

Funded by Cornwall Community Foundation
& NHS Cornwall & Isles of Scilly Integrated CareBoard



Cookery Skills

**Tuesdays & Thursdays
11:30-2pm**

Assist in the preparation & cooking of the communal vegetarian lunch for farm volunteers alongside Cookery Tutor Jeremy Cole & learn about flavour combinations & healthy cooking on a budget.

Contact:

info@bosaverncommunityfarm.org.uk
or phone 07946746396



Bosavern Community Farm

Published by Bosavern Community Enterprises Ltd, a Community Benefit Society 31409R.

Case Study

TH is an adult with autism who lives with his mum. TH joined our cookery sessions in Autumn 2024 and benefitted greatly.

Before:

TH says that before he started coming here:

'I didn't have much knowledge really, I hadn't done much cookery and although I sometimes helped mum with roasted veg or a curry, I didn't cook independently. I didn't really cook. I often skipped lunch or just had unhealthy snacks. If I did cook by myself it was just beans on toast really.



I did have high blood pressure and I had to take some pills. The Doctor told me to do more walking and eat less fatty foods. That was before I started coming to the farm.

I went through a bad patch a while ago. I just felt really anxious about socialising. I was going to the pub a lot to escape my thoughts and drinking about 8 pints a week. I just found it hard to feel relaxed around people. If I had ideas of different things to do, those thoughts would just come and then disappear again.

Now:

Chatting [to the Cook] while we worked made me feel like doing more (generally). I feel more energetic and motivated. Since doing the cookery I feel more enthusiastic, I'm more motivated to cook, to get creative and try new things. If I have an idea now, I write it down. I enjoy cooking more now. I feel like doing it more often.

I do cook independently at home now. I have cooked for my mum. I've had two friends over for meals and I'm going to a friend's house for dinner tomorrow. My speciality dishes are casseroles, spag bol. or roasted / pan-fried veg.

I still go to the pub one night a week but I've reduced my alcohol a lot. I'm drinking about half what I was. I'm not as interested in going to the pub any more; I don't feel the need. I'd rather be out in nature or have a cup of tea at a café. I like to see people I met at the poetry group or the farm when I'm out and about.

I've got better at speaking to people at the farm because its so relaxed and the people are so friendly. When I go to a café on my own I find it easier to start chat with strangers now.

I like to do one day at the farm cooking and another day helping to harvest the vegetables. Being out in nature and getting more exercise is good for my mind. I reel a lot more relaxed now.

My doctor said I don't need the [high blood pressure] pills any more because I'm more healthy. I'm looking forward to coming back to the farm again.