

# Participatory Research Fund Project Kitchen Conversations

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## Overview:

In an experimental project that explores food as research method and cultural exchange, young Ukrainian refugees and community members are participating in a series of collaborative cooking sessions. The sharing of food preparation and communal eating can be a powerful catalyst for the breaking down of barriers, sharing cultures and enhancing well-being. The project consists of 8 collaborative cooking sessions involving staff and catering students at Stamford College and other local venues to engage a range of different community members and offer different food and cultural experiences to participants. 8 Ukrainians aged 12-18 have been invited to each session and will also have the opportunity to share their own dishes with others. Each fun, interactive session involves the preparation of food and sharing it together at the end. Feedback from the initial sessions will inform later sessions. An end of project celebration designed by participants will bring together all partners and participants in a shared meal. A printed cookbook of all the recipes and a project summary is being developed by participants and their families. A short video will be made of the cooking sessions and celebration to capture feedback and impact. A public engagement event will be held to showcase the project in the local area, create wider impact and invite public involvement for future research.

## Funding of £9,761.48 was used for:

- 8 collaborative cooking sessions at different community venues
- End of Project Celebration
- Public Engagement Event
- Production of Ukrainian cookbook and project film



**Do you want to know more or be involved?**

## Aim and objectives:

- To explore the use of cooking and sharing food as a creative participatory research mechanism
- To establish a basis for future co-production of research through collaborative cooking
- To discover how food can act as a bridge between cultures and generations to provide common ground and identify areas of shared interest
- To explore how food might provide a mechanism for helping migrants feel a sense of connection to the new communities they live in and enhance their well-being

## Patient and Public Involvement and Engagement elements:

Participant involvement in co-design of the project workshops and End of Project Celebration

Participant ownership of the cookbook planning, design and execution process

Public engagement event about the project and ARU's approach to PPIE

## Stakeholders involved:

Stamford Diversity Group

South Kesteven District Council

Stamford Town Council

Second Helpings Stamford

Stamford College

## Research outcomes:

Better understanding of the utility of using food and cooking as a means of carrying out participatory research

Evidencing the value that people ascribe to sharing food from their cultures and countries with others



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