

# World Food Project report

April 2023 - January 2024

We have run 23 sessions with over 100 participants

## Cook Around the Community

### Our monthly cook and eat sessions

7 sessions attended by 30 people including 6 children. Most people attended more than one session and an average of 8 people came to each session.

#### Feedback

I usually a bit down by Wednesday, this gives me a boost, helps me get through the rest of the week and is a great cure for the midweek blues

It's such a great way to bring people together, I love the food and the socialising, meeting new interesting people and cooking and eating together



# Cook Around the World

## Our monthly cook and eat session with a chef from another country

8 sessions with cooks from Iraq, Marocco, Syria, Sweden, Palestine and Jordan. Attended by 50 people including 8 children. most people attended more than one session and an average of 14 came to each session.

### Feedback

Delicious food and friendly group  
Learning cooking together is good for learning English  
It's lovely to have a chance to cook and eat with other people  
Easy recipes we can do at home  
When you eat you're happy  
It brings people together  
I met my neighbour



## Cook, Eat, Learn

### Our short course with English lessons, cooking and eating

4 courses attended by 45 people

Students have been from lots of countries e.g. Ukraine, Hong Kong, Russia, Syria, Turkey

#### Feedback

*I am suffering from depression and lots of other health problems like diabetes, fibromyalgia, blood pressures etc. I have many benefits from this course like I can talk to each other and cook and have fun and laugh, also learning English and practise speaking English. It's very helpful for my health. I love this course.*

*such a pleasant opportunity to have a meal have been made in friendliness and respectful way. Moreover it's really the most effective way to gain a language.*

*good for well-being and amazing fun.*

*I loved it because I learned a lot of English words in cooking and learning a new recipes, go out of my problems and meet people. I feel amazing of this course. Good for wellbeing*

*Your course is very necessary for us foreign citizens to understand real English language. I personally like to share my experience in conversational English and to meet in communication ad have new friends for the soul.*

*I am coming for learning English. First the time, I see different people. This course helped me to learn English recipes and good for well-being. We work like home person and also feeling family members. We learned more recipes. I learned more experience in this course. Because I have skills to cook tomato sauce, I am relaxed in here.*



### Pizza with teenagers who are seeking asylum

In 2022 and Spring 2023 we ran and planned several sessions to support the young asylum seeking men who had been placed in a hotel in Hove. We planned to continue these sessions, arranged a to use Brighton and Hove Food Partnership's lovely community kitchen for a very low price and secured funding for 6 sessions as part of our National Lottery Community Fund bid.

However we didn't end up running these during this period because the hotel shut after a political furore and an awful lot of children going missing. We planned 2 sessions and cancelled them at the last minute. We moved this money to an additional Cook, Eat, Learn course working with people from all the hotels including young people

One good thing from this is that we met a team of lovely volunteers who are interested in doing further work with young asylum seekers in the future if this is something we end up doing again, we're all in touch through a WhatsApp group

#### Funders

The National Lottery Community Fund, Chalk Cliff Foundation, Hollingdean Neighbourhood Fund