

29<sup>th</sup> March 2010

## Tips on cooking for one served up for Eden Housing Association tenants

Eden Housing Association (EHA) has been working with tenants and residents on a training programme that allows them to learn new skills and improve their lives. One of the most popular courses was 'Cooking for One' which resulted in extra courses being organised.

The 2010 training programme was created in consultation with tenants and residents who were asked what courses they would find most beneficial. The final programme includes 12 free courses ranging from money matters to growing your own food and family first aid. They are being held all round Eden to make sure everyone has the opportunity to take part.

Jessica Worlock, EHA Community Development Officer said "As a rural community it is important that our tenants and residents have access to our training. These courses have enabled us to reach a very diverse audience, meeting tenants who have never interacted with us before. It is also a great way for them to meet other residents and make new friends - it is particularly useful for some of our newer tenants who are getting to know people in their community much quicker."

The 'Cooking for One' course was run in Appleby, Kirkby Stephen and Penrith and gave participants the chance to try new foods and flavours. Cookery teacher Anne MacDonald demonstrated how to cook economically for one, making the most of everyday ingredients. Pushing their food boundaries, Anne also included more unusual ingredients like Butternut squash. As well as demonstrating the food, participants enjoyed the dishes for lunch and were given a recipe book of simple tasty meals.

Looking back on the training, Anne said "the courses may have been about learning new skills and ideas, but for me, the thing that stood out most, was the fact that food acted as a facilitator for the social interaction. Having a common topic is a great way to make new introductions."

Jessica said "the feedback from residents has been excellent. 'Making meals to freeze was very useful', 'it motivated me to try new things' 'a good chance to try new flavours and ideas' were some of the positive comments we received. They all enjoyed the courses and we were pleased to see a number of gentlemen taking part too. Anne stretched their boundaries to the point where they were still happy to try new things. It was also a good way for residents and tenants to get together - at supported housing schemes at Rampkin House and Sim Court, the communities stayed on to chat after the course had finished."

The cookery courses were fully subscribed, but there are still a few places left for courses running later in the year. Anyone interested in learning more about the "Learn New Skills" programme should contact EHA Community Development Officer Jessica Worlock 01768 861 435 or email her on [jessica.worlock@edenha.org.uk](mailto:jessica.worlock@edenha.org.uk)



Pictures:  
Teacher Anne MacDonald demonstrating cooking for one.

Some of the Penrith participants at Sim Court:  
Anne Iverson, Kathleen Winder, Tom Broad and Eileen Soulsby