a wide dish.

HEALTHY EATING

MY 5-A-DAY: WHAT COUNTS?

REMEMBER – POTATOES DON'T COUNT TOWARDS YOUR 5-A-DAY!

Below is a useful chart showing how much we need to eat of each type of fruit and veg to count as a portion.

Cruciferous vegetables  8 florets or pieces eg. broccoli, Brussels sprouts, cauliflower	Root vegetables  1 whole eg. carrot, parsnip, sweet potato	Salad leaves  1 cereal bowl eg. lettuce, uncooked spinach
Medium to large vegetables  ½–1 whole vegetable eg. courgette, leek, pepper	Small or sliced vegetables  3–4 heaped tablespoons* eg. peas, sweetcorn, or sliced cabbage, mushrooms, runner beans	Large fruit  1–2 slices eg. mango, melon, pineapple
Medium fruit  1 whole eg. apple, banana, orange, peach, pear	Small fruit  2 whole eg. kiwi fruits, plums, satsumas	Berries  1–2 handfuls eg. blackberries, raspberries
Unsweetened fruit or vegetable juice  1 glass (150ml) (only counts once per day) eg. orange juice, apple juice	Cooked pulses (beans & lentils)  3 tablespoons* (only counts once per day) eg. canned chickpeas, lentils	Dried fruit  1 heaped tablespoon* (30g) (only counts once per day) eg. raisins, dried cranberries

FRUIT JUICE CONTAINS LOTS OF SUGAR SO MAKE SURE YOU STICK TO NO MORE THAN 150ML!

Photo: World Cancer Research Fund UK. 'What is a 5-a-day portion?'. Check out their website for more health advice and support: <https://www.wcrf-uk.org/>

W6 LOOK WHO'S COOKING
Virtual Cooking Course for Male Carers

FOOD & DRINKS HIGH IN FAT, SUGAR & SALT

Food and drinks high in fat, salt and sugar have lots of energy in them which can be bad for our health and teeth, so we need to try to eat them in small amounts and less often.

Food and drinks that are high in fat, sugar and/or salt tend to include:


CRISPS


CAKES & BISCUITS


PASTRIES


SUGARY DRINKS


CHOCOLATE & SWEETS

Whilst some of these foods and drinks taste nice and are often seen as a treat, it is important that we try to limit our consumption of these where we can. This is because:

In our society, we are all eating **too many free sugars** (any sugars added to food or drinks), which can make us gain weight and can also cause tooth decay. We should try to not exceed 30g/day of free sugars – this does not include natural sugars found in milk products, fruit and vegetables.

We are also eating **too much salt**. A diet high in salt can cause raised blood pressure, which can increase our risk of heart disease and stroke. Try not to exceed 6g per day – that's around 1 teaspoon.

We also need to keep an eye on **how much fat we eat** – see Week 4 for more information and support.

Check the overleaf for ideas on how to make healthier choices!

