

MINISTRY OF FOOD

♥ JAMIE OLIVER

FREE

THE GATESHEAD MINDFUL COOKERY COURSE

A brand new course for 16–25 year olds

CENTRAL G'HEAD

STARTING 27th APRIL, FOR 8 WEEKS

Sunday's, 11:30 – 13:00

@ Gladstone Terrace Centre

11-12 Gladstone Terrace,, NE8 4DY

OR

PELAW

STARTING 22nd MAY, FOR 8 WEEKS

Thursday's, 16:15 – 17:30

@ Hertfordshire House Centre

Rothbury Avenue, Pelaw, NE10 0QY



Are you...

- 16–25 years old?
- living in Gateshead?
- experiencing low mood sometimes?
- able to come along to the 8 week cookery course?
- happy to fill in evalaution forms at the start and end of the course?

SIGN UP HERE

nourishfoodschoo.co.uk/gatesheadmindfulcooking

The Gateshead Mindful Cookery Course is a free 8-week cookery course that upskills, inspires and enables people to make really tasty and positive changes to their diet that positively impacts their health and wellbeing – particularly tackling concerns such as low mood.

This course is run by **Nourish Food School** in Gateshead whilst developed and evaluated in partnership between Nourish Food School, Jamie Oliver's Ministry of Food, The Foundation for Young People's Mental Health and the University of Reading.

COURSE CONTENT

This programme is **FREE**, all we ask is that you can attend 8 cookery classes, can fill in a few forms for evaluation and are eager to put into practice things you learn in the classes at home.

- ✓ 8 practical, fun cookery classes
- ✓ Take home everything you cook – no cost
- ✓ Free storecupboard food hamper on week 1
- ✓ Nutritional know-how taught in every class
- ✓ Ongoing food support, advice and motivation
- ✓ Weekly home cooking challenges
- ✓ Food and recipe cards provided

FREE TO ATTEND

TRAVEL COSTS REIMBURSEMENT AVAILABLE

Give us a shout if you have any questions

joanna@nourishfoodschoo.co.uk

07817 703 274

ELIGIBILITY CRITERIA

This course is part of a study to show that cooking and eating well can have a positive impact on our mood.

This means we are opening places on the course for people who are:

- age 16-18 years old (or up to 25 if there are any SEND needs)
- living in Gateshead
- sometimes experiencing episodes of low mood
- willing and able to put the skills and recipes into practice at home
- happy to support the project by completing a few forms at the start and end of the course

We're collecting evaluation data from participants because we really care about the difference that the course makes and hope to be able to gather enough data to prove that this programme should be available to more young people in Gateshead and the rest of the country for a long time!



JOIN THE COURSE

nourishfoodschoo.co.uk/gatesheadmindfulcooking



Funded by  **Gateshead Council**