



Welcome to the May edition of our Project Food newsletter.

In this update you will meet two of our incredible fundraisers who are conquering the 630 mile South West Coast Path to raise money for Project Food. You will also meet Carole, who has been attending our Cooking with Confidence group in Axminster.

We are also excited to tell you about our upcoming event at River Cottage.

We hope you enjoy reading!

Kerry and the team at Project Food

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## What's been happening at Project Food

### Carole is Cooking with Confidence

Carole came to Project Food to join our Cooking with Confidence group earlier this year after being referred by her local social prescribing service. Carole told us that she had a number of food-related issues going back to her childhood which meant that she now finds it very hard to manage food planning and was eating a poorly balanced diet which was leading to her diet-related issues worsening. When she first joined us, she was a bit nervous due to her complex needs and allergies, but hopeful that we would be able to help her.

Working with our cook, Annie, in a small group setting, Carole's confidence grew week on week, being introduced to new ingredients and techniques and trying foods she wouldn't normally try.

Carole said "It has been baby steps but I am much more confident in following a recipe. Annie was extremely helpful and non-judgemental and would help me where needed. I can't wait to try some of the dishes on my own"



Cooking with Confidence is a project offering one-to-one and group cooking sessions to everyone in the community needing some extra support in the kitchen. Whether that is learning how to cook on a budget, learning the basic skills needed to cook for your family or managing a diet-related illness.

"The best therapy that I have ever had and the most fun. I would love the opportunity to repeat the course as it was that useful"

For more information on Cooking with Confidence, call 01297 631782 or email [info@project-food.org.uk](mailto:info@project-food.org.uk)

## 166 miles covered by Carole and Jeff—and they're not even half way!!

Carole and Jeff have got off to an amazing start with their epic South West Coast path challenge. With 87.7 miles covered, the first week's route saw them tackle some challenging weather and a multitude of terrains that this famous route is known for.

With the nights still being chilly, an investment in some water bottles was needed to ensure a good night's sleep as they trekked their way from Minehead, through Portlock Weir, Lynton, Combe Martin, Woolacombe, Braunton, Instow and finally reaching Westward Ho!

The second week of this amazing challenge took our star couple up to a total 166.3 miles!!

Starting week two in Westward Ho! on Monday, they made their way to Clovelly, onto Hartland Quay and Bude, where they had a slight issue with a flooded campsite so a stay in a little cottage was required!

From there they walked to Crackington Haven, and tackled the rugged terrain of King Arthurs's birthplace – Tintagel and then onto the little fishing village of Port Issac, made famous by its sea shanty singers, The Fisherman's Friends, and of course as the home of 'Doc Martin', before finishing their week in the picturesque village of Padstow.

Please take a moment to appreciate what a massive challenge and achievement this is for anyone to take on. They are both doing amazingly and everyone at Project Food is extremely proud.

Could you spare a few pounds to help Jeff and Carole get to their fundraising target? Or even just give our social media posts a like and share to show your support and help us spread the word.

You can donate by visiting <https://localgiving.org/fundraising/Jeffs630mileCharitytrek/>



## A taste of Italy to raise money for Project Food

Come and join us for this year's fundraising night at River Cottage on Wednesday 19th June at 6.30pm.

You will enjoy an exquisite blend of traditional Italian fare and renowned River Cottage dining in a truly breathtaking location, a 100 acre farm in a hidden valley in East Devon. You can enjoy inspirational cooking that reflects the passion, knowledge and commitment to provenance that fires up the River Cottage team.



This will be the perfect opportunity to get together with friends in the beautiful Threshing Barn at River Cottage HQ and raise funds for Project Food.

You can see the full menu and book your tickets on our website—[www.project-food.org.uk/latest-news/](http://www.project-food.org.uk/latest-news/)