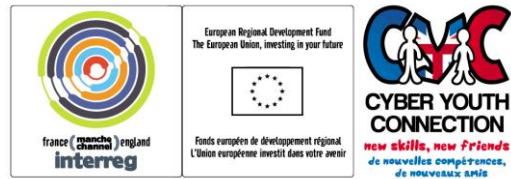


Cyber Youth 'Cooking Workshops' **WP5 Case Study**



As part of the Cyber Youth Project, Suffolk County Council are offering sessions for young people aged 11-19 to take part in Cooking workshops as part of the WP5 aims of the project.

The cooking workshops were delivered by local cooking professional Maria Crick. Prior to starting delivery of these workshops, Suffolk County Councils Youth Support Worker and cooking professional carried out promotional visits to local Middle School to promote the sessions that were due to commence on Friday nights from 6.30-8.30pm. We did this by delivering an interactive assembly too all pupils of the school.

As a result of this promotion, 23 young people attended the first workshop. We now have a core group of 5/6 young people who regularly attend and are keen to engage in the CYC project.

The cooking sessions include different starters, mains and desserts. Some examples of the things the young people have been making are; ratatouille, brownies, homemade lemonade, pasta dishes, fishcakes and chicken fajitas.

One of the young people who attended from the first session and has come to every session since is a 14 yr old male called Liam. Liam was referred to the project through the 12+ integrated team at Suffolk County Council. Through ongoing work with Liam they identified him as someone who would benefit from engaging in positive activities delivered by the CYC project. When Liam first engaged in the project, he was extremely shy, didn't want to engage with anyone, found groups challenging and didn't like to make eye contact. Over the course of the six weeks there has been a positive change in Liam's behaviour as a direct result of engaging in CYC activities. Liam now has a friendship group from the course which he socialises with outside of the project. He is much more confident in the session and is willing to speak up and fully engage with the sessions. He is always the first in and the last to leave. He now makes eye contact when speaking to the other young people and the professionals delivering the course. He will often go out of his way to engage in conversation and seems to have a much more positive outlook on life in general. He now encourages others and is a bit of a mentor to the younger ones who attend.

The young people who are attending every session are finding the CYC activities to be a very positive experience and are keen to continue to learn and grow through this project.

