

PET-Xi CASE STUDY

NOUREDDINI'S STORY



Nouredдини Mrini, 60, was out of work due to ill health and began attending the Helping Hands Community Centre. Whilst facing uncertain times, Nouredдини was looking for extra support, where he would be able to build his confidence up and obtain new skills at the same time.

Nouredдини was able to pick up new recipes and cooking skills, as well as gaining a maths qualification to boost his lack of confidence.

Support provided by PET-Xi

Through the support of both the Helping Hands Community Centre and PET-Xi Tutors Julie London and Vera Lewis, Nouredдини was able to find the extra support he was seeking.

As part of the course, Nouredдини was able to feel comfortable through practical learning methods that make up the Cooking Counts Programme. Whilst learning new recipes and putting these into practice, Nouredдини was building his confidence up whilst upskilling and doing so without realising.

Support Worker Debbie, based out of the Helping Hands Community Centre played a pivotal role in Nouredдини's journey pre and post course alongside PET-Xi's Skills Tutors.

Debbie said: "The recent Cooking Course here at the Helping Hands Community Centre was a fantastic hit! It wasn't just about learning all about measurements and using an air fryer – it became a real social hub.



“We saw people of all ages and backgrounds coming together each week, sharing stories and laughter over delicious food they had made together while also brushing up their numeracy skills. It fostered a great sense of community, which is exactly what we strive for here.

“The group were fantastic and extremely keen to develop their maths and cooking skills, with Nouredдини standing out for willingness to learn and displaying great progression.

“Rewarding every participant who completed the course with an air fryer was so important for the individuals who visit our centre. Nouredдини in particular was excited when he received his on the last day, ready to recreate everything he learned during the course and cook healthy meals on a budget.

“The course was so popular that we’ve already scheduled the next one for next month as we got more people interested! Now that we have a feel for what resonated with participants, I’m confident the next one will be an even bigger success.”

Outcomes

As part of Cooking Counts, participants are guaranteed a free air fryer to aid them with their budget cooking recipes. Throughout the course, Nouredдини built up his confidence with practical maths skills and gathered an array of budget recipes.

Through the guidance of both tutor and the Helping Hands team, Nouredдини put aside health issues and low confidence to complete the course and better his life chances moving forward.

Nouredдини said: “Before starting the Cooking Counts Programme, I was attending the Helping Hands Community Centre as I couldn’t work due to health problems – mainly glaucoma.

“Kevin from the Helping Hands Community Centre informed me about the course. I was hesitant to sign up at first, however Kevin gave me so much useful information and I signed up for the course due to this.

“Although I had health problems, I didn’t want to sit around doing nothing, because when you do nothing in your life, you lose yourself.

“I think the Cooking Counts Programme was a very good experience and I would jump at the chances to take part in similar courses! The course hasn’t just helped my maths skills, but it has helped my cooking skills as well.

“With my health issues it wasn’t always easy on the course, but the tutor was amazing and very supportive throughout, which made the course easy and accessible.

“I would highly recommend the course to any participants, as it has improved my maths and cooking skills as well as my confidence. The PET-Xi team alongside the Helping Hands Community Centre have been amazing!”

Together we work as one

Nouredдини’s programme was facilitated by Warwickshire County Council, through Multiply Programme funding.

If you would like to do the same course as Nouredдини we would love to hear from you!
To sign up call: 02475 311814 or email: courses@pet-xi.co.uk