

What practical cooking skills activities are we interested in?

We are looking for information about cooking activities that take place on a regular basis (i.e.: every week, or a few times each year) with adults or young people over the age of 12. Here are some examples of the sorts of activity we are interested in. Your activity may involve one or more of these:

- ✓ Cooking courses or an ongoing cooking sessions
- ✓ Cooking drop-in sessions
- ✓ Cooking activities that are part of a programme of other activities, i.e.: weaning workshops, independent living skills, a youth activity project or mental health support project
- ✓ Cooking activities that support individuals in a residential or other setting on a one-to-one basis
- ✓ Cooking activities that support or train participants to provide a shared meal to others, including a lunch club or community café
- ✓ Cooking skills activities that include other food related activities, such nutrition information, food budgeting and food hygiene
- ✓ Cooking skills activities that work towards a formal accreditation
- ✓ Parents (or carers) learning cookery with their children

What we don't want

As the researcher will have limited time, please do not send us information about:

- Train the trainers courses, i.e.: to train staff or volunteers to run cookery sessions
- Cooking activities for children only (under the age of 12)
- One-off cookery workshops or events
- Cookery skills taught by demonstration only (i.e: no hands-on activities for participants)
- Any cooking skills activities that do not aim to support people to eat a healthy balanced diet on a low-income
- Activities that only support non-cooking food preparation, such as smoothie making, salad or sandwich making

What we need you to do

You don't need to write anything new for us, or fill out a form. The information that we need is likely to be in paperwork that have already, such as evaluation reports, annual reports, lesson plans, attendance sheets, project proposals or funding application forms. Please do not send us individual participant feedback forms or questionnaires. The list below sets out what information we would like in more detail. Please just send the material in the format that you have it in e.g.: hard copy, electronic or web.

What to send us

There are some pieces of information that are essential for the researcher to carry out the analysis, and others which it could be useful to know about. We have broken this down into themes; the writing in italics explains a bit more about what information we would like to receive and some ideas on where you might already have the information.

1. About your organisation. *The researcher needs some brief background about what your organisation does and where it is. If you have this information on a website, please just send us your website address. Or you might have this information in a leaflet or annual report.*

And for each activity or course that you want to tell us about, please make sure the materials you send covers some or all of the information from each theme:

2. The need
The researcher needs to know why you thought this activity was needed or why you are doing it. This may be explained in a funding application form or proposal, this may explain other information we are looking for too.
3. The participants and their recruitment
The researcher will need to be able to distinguish whether the participants belong to certain groups e.g. young mums, disabled people (with carers or support workers) or mixed groups and whether participants are part of existing group you work with, are people referred to you by other organisations, or the activity is open to anyone. This may be explained in a funding application or proposal, in publicity material for the activity or in an evaluation report.
4. The way the cooking activity was run
The researcher needs to know about how you delivered the work and the processes involved. This includes what it was, (e.g. course, drop-in, part of something else), the length and duration, who led it and how it was structured (e.g. set curriculum, tailored to group), how the recipes were chosen, what was done (e.g. games, practical work in pairs, group discussions, cooking and eating together) and how you monitored and evaluated it. This information may be explained in an evaluation report, funding application or proposal, lesson/ activity plans or record sheets, and publicity material about the activity.
5. The results - the difference it made for participants.
The researcher will want to know how many participants you worked with (e.g. numbers that started and completed) and the nature and extent of any difference it made to those who attended. This may include intended or anticipated outcomes (e.g. increasing cooking skills or confidence to cook) and unintended ones (e.g. motivation to volunteer or changing family eating habits). This information may be explained in evaluation reports or reports to funders, attendance records or lesson/session reports.

Extra information if you have it

It would be nice to know more about any learning or changes you have made to your cooking activities as you have become more experienced in your work – *this may be explained in an evaluation report or internal report.*

Do you run lots of practical cooking skills activities? What should you choose to send?

You can send us materials from April 2010 to date.

- If you run the same type of activity in the same way (i.e. a structured 6-week course) to lots of similar types of groups (i.e. always to mixed groups, or always to young people) please send information from one representative example
- If you run cooking activities to lots of different groups, (i.e. mixed, young people, older men, etc) please select one example from each of these groups
- If you run lots of different types of cooking activities (i.e. 6-week courses, one-to-one support, training lunch club volunteers) please select one example from each of these type of activities
- If you or your organisation runs dozens of cooking activities with lots of groups and using different approaches, please contact [Kim](#) or 0131 314 5427 to find out what you should send.

What will happen to your materials?

CFHS staff will check that we have all the essential information and we will pass these on to the commissioned research team. The researcher will anonymise the information. We will not use any information about funding or what you charge for activities that may be included in funding applications/proposals or evaluation reports. We will follow NHS Health Scotland procedures to store the information.

When will the research be completed?

We are planning to have the research completed by March 2015.

Is there any other way that you can be involved?

- ✓ Yes. We are planning to hold a learning exchange event for cookery trainers and managers in November. There will be opportunities at this event to provide your insights, learning and views about cooking skills activities.
- ✓ Yes. If you wish to be kept up to date about the research and/ or the learning exchange event, please let us know.

How to send us the materials

Please send the materials post to:

Kim Newstead
 Community Food and Health (Scotland)
 NHS Health Scotland
 Meridian Court
 5 Cadogan Street
 Glasgow G2 6QE

Or email kim.newstead@nhs.net

Please include a note with your name and contact details. If you are planning to send information about one or more activity, please send these in separate emails or attach each batch of material together. **Thank you for your support for this work.**