

gateway

real, relevant & unique

Gateway Church Barnsley

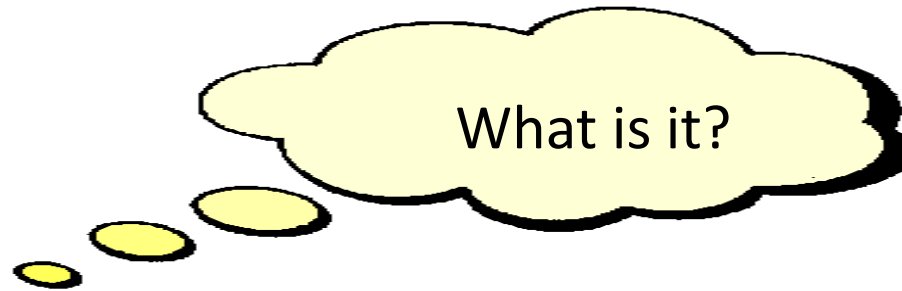


www.gatewaybarnsley.org

Gateway Church

FOOD FOR THOUGHT Healthy Cook & Eat Initiative

FOOD FOR THOUGHT



- An anti poverty programme, working with people going through an emotional or financial crisis.
- Teaching people how to manage & survive on a low income & how to eat healthy.

FOOD FOR THOUGHT

Its Aims

Are to: -

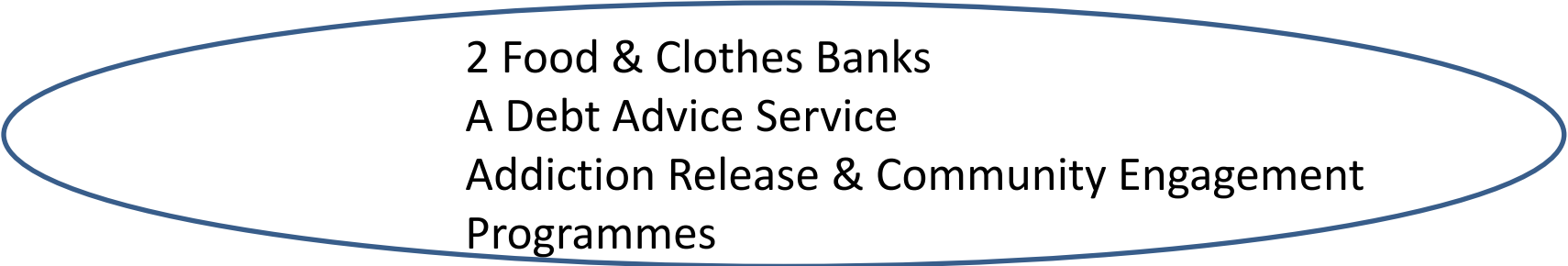
- Provide support, reducing isolation, grow self-worth and confidence;
- Promote and encourage a healthy lifestyle;
- Enable learners to plan & prepare healthy balanced meals;
 - Develop functional skills

A transformational process offering hope to people in need.

FOOD FOR THOUGHT


How was the need identified?

Gateway Church is running it's Social Action Services: -



2 Food & Clothes Banks
A Debt Advice Service
Addiction Release & Community Engagement
Programmes


By working with many different clients, we found;



