

**INGREDIENTS
FOR LIFE**

CHARITY PACK

CAUSEWAY

ASDA



Welcome to Ingredients for Life!

An exciting, interactive course designed to create tangible change in the lives of survivors of modern slavery. Through the power of cooking, we have seen survivors overcome fears, gain self-confidence, and find the motivation to move towards future aspirations.

Ingredients for Life has been designed by ASDA and Causeway with the aim to help survivors in their trauma recovery. Through our trusted business partners, Ingredients for Life courses are delivered by chefs in professional innovation kitchens. The course can be delivered either in-person or online.

Participants will learn practical cooking techniques which aim to widen skill sets, increase confidence levels, and help survivors to overcome challenges.

This pack contains everything charity partners need to know in order to successfully engage survivors in the Ingredients for Life course.

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“I managed to travel on my own. That is a big achievement for me. I feel more confident about travelling alone now.”

“My relationship with food has changed because now thinking about food it makes me happy and I enjoy eating what I make”

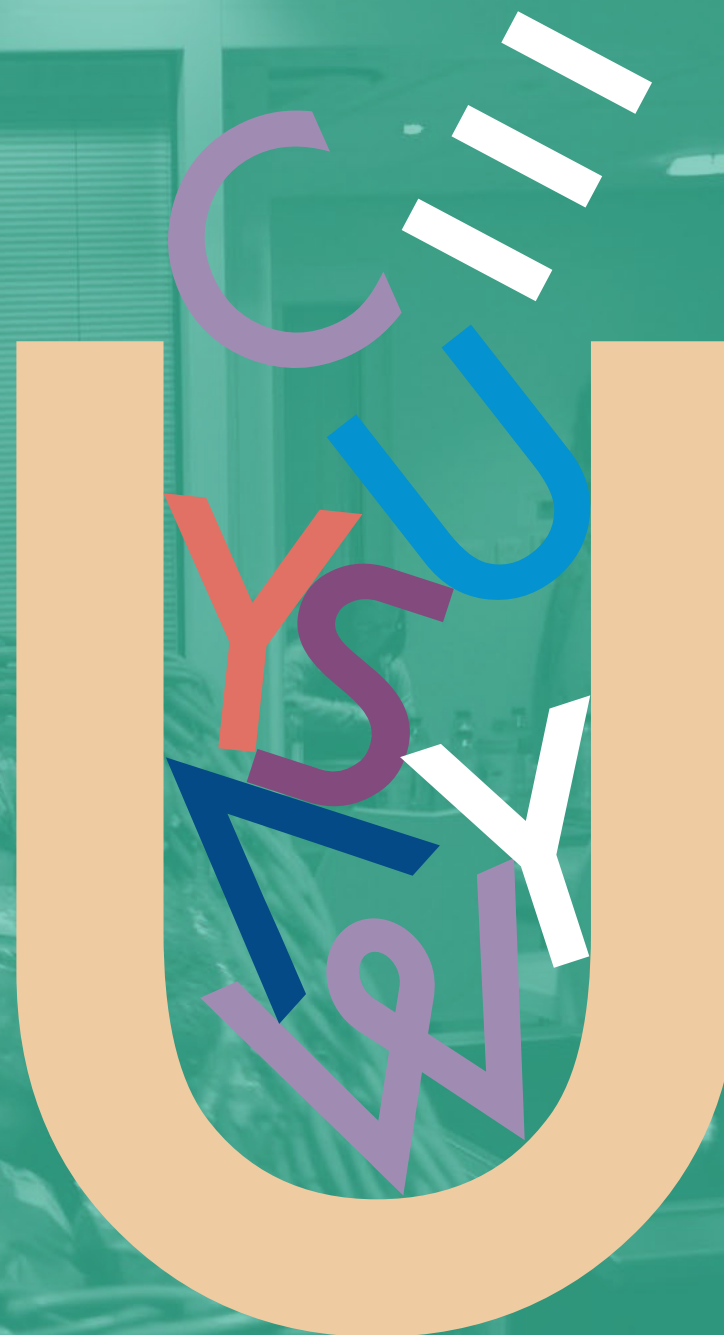
INGREDIENTS FOR LIFE PARTICIPANTS

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Course overview

- The Ingredients for Life course consists of a minimum of 3 x 180 minute cookery lessons.
- The course will be delivered once per week for three weeks.
- There are two versions of the course available: in-person and online.
- All tuition, equipment and facilities will be provided by the business partner for the in-person course. For the online version participants will need access to basic cooking equipment (refer to 'Ideal Participant' guidance for additional information), the ingredients and tuition will be provided by the business.
- Each lesson will have a capacity of up to 6 individuals for the in-person course and 4 individuals for the online course.

