

## Cooking & Nutrition pilot in North Kensington Open for Applications

The North Kensington Self Care Programme provides access to local communities affected by the Grenfell fire to non-medical activities to support their overall health and wellbeing, by building confidence, knowledge and skills in managing their health care. This is part of West London Clinical Commissioning Group's (WLCCG) key priorities under the Health and Wellbeing Strategy for North Kensington.

Funding is available for Voluntary and Community Sector (VCS) organisations, residents' associations or faith groups to pilot virtual or socially distanced cooking and nutrition sessions as part of a North Kensington Self-Care programme. WLCCG, working with Kensington & Chelsea Social Council (KCSC), plan to allocate up to £3,000 to 4-5 VCS organisations to each deliver a number of cooking / nutrition sessions during winter 2020/21. Please state in your application if you would be open to working with another organisation and would like support making these connections.

### Services we would like to fund

- Adapting traditional/cultural dishes to be healthier
- Using simple, basic ingredients to produce healthier meals at home with using less salt, fat, oil, sugar and healthier cooking methods
- Delivering ingredients directly to participants homes to enable participation in remote sessions
- Healthy eating for intergenerational or family cooking sessions
- Services that reach residents previously not engaged with
- Partnerships between organisations e.g. a foodbank and community group

### About the North Kensington Self-Care programme

Target: People living in North Kensington and/or people who were affected by the Grenfell Tower fire.

Platforms: Programme to be delivered virtually or distanced face to face (adhering to government guide lines) but with the ability to work flexibly between the two.

Nutritional information: The nutritional information given on the videos does not have to be professional, just peer to peer information. We may look to provide a professional nutritionist to liaise with service providers on delivery. Organisations will be required to create digital or physical resource packs based on recipes shared and collected.

Monitoring: The successful providers will be required to evaluate their pilot project with the support of KCSC

Funding: The allocated figures above should be used as a guide. KCSC can support organisations to work out their full cost recovery.

Applications: Applications need to be submitted no later than Monday 7 December.

[Click for the application form](#)

[Please see for more information about the North Kensington Self-Care programme and guidance notes for the completion of your application.](#)

*Kensington & Chelsea Social Council is a local charity working to strengthen voluntary and community organisations in the borough. We offer a range of FREE services to local groups such as help with funding applications, health checks, training, governance advice, project planning and monitoring support. To find out more please contact [support@kcsc.org.uk](mailto:support@kcsc.org.uk)*

If you need support completing this application, please contact [james@kcsc.org.uk](mailto:james@kcsc.org.uk)