

# Project Food Newsletter

We are kicking off on the right note with great cooking groups, exciting fundraising and lovely social get togethers with our volunteers. This month's newsletter will tell you about what we have coming up, what we have been up to and how you can be involved.

If you would like to find out more about Project Food sessions and support, fundraising or volunteering, please get in touch.

With very best wishes,

Kerry and the Project Food team



**PROJECT FOOD**

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## What's been happening at Project Food

### Axminster Cooking with Confidence



Following our successful launch of our new cooking group in Axminster, Cooking with Confidence will now be extended into April. Whether you are cooking just for yourself, caring for a loved one, managing a diet-related illness or simply not feeling very confident in the kitchen, this group is for you. Come and join our FREE, friendly cooking group to learn how to cook more healthily for yourself and others and develop your skills, knowledge and confidence in the kitchen.

Our next sessions are on the 9<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup> April from 11am until 1pm. Please get in touch if you would like to come and join us.

### Easter Good Grub Club in Chard

We are excited to announce that we will be at Holyrood Academy in Chard on Wednesday 3<sup>rd</sup> and Wednesday 10<sup>th</sup> April from 10.30am - 1pm for our Easter holiday 'Good Grub Club'. Come and join our fun and friendly family cooking group, learn a new recipe, cook and eat together and take home a recipe bag at the end of the session.

This group is completely FREE of charge. Priority will be given to Abri Homes tenants. Booking is essential to ensure we cater accordingly.

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

Call - 01297 631782

Whatsapp - 07305 004631





## Jeff and Carole's 630 mile trek

Our volunteer Carole and her husband Jeff have always dreamed of completing the Coastal Path in one continuous journey. What better time to achieve this goal than now, as they settle in Devon and enter retirement?

The Southwest coast path spans 630 miles, starting from Minehead Somerset, around Lands' End, and ending in Poole, Dorset, involving a total climb of 115,000 feet, equivalent to scaling Everest four times. Their journey will commence on Friday, May 3rd, giving them until the end of June to finish it.

To support Jeff and Carole as they raise money for Project Food on their epic challenge, please go to <https://localgiving.org/fundraising/Jeffs630mileCharitytrek/>

**If you would like to take on a challenge for Project Food, please get in touch with [kerry@project-food.org.uk](mailto:kerry@project-food.org.uk)**

## Our volunteer lunch

Our volunteers play a crucial role in every aspect of our work, and without them we simply could not function.

Every couple of months we have a get together to say thank you to everyone for their hard work for our charity. Thank you to Carole, Roger and Jo for cooking an amazing spread. We had almost half of our volunteers in this time.... it was a squeeze, but a good time was had by all!



If you have a bit of spare time each week and would like to support people in your community to cook and eat well, we would love to chat with you.

Email [kerry@project-food.org.uk](mailto:kerry@project-food.org.uk) or call 01297 631782.

## Meet the Trustee—Jess



We are pleased to introduce you to the second of three new Trustees joining the Project Food team, Jess Morency.

In 2002 Jess co-founded Water Babies Ltd, a company that teaches babies to swim from birth. Thirteen years on, it's the world's largest swimming company with a network turnover of £18 million, 38,000 clients in the UK and more than 50 franchises. Her work portfolio also includes time spent in advertising, financial services, fundraising and hospitality, plus a five-year stint as a secondary school teacher. We are delighted to welcome Jess to Project Food and we know that the charity will benefit hugely from her wealth of experience.