

In April 2012, the NWI BLT awarded the sum of £300 to the Caribbean and African Community Health Support Forum to enable them to run a Men's Health Cooking Project. The project consists of a 6 week program of workshops which seeks to encourage men to cook and eat healthier, locally sourced foods. The workshops cover a range of different topics such as basic nutritional information, cooking techniques, safety in the kitchen, cooking on a budget and practical exercises to cook different ethnic and regional dishes. The men had the expertise of a highly acclaimed chef Alvin McQueen



The program commenced on 2nd August 2012 and was held at Whitehouse Community Centre, Ipswich

On the seventh week the men cooked a three course meal for invited guests which consisted of participants from the Exercise Class and the Dementia course that was run earlier by the Caribbean and African Community Health Support Forum.

For further information on the Caribbean and African Community Health Support Forum please telephone 01473 233 844, Mobile; 07507255251, or email [info@cachsf.org.uk](mailto:info@cachsf.org.uk)



