



Left to right: Residents Danielle Sarbu, Amina Bihi, Marvin Hill, Can Cook Chef Richie Simon, resident Gary Hayes, Julie McNally (Cosmopolitan Housing), resident David Smith, Kristene Karaski (Cosmopolitan Housing). Foreground: resident Daniel Hayes and Julie Ryan (Cosmopolitan Housing)

Neighbours cook up a storm at a community cooking session

A group of residents from Liverpool were whisked away by their landlord, Cosmopolitan Housing Association last week, to a cookery session at the Can Cook Studio at Liverpool's Matchworks in Speke.

Residents from the Association's homes in Falkner Terrace and Upper Parliament Street spent the afternoon watching chef demonstrations and taking part in practical sessions. At the end of the day the group sat together in the Can Cook dining room to enjoy the meals they had prepared.

The idea of the session was to promote healthy eating on a budget whilst teaching residents some new cooking skills and techniques.

The session was funded by Cosmopolitan Housing Association who also provided a mini bus to transport the residents to and from the venue.

Gary Hayes, Upper Parliament Street resident, said: "This event was great as it was not only good for building relationships between residents, new skills were also learnt. I found it to be a really positive day."

Can Cook have been working with individuals and organisations in Liverpool for the past three years. Its community cooking sessions not only teach new cooking skills but also promote healthy eating and an element of community cohesion.

Julie Ryan, Tenancy Management Officer for Cosmopolitan Housing, said at the event: "We organised this event hoping it would inspire residents in the kitchen and help them with ideas on healthy eating and cooking on a budget. It's also been a great way for us to spend time, in a relaxed environment, talking to our residents, getting feedback from them on any issues they may have and hopefully helping them to build relationships with their neighbours and get to know and understand one another a little better."