A lack of skills to
cook & budget



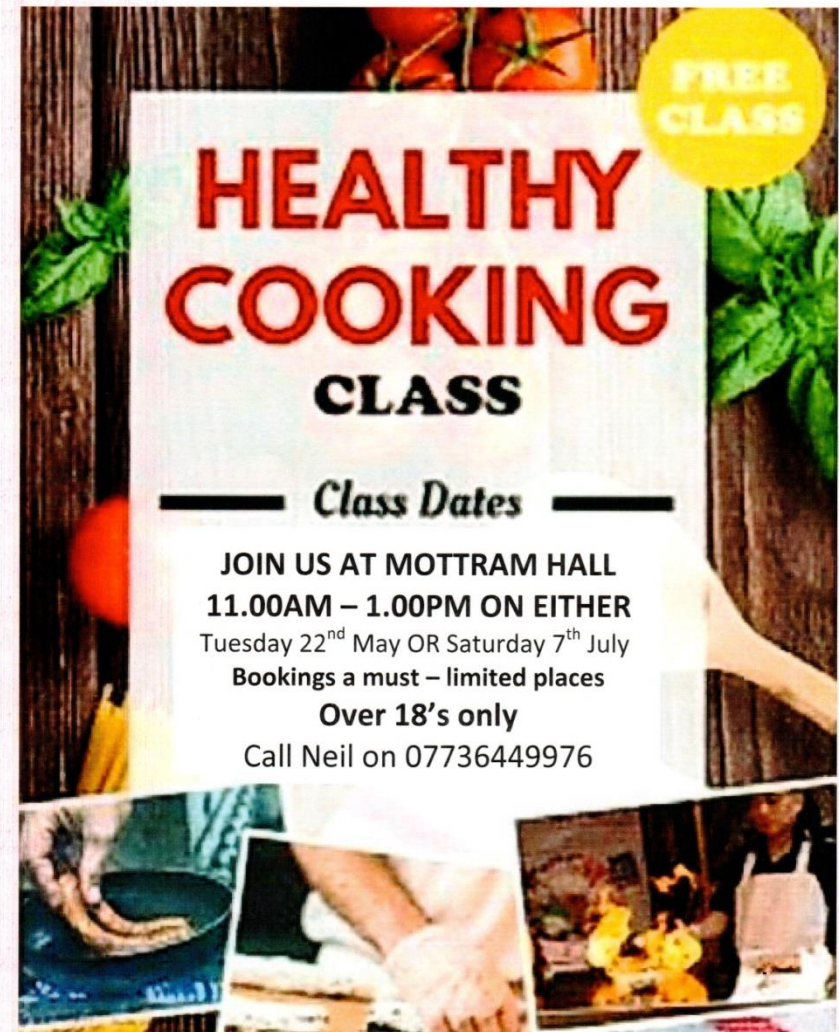
A lack of confidence & low
self esteem



Its challenging to access
formal learning
environments

Giving us this idea for
Healthy
Cook and Eat sessions

Advert opposite was
for the first 2 sessions



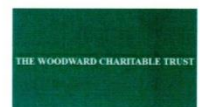
FREE CLASS

HEALTHY COOKING CLASS

Class Dates

JOIN US AT MOTTRAM HALL
11.00AM – 1.00PM ON EITHER
Tuesday 22nd May OR Saturday 7th July
Bookings a must – limited places
Over 18's only
Call Neil on 07736449976

These courses are part of Gateway's 'FOOD FOR THOUGHT' initiative and are funded by the awarding of generous grants from the following funders: -



Action Shots from the first session



And from others



FOOD FOR THOUGHT

How things developed....

Received more funding than we anticipated;

Allowed us to expand this project – working with a different client group and with 2 other organisations in Barnsley;

- ✓ Different client group – Children & Carers
- ✓ Other Organisations - Hope In The Community
& Emmanuel Methodist
Church

Sumer Holiday Children and Carers Action Shots



Some positives from this pilot

The facilitators, Sue and Amanda made it happen, seeds have been sown that give hope for the future.

A lady struggling with ill health and facing social isolation after a car accident knocked her self esteem and value - she is keen to undertake other activities with us.

Guy A - attended his first community event after been engaged through our food bank at Mottram

Guy B - reconnected with Gateway - he is facing challenges re his addictive behaviour - took a supportive challenge from one of the facilitators

What next?

This work has to continue as over 40% of children in Barnsley are in poverty or one step away from poverty,” – Report by Dan Jarvis M.P. in 2015

The issue of Holiday Hunger - children who receive free school meals not getting decent food during school holidays is REAL

Gateway is currently seeking funding to run “Food For Thought 2” from October ½ term 2018

Looking to engage with others to seek a long term solution to these issues



Thank You for Your Support to This Project

**ANY
QUESTIONS?**



Emmanuel - A Satisfied Customer