

Welcome to our May Newsletter!

We're thrilled to share some exciting developments happening across Project Food.

From the launch of Project Food Hub at Axminster Hospital—a vibrant new space for cooking, sharing, and supporting one another—to the continued success of our Cooking with Kids and Cooking with Confidence sessions in Ottery St Mary and a brand new diabetes course starting in Seaton, there's never been a better time to get involved. These programmes are all about bringing people together through food, building confidence in the kitchen, and making nutritious meals accessible to everyone. Whether you're looking to learn or lend a hand, there's something here for you. Read on to discover how you can take part and support these growing community efforts.

Warm regards

Kerry and the Project Food team



Axminster Hospital
Chard Street
Axminster
EX13 5DU
01297 631782

info@projectfood.org.uk
www.project-food.org.uk

Introducing Project Food Hub: A new chapter for community food support in Axminster

We're excited to announce the upcoming launch of The Food Hub, a vibrant new initiative based at Axminster Hospital that will bring people together through food, learning, and community support.

At the heart of Project Food's Food Hub are our community cook-alongs, running three days a week. These welcoming sessions will use surplus produce from local farms, food producers and supermarkets to create simple, nutritious meals. Whether you're a parent, carer, someone living on a low income or managing a health condition, these sessions are open to all, helping to build food confidence in a supportive environment.



Participants can cook, eat and connect with others and access food from our community fridge. Any leftover food will be shared through our community larder, ensuring nothing goes to waste.

But that's not all. The Food Hub will also offer:

- Free recipe boxes and fruit & veg bags to support healthy eating at home.
- Support for families during school holidays, in partnership with local schools.
- Frozen meals made from surplus food, available to those in need.

With two large kitchens, a garden, and accessible facilities at Axminster Hospital, Project Food Hub is perfectly placed to become a central space for food resilience, learning, and community connection.

Full details coming soon—watch this space!

In the meantime, keep an eye on your inbox and our socials for updates. We can't wait to share more with you.



New FREE Cooking Course in Seaton!

Cooking with Confidence: Diabetes Edition

Starts 10th June at St Gregory's Church Hall, Colyford Road, Seaton.

Are you living with or affected by pre-diabetes or type 2 diabetes? Join our friendly 6-week course and learn how to cook healthy, delicious meals that support better blood sugar control.

Over the course of 6 weeks, we will cover:

- Understanding Type 2 Diabetes & Healthy Cooking Basics
- Building Balanced Meals
- Low-Carbohydrate Cooking
- Heart-Healthy Cooking for Diabetes
- Meal Planning & Preparing for the Week Ahead
- Creating Sustainable Habits

St Gregory's Church Hall, Colyford Road, Seaton, Devon, EX2 2DF.
Tuesdays from 10th June.

You can book your place by getting in touch with Clive by email - info@project-food.org.uk or phoning 01297 631782.

Ottery St Mary Hospital: Cooking with Kids and Cooking with Confidence

These hands-on sessions are more than just about food—they're about building confidence, encouraging creativity, and bringing people together through the joy of cooking.

Cooking with Kids - Starts Wednesday, 4th June 2025, from 4:15pm to 5:45pm

Our Cooking with Kids sessions are a hit with families, offering a fun and relaxed environment where children and their grown-ups can learn to prepare simple, healthy meals together. It's a great way to introduce young ones to the kitchen, teach valuable life skills, and enjoy some quality time as a family. Plus, the results are always delicious!



Cooking with Confidence - Starts Monday, 2nd June 2025, from 11:00am to 1:00pm



For adults looking to boost their kitchen skills, Cooking with Confidence is the perfect place to start. Whether you're a complete beginner or just looking to brush up on the basics, these sessions are designed to empower participants with practical cooking knowledge, meal planning tips, and the confidence to try new things. It's also a wonderful opportunity to meet others and share experiences over a shared love of food.

Both programmes are held in the welcoming setting of Ottery St Mary Hospital, where community spirit and support are always on the menu.

Want to get involved or learn more? Email info@project-food.org.uk or call 01297 631782