

## LIVERPOOL COMMUNITY SPIRIT: HUNGRY MUST BE FED.

### Funder's Report to the Picton Panel

*The funding received from the Picton Panel allowed Liverpool Community Spirit to deliver three complete runs of the Hungry Must Be Fed adult learning course to marginalised members of Liverpool's diverse communities. Using cultural cooking techniques, hospitality traditions and story-telling from across the world, our learners began a journey towards personal goals and to embracing positive attitudes towards people from diverse communities different from their own. We have pleasure in reporting the difference that your funding and support made.*

#### **The learners:**

25 learners from across the Liverpool area were engaged over three runs of seven sessions. Each of these learners was an unemployed adult over the age of 18. Many of the learners were ex-offenders, had a history of addictions, struggled with their mental health, or were marginalised in their community for other reasons.

#### **The course:**

Each of the three runs of courses lasted for seven weeks. The first six weeks were a structured programme of learning, exploring cooking techniques from around the world as well as stories and traditions from these (and other) cultures. The learners worked together as a team to prepare a meal for themselves and their guests, including more than 14 members of diverse local faith and cultural communities as guests. The stories and hospitality traditions encouraged learners to ask questions about other cultures, to understand the roots of different faiths and traditions and to recognise the importance of good community spirit.

In the final week of the course the learners were given the opportunity to explore the Liverpool Anglican Cathedral, including explanations of the importance of faith and places of worship in the city and a tour of the tower.

The deliveries of the courses were supported by our growing team of volunteers. At present we have a team of more than 21 course graduates who support the delivery of our courses. Each week this team support the delivery of food preparation, logistics of delivering the workshops and mentoring other learners to complete course activities and to set personal goals.

#### **The progression:**

Following on from the course, six of these learners have returned on subsequent runs as course volunteers. Using the skills they had learned on the course, and under the guidance of our team, the volunteers worked with new course learners to help them to get the most out of the course and to mentor them as the learners explored personal goals and opinions.

In our three month monitoring of a sample of the learners, all of them reported positive progression following on from the course. Many had chosen to eat more healthily, cooking from fresh ingredients more often. Many of the learners had improved attitudes towards people from different cultures and faiths to their own, and some of the learners who had offending backgrounds had avoided reoffending since the completion of the course. Many of the learners reported improved confidence and a greater willingness to involve themselves in community activities and events as a result of the course.

#### **The Photographs:**

Below is a sample of photographs from the courses:



### **The feedback:**

We ask all of our learners to provide feedback on their course experience. The following were our three favourites from these course runs:

***“The course increased my aspirations and gave me a better cultural understanding.”***

***“Something it made me reflect on about my life: ‘That it’s not all downhill.’”***

***“It made me think I can achieve anything I put my mind to.”***

19.08.13.

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