

# Press Release



## **Inspiring Cookery Instructor 'whips up' free cooking lessons for our Volunteers and their Younger Friend's**

Anne Marie Lambert who runs Get Cooking ([www.get-cooking.co.uk](http://www.get-cooking.co.uk)) has offered free online cooking lessons to our Volunteers and their Younger Friends at The Friendship Project for Children.

Anne Marie's cooking is based on having fun and learning to cook healthy, functional food for everyday living. The aim is for volunteers and their Younger Friends to be able to cook together online and maintain their friendship during lockdown.

"I had a very frugal upbringing and the kind of cooking I teach is trying to make simple ingredients more exciting through good use of store cupboard essentials and cheap, fresh ingredients. I hope Older and Younger Friends can continue their friendship during these difficult times and learn a new activity together, in a safe environment. I hope the lessons provide a bit of light relief and inspire the young people to learn a new skill and experiment with cooking from scratch", said Anne-Marie.

Self-taught, Anne Marie's live and interactive cooking workshops include basic cooking skills, as well as useful hints and tips she has learned along the way working in professional kitchens. Anne Marie concentrates on helping you to learn the basics, eat a healthier diet and perfect your baking techniques; with the emphasis on sustainability and affordability.

Dishes on the menu to prepare together include: sweet potato brownies, vegan lentil lasagne, fishcake and wedges as well as flapjack/energy bites and baked treacle sponge.

One of our volunteers, Joan, took her Younger Friend to a number of face to face cooking sessions (pre-lockdown) with Anne Marie: “My Younger Friend really enjoyed the sessions. She made chocolate brownies and pancakes. We make cakes and sandwiches together when we meet up and I am looking forward to when we can meet face to face again and continue this hands-on skill”.

The Friendship Project for Children operates throughout Warwickshire with the primary aim of helping children in need of some extra support. All children aged between 6 and 16 are referred to the charity through children’s social services and are then matched with an ‘Older Friend’ who takes them out and spends time with them for a few hours each week. In the current situation when so many people are in need of social contact and continuity, it is especially important that these friendships continue.

Since the charity started in 1986 it has supported over 1500 local children. The outstanding work of volunteers makes a huge difference within their community. There are many social reasons why children are in need of this kind of support, but experience has shown that a weekly visit by someone who cares makes a significant difference. The visit could be doing something as simple as a walking a dog or having a hot chocolate together; but could also include activities which the child would otherwise not get to experience, such as tenpin bowling, ice skating or horse riding.

For more information on The Friendship Project, please visit:

[www.friendshipproject.co.uk](http://www.friendshipproject.co.uk), @FriendshipProj or call 0845 838 2098