

National Care Leavers' Week 2015 – Do You Mind?

Care to Cook?

Friday 30th October 9.15am - 4.30pm, London

For the sixth year The Care Leavers' Foundation is delighted to offer this opportunity to care leavers during National Care Leavers' Week. Healthy food and good nutrition form an essential part of mental, as well as physical, health and wellbeing, so with a focus this year on Mental Health, this activity is a perfect opportunity for care leavers to learn how to cook well and cook cheaply, to take care of themselves, and to gain inspiration to follow their interest in becoming professional cooks.

The Fifteen Apprenticeship Programme was established to give young people from a range of disadvantaged backgrounds the opportunity to get a recognised qualification while gaining experience of working in a top London restaurant. Graduates of 'Fifteen' work hard to learn their trade and having Fifteen on their CV alongside their qualification gives them a great start and opens the door to many opportunities. On our Care to Cook? day, you will work alongside Chefs and former apprentices from the Fifteen programme.

"Our mission is to shape the health and wellbeing of current and future generations and contribute to a healthier world by providing better access to food education for everyone."

The Fifteen Apprentice Programme provides inspiration and support to those pursuing a career in the food industry and is one of the activities within the Jamie Oliver Foundation. It exists to inspire disadvantaged young people from a range of backgrounds to believe that they can create for themselves great careers in the restaurant industry. The aim of the Outreach Programme is to deliver a flavour of Fifteen with a view to spreading a passion for food and cooking, as well as signposting young people to opportunities within the restaurant industry.

www.jamieoliverfoundation.org.uk

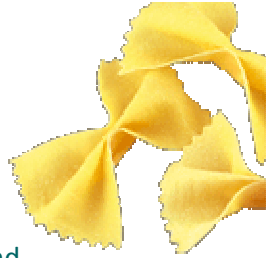
During National Care Leavers' Week 2015, fifteen Care Leavers will have the opportunity to cook alongside chef's and students from the Fifteen programme in an action packed learning and fun day being run for National Care Leavers' Week by Fifteen in conjunction with The Care Leavers' Foundation.

Any care leaver aged between 16 and 23 can take part in the day. Just send us your name and why you want to apply. There is no charge and participants will get a goody bag to take away as well as some essential skills for a healthier future. Unfortunately we can't help with travel costs for this particular event so you will need to be sure your local authority, residential home, support service or foster carer is happy to ensure you can afford to get there and back and safely, and we do recommend an overnight if possible as it is an early start on the day.

You will learn budgeting and cooking skills, gain an understanding of how it is possible to feed yourself well and use fresh ingredients on the tightest of budgets, find out about the training and qualifications that the Fifteen apprentices receive, and participate in a team 'Ready Steady Cook' type team event at the end of the day!

Q. I want to come along – how do I get a place?

A. Just fill in a few simple details and send us back the form below.



Care to Cook? – Care Leavers’ Day at Fifteen

The event is open to anyone that has aspirations to work in the catering industry and wants to learn about how to cook well and live a healthy life on a very limited budget. But hurry! Places are limited. Please complete your Care to Cook? application and email or post it back to us.

Details of National Care Leavers’ Week at www.nationalcareleaversweek.org

Name _____ Age _____

Mobile _____ 07 _____ Email _____ @ _____

I would like to attend the FIFTEEN workshop event on 30th October in London

Do you have any special requirements? _____
(you must tell us if you are pregnant or think you might be)

If you are PA, foster carer, or support worker, assisting with travel, accommodation or other aspect of the arrangements please include your own contact details below:

name _____ mobile _____ email _____

A little bit about you

Tell us a little bit about you. Only what you want to share, and why you would like to take part.

Post to The Care Leavers’ Foundation PO Box 202 LL23 7ZB Email nclw@thecareleaversfoundation.org





DAY PLAN: Care Leavers Foundation National Care Leavers' Week

9.15-9.45	<ul style="list-style-type: none"> Welcome and registration Health and Safety Fire Procedures
9.45-10.20	<ul style="list-style-type: none"> Presentation and Overview of Fifteen Apprenticeship Programme.
10.20-10.45	<ul style="list-style-type: none"> Kitchen Tour in 2 halves
10.45-11.00	BREAK
11.00-12.00	<ul style="list-style-type: none"> Pasta Making Demonstration <p>Make Pasta and Typical simple Pasta sauce</p>
12.00-1.00	<ul style="list-style-type: none"> Looking at produce "this instead of that" Replace un-healthy for the healthy Budgeting for a Healthy Diet Work Shop. £5 per day Group decides a healthy menu for a day Budget race Group Race to get their ingredients for their meal to be cooked later
1.00-3.30	<ul style="list-style-type: none"> Recipe Challenge (READY STEADY COOK)
15 mins	Clean Down
15 mins	<ul style="list-style-type: none"> Evaluation and Feedback Group feedback
15 mins	Award Ceremony

Please return to The Care Leavers' Foundation PO Box 202 LL23 7ZB or email to nclw@thecareleaversfoundation.org

Plans on the day may vary – this is a sample day plan

www.jamieoliverfoodfoundation.org.uk
www.thecareleaversfoundation.org
www.nationalcareleaversweek.org