

Stay and Bake Proposal

The Stay and Bake course has proved very successful in engaging hard to reach families and have a significant impact in the following key areas:

- Healthy eating
- Cooking from scratch
- Dental hygiene
- Improving employability

The next Stay & Bake courses need to be in Pallion, Silksworth and St Chad's wards due to the obesity levels, high numbers of teenage mums, unemployment rates and proportion of children living in poverty, as well as repeating the course in St Anne's.

At present, the majority of the courses have ran in conjunction with the WI who only have one volunteer cook. To minimise our dependency on one volunteer another trainer has been identified but her services must be paid for. Likewise, additional venues for delivery have been sourced but need to be paid for. Additional crèche workers to look after the parents' children during the courses are also required.

The following is the cost breakdown for the proposed courses:

Ward	Dates	Item	Cost	Funded by
St Chad's	Summer 2013	Venue hire (Lakeside and Gilley Law CA)	£300	West Area Cttee (WAC)
		Crèche (8 children)	£1635.20	WAC
		Chef	FoC	WI
		Support staff		Children's Centre (CC)
		Ingredients	£140	CC
St. Anne's	September/ October 2013	Venue hire (Pennywell CA tbc)	£588.80	WAC
		Crèche (8 children)	£1635.20	WAC
		Chef	£460	CC
		Support staff		CC
		Ingredients	£140	CC
Silksworth	October/ November 2013	Venue hire (Silksworth CA)	£600	WAC
		Crèche (8 children)	£1635.20	WAC
		Chef	£460	CC
		Support staff		CC
		Ingredients	£140	CC
Pallion	October/ November 2013	Venue hire (St. Luke's - tbc)	£600	CC
		Crèche (8 children)	£1635.20	WAC
		Chef	FoC	WI
		Support staff		CC

		Ingredients	£140	CC
Sandhill	December/ January 2014	Venue hire (Thorney Close CC)	FoC	WAC
		Crèche (8 children)	£1635.20	WAC
		Chef	£460	CC
		Support staff		CC
		Ingredients	£140	CC
Barnes	February/ March 2014	Venue hire (venue tbc)	£600	WAC
		Crèche (8 children)	£1635.20	WAC
		Chef	FoC	WI
		Support staff		CC
		Ingredients	£140	CC
Total funding support requested from WAC			£11,911.20	

These courses would benefit a total of 48 adults (48 families). Feedback from previous courses has shown that parents are using their knowledge to help other family members with their cooking and healthy eating. Enquiries from parents about attending these courses have been received, although we specifically target these courses, word is getting out how good they are.

Those residents attending the courses will be referred as appropriate to other programmes supported by West Area Committee including West Aspirations, Apprenticeship, Health Champions Training to ensure maximum outcomes are achieved for these individuals and families.

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