



# MITC GRANTS MAKING A REAL DIFFERENCE FOR FAMILIES IN DERBY



## Funded Project

The **Cook Eat Play** programme works with families and children of all ages from Chaddesden. The sessions take place during the school holidays, to support those families whilst they are not getting free school meals.

Families are provided with the opportunity to prepare healthy food on a budget such as fruit snacks, chicken wraps, salads and sandwiches. The children learn about well balanced meals and then eat what they've made, meaning everyone gets a meal. Participants also take part in a play session using no or minimal sports equipment so that these activities can be replicated at home.

Parents and carers are also encouraged to take part so that they too can learn about getting valuable nutrition on a budget.

## Success

Since launching, the **Cook Eat Play** programme has engaged with over 300 participants and donated a large amount of food to families in need across the city.

Excitingly, Sporting Communities received a second MOTO grant towards the end of 2018 which will be used to expand the programme and enable them to work with more families.



**“Thank you for providing us with activities and healthy food ideas to feed our children for a reasonable price.”**

## Background

Sporting Communities provides a range of sport, health and recreation activities for whole communities including disadvantaged families and young people at risk of causing anti-social behaviour.

A MOTO grant of £1100 in 2016 enabled the organisation to launch their **Cook Eat Play** Programme in Chaddesden, Derbyshire, one of the most deprived areas in the country.



**“Thank you for giving us a great 6 weeks’ holiday, with something to do each day with Sporting Communities at the Bramblebrook Community Centre.”**



**“My children loved going to stay and play. It showed them that eating healthy food is not always boring, and it got them out more because we don't have many things around here like that.”**

