



## Curry Club and Mindfulness

Location: One Community Centre, Lincoln Green

Date: 14 August 2019

YOUR SPACE, YOUR IDEAS.

Promoting health and wellbeing space and support by working together with communities in South and East Leeds.



### Background & Aims:

This is the second time we facilitated our Curry Club in the LS9 postcode. The aim is to encourage people in the local community to come and enjoy a healthy meal, meet new people, learn about the health benefits of the food and how to cook the food we will provide. We will talk about Mindfulness its benefits, how to implement it in our daily lives and provide a mindfulness meditation.

We hope to engage people who are isolated and encourage positive conversations about mental health.

We promoted the event through Social Media (twitter, Facebook and Instagram), by email, telephone, in local businesses, through events and with leaflet drops.

### What Happened?

52 people attended the curry club including children the participants were local residents. There were lots of interesting conversations about people's interests, all the attendees interacted and socialised.

We served a cooked vegetarian meal (Vegetable Curry and Rice) we provided all participants a print out of ingredients and method of cooking the meal at home.

We discussed mindfulness and how to implement it in our lives to overcome stress.

### Feedback and Comments:

Would like more sessions

"Friendly people, nice!"

"Lovely evening, friendly people, enjoyed the food, thanks"

"Nice informal evening, no pressure."



### Next Steps:

We are in discussion with St Hilda's Church in the Cross Green area LS9 to hold a Curry Club for residents. This will be a free venue which will be more sustainable.

Include Mindfulness wellbeing session after the meal to equip residents with coping strategies to



### Outcomes and Impact:

We were able to have positive conversations with the people who came. People were socialising, learning new skills, sharing information

One man said that he was isolated and would like to attend the club again. He enjoyed the food and talking to others.

Some of the residents expressed an interest in coming to a craft club at the Compton Centre.

One resident became emotional after seeing children due to her own children being taken into Care Suzie was able to have a one to one chat with her and discuss support needs.

As a result of attending the Curry Club all the participants reported having a positive social experience.

We recognised the large number of attendees meant staff were stretched and it is vital to recruit residents to volunteer or provide informal peer support in order to engage in meaningful conversations.