# Kimberley Project Sharing – PCYC & Madalah Cooking Programs

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| **Your Project or Program Title** | PCYC & Madalah Cooking Programs |
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| **Organisation's Name** | KPHU |
| **Program/project partners** | Cancer Council WA, PCYC, Madalah Inc. |
| **Budget** | In-kind |

**Why?**

PCYC Broome houses an alternative learning program from teenagers disengaged from mainstream schooling. Their program is co-ordinated by a teacher and a social worker, who invited us to run cooking sessions with their students once a fortnight. A number of the students lack basic 'life skills' including food skills. Given the target group being ideally suited to the funding for the KPHU Community Dietitian, we picked up this project. After some time we were approached by Madalah, a not-for-profit organisation providing supported accommodation for young people from communities living in town for the purposes of employment or training, for a similar program.

**Who? When? Where?**

The dietitian worked with PCYC for the first 6-months of the program, with guidance from PCYC staff. Group sizes varied from 2-8, depending on student attendance. We invited other relevant professionals in to build on the skills within the program, for example, the Shire of Broome's Community Development Officer was invited into to bake a cake on one occasion. Dietetic students on placement in Broome also attended to facilitate the sessions to demonstrate 'small group facilitation' as part of their placement requirements. The Cancer Council WA's Regional Education Officer began co-facilitating the sessions from Term 3, 2014, and has been a key partner thereafter. The dietitian has visited Madalah accommodation on request, highly dependent on the capacity of the residential worker at the time. As these sessions occur out-of-hours, the dietitian usually visits alone, or with dietetic students where possible. The participants in the group vary from 2-5, depending on the willingness of residents on the day.

**How are you making it happen?**

At PCYC, we use existing funds from the KPHU Community Dietitian position and CCWA's REO position to fund time and cooking resources for this project. We visit for around 1 hour once per fortnight, and spend around $50 per session depending on the dish.

At Madalah, we visit roughly twice per year, spending up to $100 per session.

**So…**

There are been visible successes in our work at PCYC. We consider the main successes of the PCYC sessions to be the relationship between the students and ourselves, as it has taken some time to do so. The PCYC staff also value this relationship, as they like the fact that the students are happy to say 'hi' and acknowledge us in the street outside of the sessions, whereas before they felt that this relationship would not have occurred from either side. We have seen some students look strangely at a grater to now willingly and confidently taking part in cooking.

Our sessions at Madalah have been fairly infrequent, but we have received some positive feedback from the residential worker to say that the residents like the meals.

**How do you plan to get feedback?**

Many of the students and residents we cook with can be shy when being directly asked for feedback, so we usually liaise with the facilitators to evaluate our progress. The sessions have not always gone perfectly so we actively enquire as to what we could do better and how we could structure the sessions to make it more enjoyable.

**Resources**

The only resources we use for these sessions are some laminated cards showing 'energy foods (carbohydrate)', 'muscle foods (protein)', and vegetables. We sometimes get the students to put all the ingredients for the session on the table and put each ingredient into the correct category. The idea is to show how to put a balanced meal together rather than having a meat-heavy or carb-heavy meal. We created these using Microsoft Word and collecting photos from the internet. They didn't cost anything.