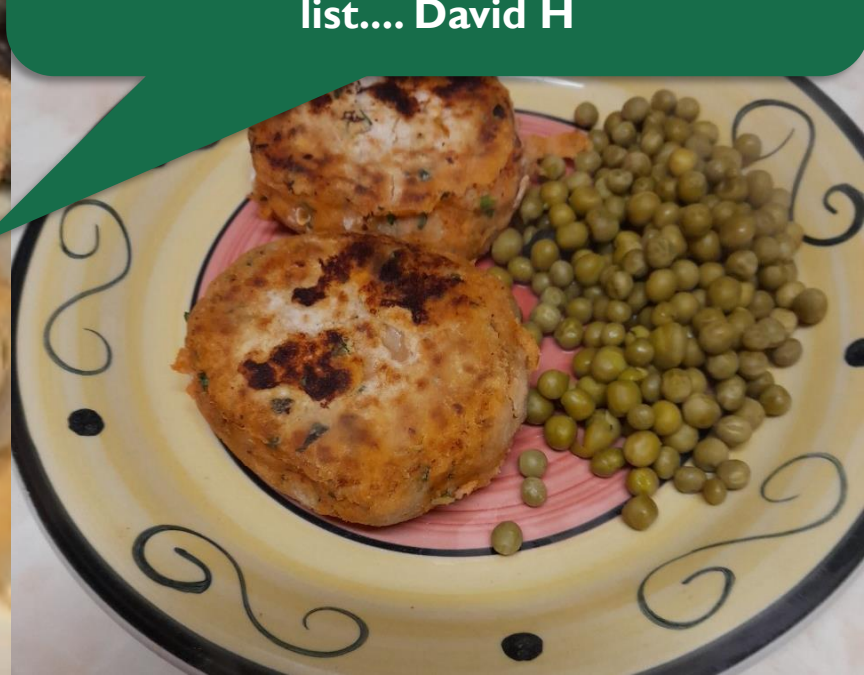
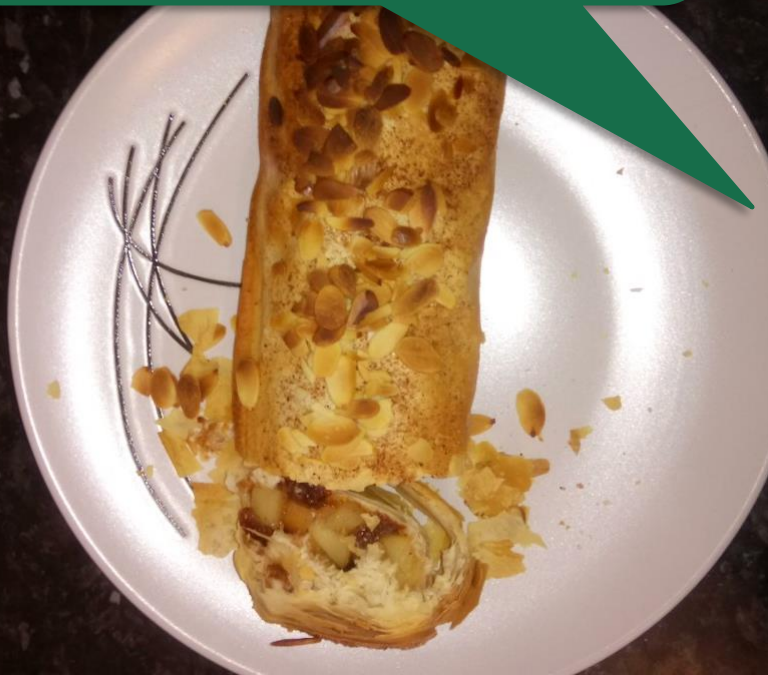




Enjoyed it, great course Beth explained it in easy-to-follow steps, and learnt 6 new meals thank you 🙌 Peter.

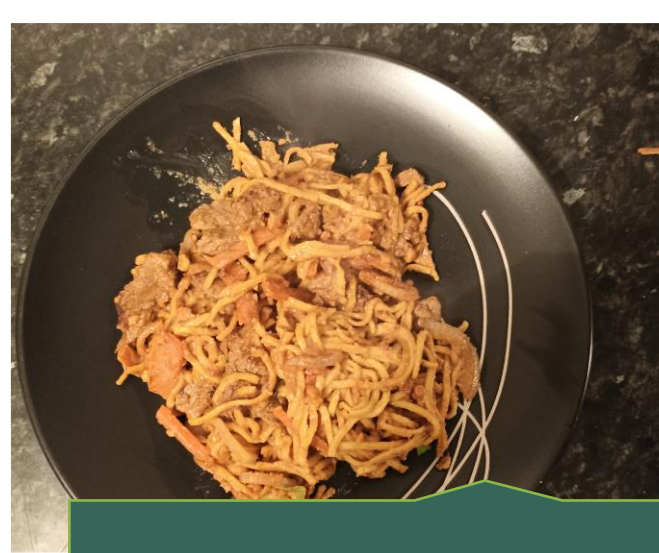


Another excellent lesson.....can't wait to tuck in. Thanks again to all concerned. I added a beer to the recipe list... David H





Mushroom Spaghetti Bolognese



Satay Beef Noodles



Ribollita (Tuscan bean soup)



Baked Salmon Traybake



Mexican Bean Enchiladas



Chicken and Vegetable Balti

OUR REACH

- Delivered 4 x 6 week programmes from 2020-2022
- Engaged with ~50 unpaid older male carers – plus many of their partners and family members joined in to lend a hand!
- Funded by LCR Cares, National Lottery and LCVS Community Fund

