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Eat Well - Cook Slow Project launches to help families cook healthy foods

We quickly started to notice how families and individuals were struggling to feed themselves, exacerbated by the Coronavirus pandemic. Referrals to food access points like the food banks and the community action response teams across our district dramatically increased. These issues can arise for a variety of reasons, but we have frequently seen clients with problems relating to employment, loss of jobs, debt and benefit issues.

Following a similar successful project in Scotland, Jackie Insley, Chief Officer Citizens Advice Sherwood & Newark, is grateful to the NET Coronavirus Appeal Programme: Co-op Fund for funding this project and said:

“Having seen the distribution of free Slow Cookers work so brilliantly in another area, I wanted to roll this out across Newark & Sherwood to help families in desperate need.....we will engage with families who are having difficulty in making ends meet and help them feed their families healthier food on a low budget alongside saving money on fuel costs at the same time. We will work with our partners and Newark & Sherwood District Council in distributing as many Slow Cookers as possible before christmas ”

Families will receive a recipe book provided with each Slow Cooker with links to online video recipes/demonstrations, which will hopefully upskill families and individuals to adopt a healthier way of life through a better diet. The prospect of receiving a free slow cooker, food and recipes will hopefully encourage people to come forward...

Jackie Insley, Chief Officer, Citizens Advice Sherwood & Newark, said: “this is a small project but will hopefully make a big difference to people’s everyday lives”

People who receive a slow cooker will be offered an assessment for additional advice and support needs. In addition, our Energy Adviser will offer all Slow Cooker recipients a review of their energy bills in a drive to save them money.

To access the project you can contact Citizens Advice Sherwood & Newark for information and advice:

- **General advice** will be given via our Advice line on 0800 144 88 48 or Textphone: 18001 0800 144 88 84 Monday to Friday 10am to 4pm. Alternatively, you can ring our local office number on 01623 861769 where you may be offered a call back
- People can **chat online** to an advisor by visiting our website www.citizensadvice.org.uk/contact-us.
- To contact us via email use **advice@sn-ca.org.uk**
- You can find help with **Debt & Money Advice** on 01623 869081

- For advice on **Consumer issues** (e.g. issues related to products or services you've purchased) call the Citizens Advice consumer helpline on 0808 223 1133 Textphone: 18001 0808 223 1133 or chat online to an advisor on our website.
- Anyone seeking support to make a new claim for **Universal Credit** should call the Universal Credit Help to Claim line on 0800 1448444. Textphone: 18001 0800 144 8 444 and Web-chat:www.citizensadvice.org.uk/helptoclaim

Notes to editors:

1. Citizens Advice is made up of the national charity Citizens Advice; the network of independent local Citizens Advice charities across England and Wales; the Citizens Advice consumer service; and the Witness Service.
2. Our network of charities offers impartial advice online, over the phone, and in person, for free.
3. Citizens Advice is the largest provider of free, multi-channel debt advice. Providing that help gives Citizens Advice unique insight into the types of debts people struggle with.
4. Contact us on 01623 861769