The Ingredients for Life syllabus includes the following:

A

- Learning how to cook different dishes and work with different ingredients

B

- Health & Safety and Hygiene in the kitchen
- Learning Knife Skills and Confidence when using a knife

C

- Working in groups to cook and present a recipe
- Tasting and reviewing as a group
- Feedback and refinement in preparation for next session



- Participants will complete evaluation forms before the course begins and at the end of the last session to help measure the impact and identify improvement opportunities for future courses.
- Every session will commence with; a fire exit / fire alarm / health & safety briefing and directions to toilet facilities.
- Participants are required to have a conversational level of English.
- At the end of the course, participants receive a certificate of achievement. There is no formal qualification provided.
- This initiative does not qualify as a work placement or an offer of employment temporary or permanent.
- Participants do not need the right to work in the UK in order to attend.
- Independence is encouraged throughout the duration of the course, for example travelling to and from the sessions independently after the initial session. However, support workers can accompany survivors to each cookery lesson if this becomes a barrier to engagement with the course. Businesses and charities can discuss after the first session if there are any concerns around participants attending the following sessions alone.

Course aims

Ingredients for Life is about more than just learning new skills and techniques, the course has been proven to deliver life changing results including:

For survivors and charities:

Overcoming the impact of past trauma on day to day life

Alleviating triggers and fears

Facilitating enjoyment and interest in food

Providing extra-curricular programmes for survivors

Increased engagement with support services and key workers

Healthier eating for families through improved cooking skills and increased knowledge about healthy foods





"... I forgot my past and got courage to move on. And I will do. Thanks to all of you, I will never forget these sessions."

INGREDIENTS FOR LIFE PARTICIPANT

How the course works

The role of Causeway:

Be the point of contact between charities and businesses.

Inform charities whether the course is available in-person or online in their location and how many places are available.

Support charities throughout the process and answer general and participant-related queries, helping to ensure that the course runs smoothly.



Connect with the designated staff member to liaise regarding participants, course dates and logistics.

Manage the safeguarding, ensuring all chef teams from the businesses are DBS checked and that information is shared securely.

The role of the charity

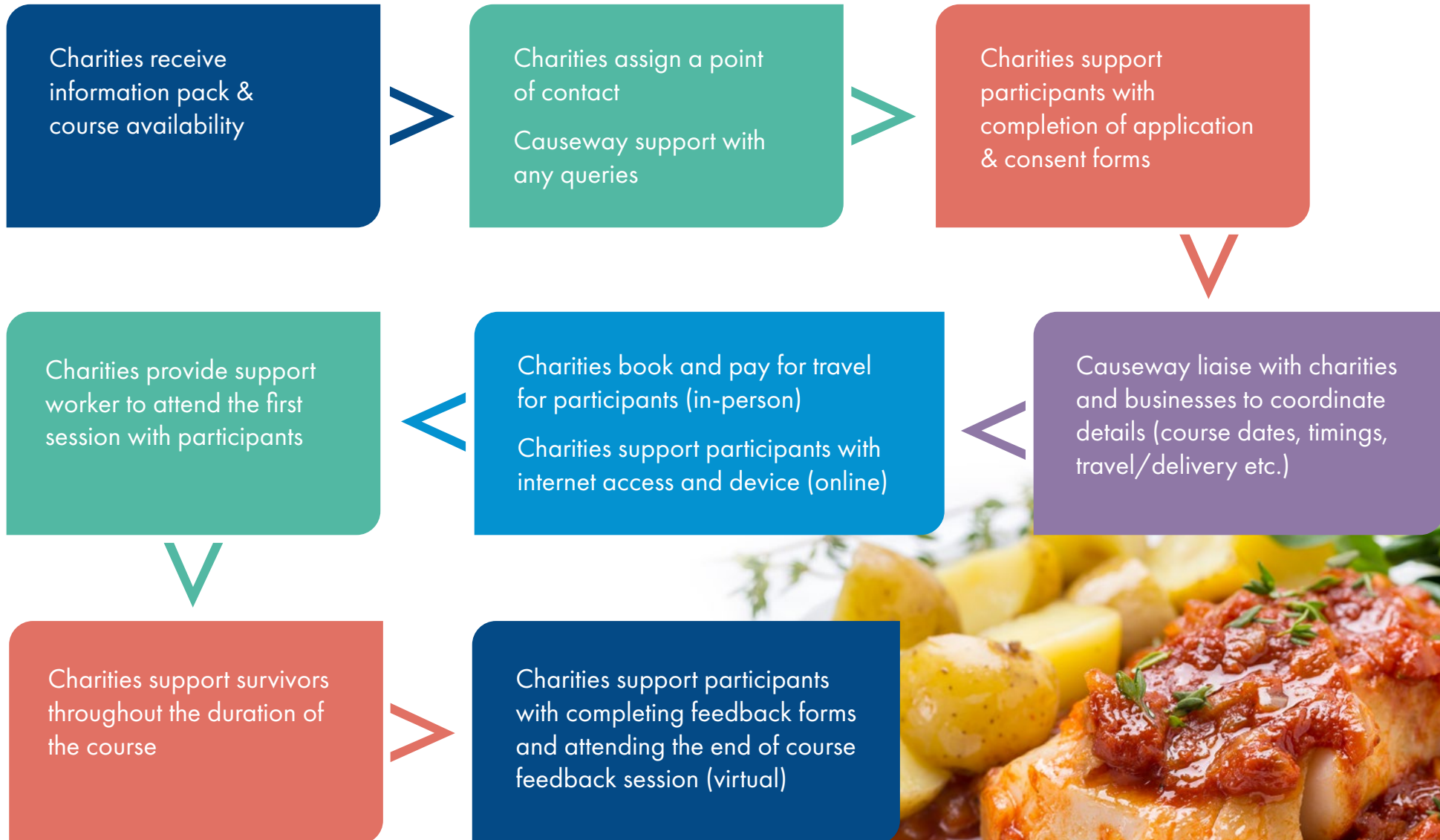
- Support survivors in completing the online application form
- Provide a designated staff member to liaise with Causeway and the business delivering the course, regarding logistics and planning. (This may include communicating about suitable dates, venues, group dynamics and participant profiles).
- Cover the travel costs for participants to attend the in-person course and support participants with arranging how to get there.
- Provide one staff member to attend the first Ingredients for Life session to support participants (*If after the first session, it is felt by the participant, business, charity partner and Causeway that this additional support is not needed; then a staff member will not be required to continue attending the other sessions*).



