
GREENWICH TPCT & GREENWICH CDA

COOKERY CLUBS IN GREENWICH





BACKGROUND

- First cookery club in Greenwich was set up in 2003
- Based on Asian cookery clubs that were developed in Luton
- Tutor training

ASIAN COOKERY CLUB





AIMS AND OUTCOMES OF A COOKERY CLUB

The aim of the cookery club is to promote healthy eating through:

- Education
- Skills development
- View to changing behaviour



THE ROLE OF THE COMMUNITY COOKERY CLUB TUTOR

In conjunction with GCDA and
Greenwich Teaching PCT:

- Raise awareness of the need for a healthy diet
- Purchasing of ingredients



VENUES

Considerations and Requirements



CHECKLIST

VENUE:
ADDRESS:
TELEPHONE NUMBER:
CONTACT PERSON:

DESCRIPTION

YES/NO

- Is the kitchen space large enough for 8-10 participants?
- Is there an Oven/Cooker/Grill? If so, do they all work?
- Are there at least four cooker rings? If so, do they all work?
- Are there enough work surfaces for all of the dishes to be prepared?
- Is there a fire exit? If so, make sure you know where it is.
(Also, it would be helpful to know where the nearest fire extinguisher, fire blanket and first aid box are)
- Is there hot and cold running water available? Some venues have separate taps for drinking water.
- Is there a fridge/freezer? If so, does it work?
- Is there a microwave? (This is helpful for warming up dishes during last session)
- Is public transport access convenient to venue?
- Are parking facilities available for the Club Tutor?
- Are parking facilities available for the the participants?
- If the kitchen is higher than ground level, is there a lift available?
- Is there access for wheelchair users?
- Is there a kettle for making tea/coffee especially during winter
- Is there workable heating facilities available? (This would be essential during winter)
- Is there a seating area?(This is required for filling in forms, discussion and sampling dishes prepared)
- Does the venue have sufficient toilet/hand washing facilities?
- Is there a bin with cover, mop/bucket & dustpan/brush?

FURTHER INFORMATION –

- When is the venue available?
- What are the costs per session?
- Any additional comments?
- Overall opinion

Print Name:

Signature:

Date:



RECRUITING PARTICIPANTS

Average size of a club is 8 to 12 participants.

Flyers to publicise the clubs:

- GP's
- Community centres
- Hospitals
- Schools
- Other



MONITORING and EVALUATION

- What *did* work well
- What *did not* work well



MONITORING FORMS

- Have we achieved our goals?
- To help us examine what worked well and what did not.
- (Please see handouts 1 & 2)