

Press Release

FOR IMMEDIATE RELEASE

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"Skills kitchen" will help young people learn to cook

Young homeless people supported by 1625 Independent People will benefit from the brand new kitchen at their centre in Old Market.

Young people helped put together a funding presentation to raise part of the money needed to replace the old domestic style kitchen with a catering standard kitchen.

They joined staff to present their case to The Funding Network South West at a Dragon's Den style funding event, run by Quartet Community Foundation at the Mansion House last year. The local businesses, philanthropists and private funders were obviously impressed and were very generous.

Barclays Bank, who have supported the charity to improve the financial skills of young people, also donated to the project.

Local food gurus Barny Haughton (The Cookery School) and Dom Wood (The Urban Wood) both backed the project by appearing in a short video which was shown as part of the presentation.

The building works were completed just before Christmas. To start the kitchen off in a celebratory way, a group of young people will get a free "Puddings Masterclass" from local pastry chef June Allaart.

The Skills Kitchen will give young people free training in

- cooking, nutrition and budgeting skills
- Food Hygiene Certificates
- catering and community events experience
- producing items for sale and learning how a small business works

Quotes from young people who were involved in the application:

Most young people eat fast food, fast. Food is just fuel and usually comes ready made. The group we work with have no money, some are quite shy, not very sociable and quite hard to reach. But everyone likes free home cooked food. So we can use food as draw to get young people to come in and engage with us.

I have cooked for a few events now, it improved my confidence and made me feel good. And I've got a Food Hygiene Certificate.

If we have a proper kitchen we could use it and cooking to help people learn about budgeting and healthy eating.

David Morgan, Independent People Board member and project lead for the Skills Kitchen said

"Cooking and eating meals with other people is great for socialising and forming bonds with others. The cooking skills learnt by young people in the new kitchen will make it possible for them to prepare healthy food economically throughout their lives"

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Link to preview photos -

<http://www.facebook.com/media/set/?set=a.320675777966247.83995.164692636897896&type=1&l=e08e36cab0>

NOTE all photos are available at 300dpi - please contact Pilar Garcia

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Notes to the editor

1625 Independent People

Independent People is the leading provider of housing, support and advice to young people aged between 16 and 25 in Bristol and South Gloucestershire.

We exist to support young people to build independent lives. We do this by helping people find (and keep) a safe, stable home. We also offer non-judgmental support and advice on counselling, training and help finding jobs. No other organisation in the area has the same wealth of experience and resources.

There are currently up to 300 young people presenting as homeless to the Local Authority each year (Bristol).

- **The Funding Network**

<http://www.thefundingnetwork.org.uk/about-us/>

The Funding Network (TFN), founded in 2002, enables individuals to join together to fund social change projects. We've been described as a marketplace for donors and charities, as the UK's 1st public, open giving circle, and as the 'Dragons' Den' for charities. We have raised well over £3 million for over 440 diverse local, national and international projects, through TFN Groups in London, the South West, Leeds, Oxford, Manchester, Devon, Toronto and through Youth TFN (YTFN) in London. We are delighted that YTFN recently won Third Sector's Excellence Award for Best Fundraising.

TFN Bristol has held eight funding events since February 2004 and raised over £200,000 for 50 projects. Working in partnership with Quartet Community Foundation.

- **Quartet Community Foundation**

www.quartetcf.org.uk

Quartet Community Foundation manages and distributes charitable funds on behalf of individuals, companies and organisations to meet local needs. Last year grants of more than **£2.5 m** were awarded to over **1000** community projects.

For further press details on Quartet Community Foundation, please contact:

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