EVALUATION



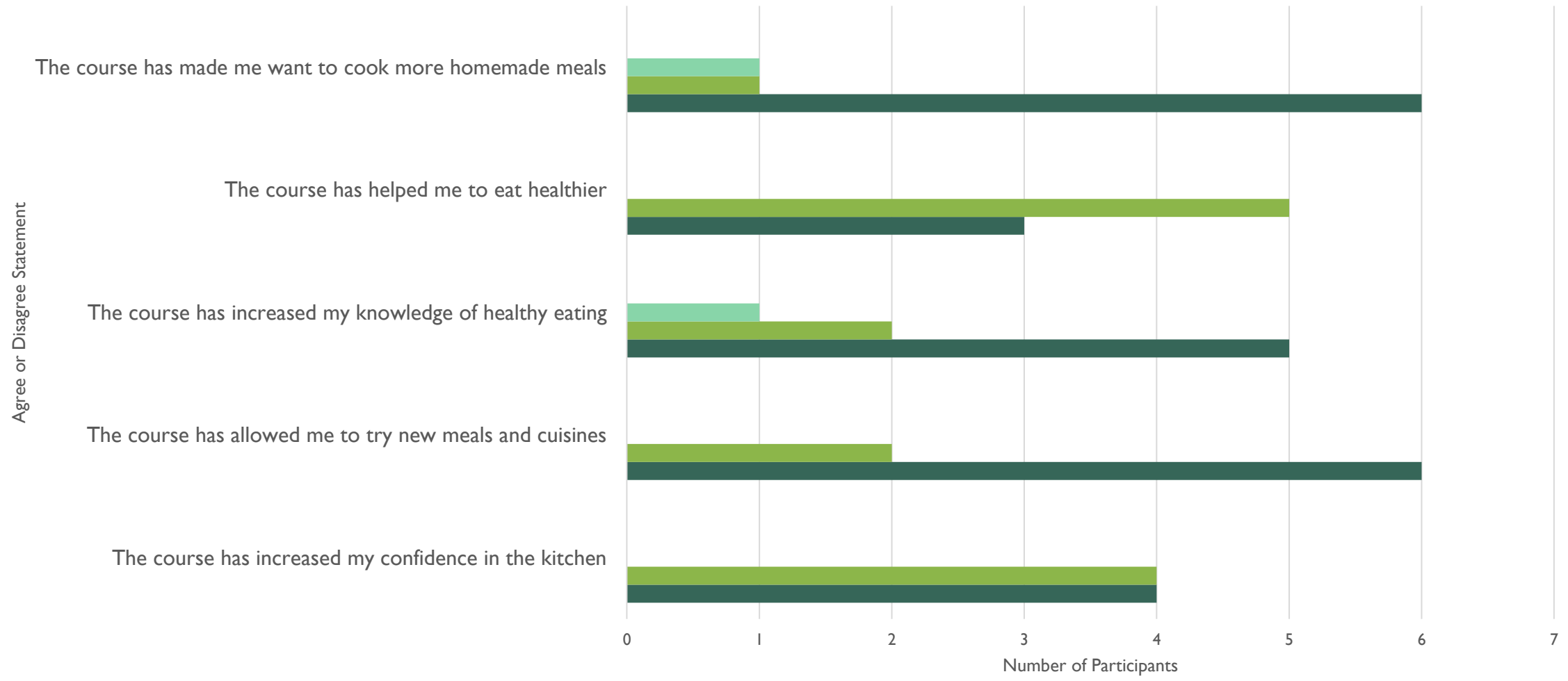
ACROSS ALL FOUR
COURSES, 100% WOULD
RECOMMEND TO A
FRIEND




90% RATED THE COURSE
AS 'EXCELLENT',
REMAINING 10% AS
'GOOD'



Scale: 1 = very confident, 5 = not at all confident



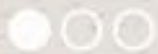
■ Strongly disagree
 ■ Disagree
 ■ Neither agree nor disagree
 ■ Agree
 ■ Strongly agree




I took part in the Look Who's Cooking course and found it very helpful in my role as a carer. I can now prepare a healthy meal at a fraction of the cost of a takeaway meal. I have learnt to prepare a variety of foods that I couldn't make before, and now use more vegetables in our cooking. The instructor, Beth, is very good at her job she makes you feel good and has given me confidence to cook my own meals with her easy way of explaining what is to be done, and how to save your left over.

