

# Group teaching cooking skills

**A PORTSMOUTH church has hosted the pilot of a project to encourage older men to learn to cook.**

All Saints Church in Commercial Road hosted the initial 'Chop, Cook, Chat' group which aims to teach basic cooking skills to men over 60.

It's a way of helping those who lack culinary skills or confidence to move away from takeaways and ready meals which may be less healthy and may cost more.

Some of those men may have experienced a bereavement, a divorce, or another change of circumstances that has put them in charge of the kitchen. Perhaps their partner has traditionally done all the cooking, but is no longer able to do so.

The project was initiated by the Independence and Wellbeing Team at Portsmouth City Council. All Saints hosted the pilot of this five-week course, which starts with simple techniques, and progresses to making dishes such as curries, cottage pies and bolognese.

Alongside the cooking and the chat is advice about



**Fred Baker, 91, cooking at All Saints Church**

hygiene, healthy eating and cooking in batches.

The vicar, the Rev Mike Pye, said: "I was delighted to see that those attending felt more confident about home

cooking and using fresh fruit and vegetables. And importantly they were able to talk to each other about their domestic lives.

"Chop, Cook, Chat has

grown at All Saints and is now going to be rolled out in another four venues across the city supported by funding from the Southern Co-op. I believe it will make a big difference to more people's lives.

"For me, this is the kind of thing that the Church is there for. In some places, especially in the inner cities, the local church is one of the few organisations still caring for its local community. We're pleased to do anything we can to help people's health, self-esteem and wellbeing.

"Churches are often very willing to act as partners for organisations such as local councils or charities because we share the determination to do something positive to help our neighbourhoods.

"In the case of All Saints, this also includes hosting groups helping asylum-seekers with basics such as food, clothes and legal advice, our All Saints Counselling Service, and Rainbows, Brownies and Guides. This is all part of our Christian commitment."

To find out more about the Chop, Cook, Chat groups across the city, or support them as a volunteer, email jayne.gentle@portsmouthcc.gov.uk or call 023-9284 1762.

**Cornerstone Bookshop**  
9 Bemisters Lane, Gosport, PO12 1HB

**Christmas Stock Now In Cards, Candles, CDs and Books**

PLEASE COME VISIT US AND VIEW OUR FULL RANGE OF BIBLES, BOOKS, MUSIC AND GIFTS

Tel: 02392583824 • www.cornerstonegosport.co.uk  
email cornerstonebooksgosport@gmail.com

**M. COGHLAN Limited**

INDEPENDENT SINCE 1861

**FUNERAL DIRECTORS**

Independent family business. 24 Hour service, home visits, private chapel. Personal service always given. Pre-paid funeral plans arranged.

**FAREHAM (01329) 282711**

Westbury Road, (Westbury Road is alongside of Argos, parking available) · Fareham · PO16 7XU  
www.coghlan.net

**PORTSMOUTH CATHEDRAL**

**Book & Gift Shop**

St Thomas's Street, Old Portsmouth, PO1 2HA

**02392 823300**

**OPEN Mon – Sat 10am – 4pm  
Sundays Closed**

**ADVENT CANDLES & CALENDARS**

**Books, Bibles, Cards for all occasions, and gifts including jewellery, hand painted silk scarves, CDs and serviettes.**

**Book ordering service and book tokens**

## Families exploring the Bible together

**FAMILIES** at a Cowplain church are being given a chance to explore faith together.

St Wilfrid's Church has launched Family Sundays – which happen straight after the 11.15am all-age worship service on the third Sunday of each month.

The families share a picnic together at 1pm and get to know each other.

Then they spend about 90 minutes exploring a theme from the Bible, through activities including discussions, games, gardening and modelling.

The vicar, the Rev Ian Snares, said: "There has been a growing understanding of the importance of exploring and



**Katy Watson, 9, with her model of Creation**

experiencing faith together as a family, allowing what we learn from the Bible to impact our daily lives as a whole family.

"We ran our first session in June, exploring creation. Within this session, each

family worked together to build their own creation, complete with grass, flowers, animals, and a sea, as we read through the story of creation in Genesis 1. Each family then took their creation home to look

after before bringing it back for our next session in July.

"We then used the other side of the tray the creation was built in to create a desert, while exploring the story of Adam and Eve in Genesis 3 and the impact this had on the world."

Family Sunday welcomes families of all ages and sizes, from babies to great-grandparents; those who've never been to church, and those who have been all their lives.

The first year involves an overview of the Bible, from the start of the Old Testament to the launch of the Church. Contact Robin Jones at robin@stwilfridscowplain.co.uk for details.



enhancing church interiors

**Ronald Emmett fine furniture**

www.ronaldemmettfurniture.com

01308 868025

**CHURCH PEWS**

**UNCOMFORTABLE?**

WHY NOT TRY SAFEFOAM'S TOP QUALITY UPHOLSTERED FOAM PEW CUSHIONS?

Safefoam, Green Lane, Riley Green, Houghton, Preston PR5 0SN

www.safefoam.co.uk Freephone 0800 015 44 33  
Free Sample Pack of foam & fabrics sent by first class mail  
When phoning please quote PC1017