



## WAC Souperfoods, Socialising and Self-Care Workshops: Details & Costs

Our workshops are a comprehensive programme of low cost, practical soup and superfood making activities using, where possible, locally grown and sourced produce to help people to learn how to make healthy and delicious soups and other foods that are nutritious and cost effective.

- Many people who attend our workshops are facing a number of challenges caused by deprivation and poverty, including long term health issues (both mental and physical), social isolation, previous bad experiences and associated lack of confidence and direction.
- Many are economically inactive or on long term JSA/ESA.
- They can often find it difficult to engage with opportunities because of this, which is why we aim to build trustful and respectful relationships with all our volunteers and participants.

During the workshops participants – and through them their families - are encouraged to make healthy life choices and also given advice on budgeting, local volunteering, training and signposted towards employment opportunities.

- In addition they have the opportunity to participate in our activities for selling soup at local markets, and making and distributing soup as volunteers via our Flask Soup Friday delivery round.

The workshops are run in a friendly and supportive environment where participants will be able to share experiences, learn from one another and gain confidence. We aim to tackle particular problems such as:

### **Isolation:**

Participants may be:

- Insecure about trying new things
- Lacking in confidence
- Lacking in access to kitchen equipment
- Afraid of healthy food – feel it will not taste nice
- Amazed that healthy food can taste nice and be affordable

### **Poverty:**

Participants may have issues around:

- Lack of knowledge about budgeting and money management

- Background of deprivation
- Constant struggle to make ends meet
- Needing high levels of reassurance
- Domestic violence
- Drug or alcohol misuse
- Anti-social behaviour

**Health:**

We want to help people to who can struggle with:

- Gaining a basic understanding of the importance of eating healthily
- Putting this into practice to improve their health by making healthy soups using locally sourced produce
- A background of cheap ready meals and packaged food
- A lack of cooking facilities – also a background where cooking not learnt/taught

Participants are encouraged to contribute their own ideas and suggestions into the workshops. Courses are tailored to take account of varying skills and ability levels, and everyone is encouraged to work together to achieve their potential.

**WAC offers the following workshop packages:**

**A ONE DAY WORKSHOP TASTER**

Facilitator £25 per hour for 5 hours plus 1 hour Planning, Prep & Evaluation(6hrs total)	£150.00
2 <sup>nd</sup> Support Person £10 per hour for 6 hours	£60
Hot Food Flasks (1 per Participant) at 10 people per workshop	£200.00
Cooking Equipment incl Aprons & Caps (10 people)	£320.00
Venue Rental £38 per day	£38.00
Produce per day £50	£50.00
Course materials incl printing/photocopying/stationery	£30.00
Admin/Social Media/IT Support 3hr at £20 per hour	£60.00
Food Hygiene Certificates for 10 people	£150.00
<b>Total</b>	<b>£1058.00</b>

### A 6 DAY PACKAGE

This allows participants to gain a structured approach to cooking and budgeting and to build up a core repertoire of soups and superfoods to continue to build on after the workshops.

Facilitator £25 per hour for 5 hours plus 1 hour Planning, Prep & Evaluation X 6	£900.00
2nd Support Person £10 ph for 6 hrs X 6	£360.00
Hot Food Flasks (1 per Participant) at 10 people per workshop	£200.00
Cooking Equipment incl Aprons & Caps (10 people)	£320.00
Venue Rental £38 per day X 6	£228.00
Produce per day £50 X 6	£300.00
Course materials incl printing/photocopying/stationery	£30.00
Admin/Social Media/IT Support 6hrs at £20 per hour	£120.00
Food hygiene Certificates for 10 people	£150.00
<b>Total</b>	<b>£2,608.00</b>

### A 16 DAY PACKAGE

Participants gain a structured approach to cooking and budgeting and build up a core repertoire of soups and other foods to continue to build on after the workshops. **Active Learning Workshops** lead on from this to provide participants with the opportunities to become Facilitators (with extra training) at WAC workshops (where grant funding is available) and soup selling activities, and to Cascade their skills to family, friends and people in the wider community.

Facilitator £25 per hour for 5 hours plus 1 hour Planning, Prep & Evaluation X 16	£2,400.00
2nd Support person £10 ph for 6 hrs X 16	£960.00

Hot Food Flasks (1 per Participant) at 10 people per workshop	£200.00
Cooking Equipment incl Aprons & Caps (10 people)	£320.00
Venue Rental £38 per day X 16	£608.00
Produce per day £50 X 16	£800.00
Course materials incl printing/photocopying/stationery	£30.00
Admin/Social Media/IT Support 10hrs at £20 per hour	£200.00
Food Hygiene Certificates for 10 people	£150.00
<b>Total</b>	<b>£5,668.00</b>

## Catering

**WAC** is also able to provide our soup for local events, training and conferences. Our menus can be adapted for particular needs – all our soups and associated foods are wheat, gluten and dairy free and use local produce and suppliers where possible. Vegetarian and meat options are available and prices start from only **£3.50 per portion**.

Please contact Liz Sullivan directly on 07557 807015 or [liz@wholeagaincommunities.co.uk](mailto:liz@wholeagaincommunities.co.uk) for further details and a quote for your catering requirements.