The sessions are very informative, and it is enjoyable to eat something you prepared from scratch and store the remainder for a few days, now I can teach my friends and family how to cook a little differently using more vegetables. It's so nice to learn new things, and overall, it is a very informative and inspiring course that I believe should be extended to as many households all over the country as it helps, especially in these struggling times, in closing I must say thanks to the Local solutions for enabling us to access this course as carers.

Edmund, 75






We have run a men's cooking workshop for elderly male carers in our carers centre through Food Active they really helped us to engage men in our service as they do not normally ask for help in their caring role, though the workshop we were able to start a men's only coffee and chat session, 'Cavemen Coffee' that now meet very month. We have a good turnout of male carers who attend. During the first lockdown we linked up with food active again and were able to run several online cooking courses 'Look who's cooking', which really helped the carers to feel supported. From the online workshops we were able to do welfare chats on carers doorsteps as we delivered ingredients to them each week.

The carers still talk about the recipes they learnt and have started to come to our other services as they have developed in confidence and others still prep their meals out in the same format and take time away from their caring role to create healthy meals for them and the person they are caring for.

**Maryam, Health and Wellbeing
Coordinator at the Liverpool
Carers Centre**






Covid-19 has made me really withdrawn, the cooking course helped me to be motivated and take more of an interest in cooking health tasty food. I now use more spices and am more aware that I can make easy dishes like fishcakes instead of buying them from the supermarket. I also rely a lot less salt to flavour my meals as a result!

Ken, 74





For the first time in ten years I felt that others cared about and for me and the caring role I have shouldered for ten years now. This was all new to me.

I looked forward to the ingredients being delivered on Mondays and then waited with anticipation for the cooking sessions having thoroughly read all of the accompanying literature.

So it was a sense that there was someone out there who cared.....I have not really reached out for help before and this course showed me that there are organisations and individuals out there who are extremely willing and able to help.....plus it was good fun!

David, 71



SUCCESS STORY...

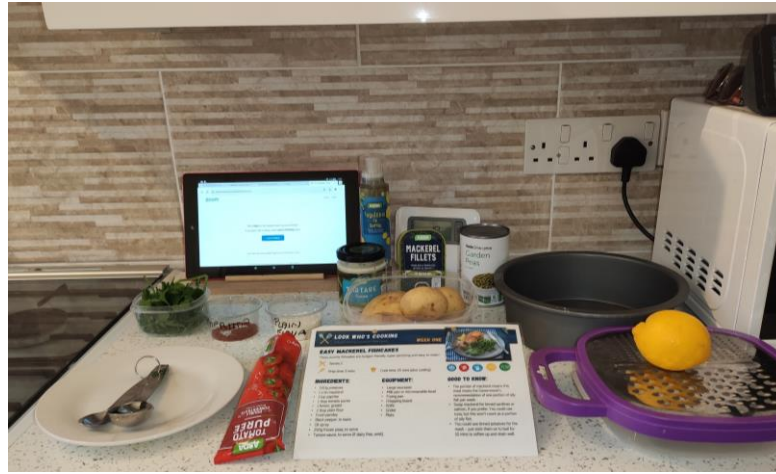
- Older male carers have always been a difficult group to engage in general health and wellbeing activities
- Learning how to cook via Cooking with Company and Look Who's Cooking has been a useful and successful way of engaging with this group
- Weekly 'Caveman Coffee' sessions are now hosted monthly with the older men who attended our courses
- Also accessing other areas of support from the Carers Centre – IT skills, mindfulness courses, photography courses, guided walks.

POINTS OF REFLECTION

- Consultation is always key to engagement
- Don't underestimate willingness to try new foods and cuisines!
- Focus on simplicity and first and foremost, TASTE!
- Sometimes the pull isn't always being healthy. Sell a project/resource for something else that is of greater importance – i.e. learning how to cook, gaining new skills, making new friends
- Where possible, make things fun and social – essential for our target audience

NEXT STEPS

- Look for **more funding** to redeliver courses
- Consult on preferred mode of delivery – pros and cons to virtual!
- Consider how we can embed these courses into usual services and cerement sustainability
- Consider reorientating the course amid cost of living crisis – ‘low and slow’ cooking courses using low-energy appliances i.e. slow cookers.



THANK YOU FOR LISTENING!

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