

With Hannah taking some very well-deserved holiday, I am taking over this month's newsletter to update you all on the new sessions and opportunities we have coming up here at Project Food, as well as to tell you a bit about what we have been up to.

We have some new and exciting sessions and volunteering opportunities that we would love you to be involved with.

With very best wishes,  
Kerry and the Project Food team



**PROJECT FOOD**

A helping hand to healthy eating

Axminster Hospital

Chard Street

Axminster

EX13 5DU

01297 631782

[info@project-food.org.uk](mailto:info@project-food.org.uk)

[www.project-food.org.uk](http://www.project-food.org.uk)

## What's on

### Cooking Made Easy - Axminster and Seaton

Our Cooking Made Easy groups meet once a month in Axminster and Seaton. These friendly sessions will help you to learn how to cook more healthily for yourself and others. If you are interested in developing your skills, knowledge and confidence to cook new meals to support your physical and mental health, then this is for you!

- Our Axminster group meets on the 4th Thursday of each month, 11am–1pm in our kitchens at Axminster Hospital. The next one is Thursday 22nd September.
- Our Seaton Group meets on the 2nd Friday of each month, 11am–1pm at the Marshlands Centre, Harbour Road, Seaton. The next one is Friday 9th September.

We hope to be starting new groups in Chard and Ottery St Mary in the near future too.

### Food and Mood



We have an exciting new group starting on the 15th September which will help people to learn about the relationship between what you eat and how you feel. Food and Mood will meet every 2 weeks and will combine hands-on cooking lessons and teach you basic gardening skills in our new courtyard garden in Axminster Hospital. We will support you while you develop the skills and confidence you need to help you to grow your own fruit and veg and cook to support your mental health. Booking is essential for this group. Please email [info@project-food.org.uk](mailto:info@project-food.org.uk) or call 01297 631782 for more information.



## Volunteering opportunities

As a small charity, we simply couldn't survive without our lovely volunteers! We currently have several volunteering opportunities helping at our groups for both adults and children, cooking, delivering, packing, office admin, fundraising, and much more! If you would like to join our Project Food team, please email [kerry@project-food.org.uk](mailto:kerry@project-food.org.uk) or call 01297 631782 to arrange a time to come in for a cuppa and a chat.



## Project Food is growing!!



We are very excited to announce that we are expanding! Over the coming months, we will be setting up a new Project Food hub in Ottery St Mary Hospital. With thanks to NHS Property Services, we will be able to offer our sessions and food provision to people

across a wider East Devon area. This of course opens up even more volunteering opportunities. If you are in the Ottery St Mary area and you would like to be kept up to date with the new activities planned in our new space, or if you would like to join our team of volunteers based in Ottery, please get in touch.

## Keeping up with the Kids

Over the last few months, we have been having a great time with our kid's sessions. From holiday clubs to after-school groups, we have been busy helping little ones to grow in confidence and teaching skills in the kitchen that will last them a lifetime!



During the school holidays, we have been part of the HAF (Holiday Activity and Food) programme, taking groups of children to get active at some great local facilities, such as California Fitness, Axminster Gymnastics and Sporting Chance before bringing them back to the kitchen to cook up a storm for lunch. We also had the amazing opportunity to try out some campfire cooking at Seaton Wetlands. On top of the busy activity days, we have also sent out 90 recipe boxes (in the summer holidays alone) providing families with everything they need to make 5 delicious dishes along with a fun activity to do at home. The giant hula-hoops were a great hit!!

We look forward to expanding the projects we offer for children by not only continuing with the HAF clubs but starting 3 more clubs in Chard and Axminster for families living in food poverty and children with special educational needs.