



### DRAFT Young Carers Cook Book Project

Engagement with WYH young carers identified there was a need to develop resources to support their health and well-being. WYH worked in partnership with Verd de gres creative arts company from Hedben Bridge to plan a new online cookery resource. Verd de gres noted there were already a myriad of cookery books and this resource would be a bespoke resource designed by young carers for young carers based on their own experiences of food and being a young carer.

Two online creative workshops were planned in May 2021 to enable to children to share stories, draw, colour and have fun! Eleven children were identified from across WYH from six to fourteen years old and included both boys and girls. The children were sent an art pack containing pens, pencils and paper with a brief welcoming them to the workshop and an introduction.



Workshop 1 began with an introduction to each other, the workshop presenter and the concept of creating a cookery book using their experiences and ideas. Different activities enabled the children to quickly appear at ease and use their art materials to complete a variety of activities including:

- identifying favourite foods
- drawing their favourite foods
- choosing a colour to represent how they were feeling

Favourite meals included “Dads pizza”, “Mums Buns” and “curry”. The children shared their work with each other and the presenter actively encouraged those who were less confident and supported them to all to take part. The workshop was relaxed and fun including a few jokes being share with lots of laughter, smiles and pictures proudly drawn and shared.

Workshop 2 activities were a development from workshop 1 and including:

- listing and drawing ingredients for favourite foods
- identifying Top Tips for young carers cooking

The children came back to workshop 2 eager to get creative, chatty and relaxed! Lots of pictures of flour, pizza, pasta, vegetables, and muffins were drawn with accompanying stories and more jokes! The presenter encouraged fun and the group discussed and agreed that jokes the jokes being shared would be included in the cookbook too.

Top Tips were shared including:

*“Do not put too much pressure on yourself – you’re doing your best”*

The children were keen to know what would happen next with their work and were excited to know an eBook would be produced and launched and shared their hopes they would be able to meet face to face at a launch event.

The two workshops were delivered in a fun, spontaneous way as children; left to go to the bathroom, have their tea, check parents were ok, dance about the room, experienced poor band with. An abundance of material was collected for the cookbook project and the children were all delighted they could keep their art materials.

At the end of the workshops the participants were asked:

<b>What was your favourite part?</b>	<b>What was the most difficult part?</b>
draw favourite foods	drawing flour
listing the foods	nothing
drawing colours for feelings	listing ingredients you don't know
Jokes	being on time – was getting hair done
Everything!	staying focused
art bit	

The children asked if they could submit more recipes or pictures and a decision was made to allow all submissions to be sent up until 31/5/21.

Next steps:

The cookbook will be created using the recipes, drawings, ideas, stories and jokes by Ver de gres and a launch event will be planned for the young carers who were involved to celebrate, showcase and share their work.