- If participants are not confident with independent travel, charities may support survivors by accompanying them on the journey.
- Support participants with access to a suitable device and internet connection if they are attending an online course.

- Support participants with providing feedback, so that Ingredients for Life can assess the impacts and outcomes of the course and capture learnings to continually improve.
- Charities will provide continued support for participants for the duration of the course and act as a point of contact for them.

The Ingredients for Life Charity Journey



'Ideal Participant' Guidance

The following guidance is designed to help charities identify survivors who would be suitable to participate in the Ingredients for Life course:

Personal attributes

- Motivated to learn new skills
- Able to work well with others (and in mixed groups where relevant)

Physical health

- Physical health good enough to travel and participate in sessions (risk of harm must not be imminent; see support section)
- Able to manage own medication if this is needed during the day

Skills

- Good level of spoken English (NB. No interpreting service is able to be provided)

Access to the internet and a device (online version only)

- Access to a good internet connection and a device other than a phone (e.g. a tablet or laptop so the screen is big enough to see the lessons clearly)
- Access to a private kitchen space (if survivors live in shared accommodation, they need to have agreed with housemates to use the kitchen undisturbed for the lesson duration) and basic equipment such as a hob, cooking pan, chopping board, knife and mixing bowl.

Support

- Staff to be aware of any safeguarding concerns and support needs prior to starting the course. Relevant support plans to be in place where necessary and risk level of participation low.

Mental health

- Mental health good enough to travel and participate in sessions (manageable levels of all mental health conditions. Risk of harm must not be imminent; see support section)
- Able to manage own medication if this is needed during the day

Situation

- Supported by referring partner for at least one month to ensure participants are settled and staff are aware of any potential risks and relevant information
- Enjoying a level of stability, which will lead to good engagement with course e.g. Not moving location

Applying to the course

Once suitable participants have been identified and they have expressed an interest in attending, charities should support survivors in completing the following forms.

[Click the links or scan QR codes.](#)



**INGREDIENTS
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Ingredients for Life
Application Form



Ingredients for Life
Media Consent Form



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Key contacts

Our goal is to ensure that charities and survivors feel supported throughout their involvement in Ingredients for Life. Please get in touch with any questions or request more information using the email address below.

Causeway: ifl@wearecauseway.org.uk

Businesses: Contact details will be sent to charity point of contact after a participant is booked onto the course.

GDPR and Data Privacy

At Causeway (UK), we care for your privacy. That is why we have taken appropriate measures to ensure that the data you have provided to us is always secure. To learn more about how we comply with GDPR and, as a result, care for the security and privacy of personal data we collect from you, visit Causeway - [Privacy Policy](#) (wearecauseway.org.uk)

Please note that all the chefs delivering the Ingredients for Life course hold a DBS certificate.