

WORKSHOP 3



casserole

CASSEROLE CLUB

WHAT WAS THE BIG IDEA?

The Casserole Club is an initiative by Forum For the Future, supported by local councils and community groups aiming to improve community cohesion and enhance local diet. It has been trialled locally by We Are Food Pioneers (WAFP) on a small scale with approximately 6 people. Food Pioneers raised this for discussion at the conference.

The idea behind the Casserole Club is to bring neighbours and communities together sharing thousands of tasty, home-cooked meals with their neighbours who need it most by getting cooks to cook a bit extra and share it locally.

The current model encourages local cooks to sign up to Casserole Club using the existing website, where they can search for local diners and see who else is cooking in their area. A telephone number is available for those not online.

For Worthing and Adur, the idea is to not only sign up to Casserole club for the local area and work on bringing on board volunteer cooks through local Partnerships, but to also add an extra element by extending an existing project currently operating out of Worthing Homes' Love-it hub in Durrington where people are getting together to chat, cook and eat together and take home the leftovers. This would also link into the project at Methold House where a similar project is being hosted for adults with learning difficulties. Initiation sessions for new cooks could be held in the Love-it Kitchen, even if they go on to cook at home.

Casserole Club is an international initiative that started with one person, a mobile phone and an Excel spreadsheet. It has since progressed online; the website is a really useful tool to help people get cooking and involved quickly. Now, more than four years later, there are Casserole Clubs in local areas across England and Australia. More than 7,000 people have signed up to take part but it is not in this area yet. <https://www.casseroleclub.com>

WHAT WAS DISCUSSED? (PART ONE OF THREE)

1) **Where are people expected to cook?**

- a) Mainly at home, but could be in other locations

2) **How do you know who wants what?**

Can be through community knowledge. For example, the Royal Voluntary Service (RVS) in Lancing knows a lot of elderly people who, for whatever reason, no longer cook.

- a) Dynamic of difference between those who need and provide
- b) Nuts and bolts currently through FutureGov app

3) **What about the Health and Safety aspects?**

- a) Scheme originally run through councils to provide vetting system, but recognition of extra costs involved

NB: Not sure if this would be the best way forward for Adur and Worthing

- b) A different approach would be either to be invested in the local government system OR embedded in the community

WHAT WAS DISCUSSED? (PART TWO OF THREE)

Empty Plate initiative is just starting up in the Worthing area; building a network with local catering businesses to divert food waste away from landfill and take surplus cooked produce.

- Operates with “Pay-as-you-feel” set up, which can be in cash or kind
- Areas to develop:
 - Skills-learning
 - Learning to sustain ourselves (avoid self-neglect)
 - Provide a supportive environment
 - Making “it” personal/ human

Adur Churches Forum are in the process of setting up a breakfast club in Adur.

Health Champions have now trained 15 people as **Cookery Leaders**, able to deliver Cook and Eat sessions in the community.

Conclusions

- Need for networking to avoid duplication and dilution of offer. There’s only so much spare food to go round!
- Possibility of grow-your-own on Adur and Worthing Councils/WSCC’s green spaces (Some groups such as Transition Town Worthing TTW are already doing this)
- Clear benefit with knock-on effects regarding ASB and police resourcing

WHAT WAS DISCUSSED? (PART THREE OF THREE)

- **Problem/ challenge of having a single focal point & coordination**
 - o TTW Greenspaces Forum already exists.
 - The problem being too many current platforms!
 - Directories don't work
 - Hashtag use via Twitter (discussion around limitations of Twitter)
 - Analogy of Wikipedia/ Google/ Apple levels of control. Is "Google" the sweet spot?
- **Currently building an app for VAW as portal/listing directory**
 - o "Ning" app currently exists and is good, but costs per month
 - Possibility to create a new, scalable app. *Paul Brewer & Dale up for discussion.*
- **Very pertinent need to share existing assets**
- **Still difficulty arising. There are often more people wanting to cook for nothing, but recipients often want to pay something to retain self-respect.**
 - Sharing economy. What is the reciprocation here?
- **Intergenerational work**
 - What did you used to eat? Dripping sarnies, rabbit stew, etc...
 - Working with schools
- **More people sign up to be generous than to receive, causing an imbalance**
 - Get the people who want the meals first before you find the chefs
 - *Empty Plate as a server?*
 - *Referrals via Children and Family Centres?*

WHAT IS GOING TO HAPPEN NOW?

This discussion raised questions over relevance of apps & target audiences – internet access or not?

➤ ***More about common knowledge than technology***

We are *still* talking about finite resources

Meet-up app very intuitive

Neighbourly app for local community projects

This is starting a wider conversation about *how* we know each other, the understanding of our different ways of working, etc...

Food Pioneers will continue to explore and expand this project around the idea of the casserole club.

WANT TO GET INVOLVED?

Even if you were not at the Conference or in the workshop, if you like what you have read and would like to find out more or get involved with making this community initiative happen, please email community.planning@adur-worthing.gov.uk and we'll put you in touch with Food Pioneers.