



Andover Town Council

COMMUNITY CHEF C.I.C

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Produced for: C&E Committee | **By:** Community and Events Officer | **Date of Report:** 24th September 2025

Community Chef is a Community Interest Company (CIC) based in Lewes, East Sussex. They empower individuals with the confidence, knowledge, and skills to feed themselves and their loved ones through engaging cookery education.

They offer a wide range of courses and workshops covering topics from healthy eating to essential cookery skills.

Courses

- Community Chef offers a portfolio of structured courses, including:
- Low Energy Cooking
- Batch Cooking for Your Family
- Man with a Pan
- Global Kitchen
- Cooking for a Healthy Heart
- Mindful Baking
- Eat Well for Less

Course Format

- Each course runs over 5 weeks, with five 3-hour sessions.
- Groups are limited to 8 participants to ensure quality learning and social interaction.
- Participants cook and eat together and take extra food home.
- All recipes are printed and provided for participants to recreate at home.

Costs

- **Course Fee:** £3,000
- **Indicative Travel Costs:** £125 per session (£625 total)
- **Note:** Venue hire, marketing, and administration are not included and would be managed by Andover Town Council.

One-Off Workshops

Workshop Topics Include:

Community Chef also offers a variety of one-off workshops, suitable for up to 8 participants. These can be delivered individually or as part of a series.

- Vital Skills
- Food to Prevent and Manage Type 2 Diabetes
- Cooking for a Healthy Heart
- Cultural Cuisines: *A Taste of India, Thailand, Spain, Turkey, Italy, Mexico*
- Cooking the Seasons
- Knife Skills 101

- Healthy Eating 101
- Everyday Bread
- Pastry and Pies
- Savoury & Sweet Traybakes

Costs

- **Workshop Fee:** £700
- **Indicative Travel Costs:** £125 per session
- **Note:** Venue hire, marketing, and administration are not included and would be managed by Andover Town Council.

Bespoke Cookery Series

Community Chef can tailor a series of workshops to meet the specific needs of the Andover community. For example:

- 2 workshops open to all, focusing on healthy batch cooking or cooking for someone with Type 2 Diabetes
- 2 workshops for over-55s living alone
- 2 workshops for low-income families, focusing on affordable, nutritious meals (e.g. Traybakes, Healthy Eating 101)

Seasonal Themes

Workshops can be themed around holidays such as Christmas, Easter, or Eid, incorporating relevant recipes and skills.

Logistics & Equipment

- Community Chef provides all necessary small equipment; however, venues will need a kitchen.
- If the venue kitchen is insufficient, they can set up a field kitchen.
- Participants cook and eat together and take extra food and printed recipes home.

Cost-Saving Option

Workshops can be scheduled on consecutive days (e.g. Tuesday and Wednesday) over 3 weeks, allowing the Cookery Leader to stay overnight. This helps reduce travel costs and condense the delivery period.

Course VS Series

Pros of a Series Format

- **Broader Reach:** Up to 48 participants can benefit across multiple sessions.
- **Cost-Effective:** Approximate cost per person is £104.16, making it more affordable.
- **Flexible Learning:** Each session can introduce a new skill or recipe, allowing participants to build knowledge over time.
- **Community Engagement:** More people involved means greater visibility and potential for wider community impact.

Cons of a Series Format

- **Limited Depth:** Each session covers only one skill or recipe, so individual learning is less comprehensive.

- **Less Continuity:** Participants may attend only one session, reducing the opportunity for sustained learning.

Pros of a Course Format

- **In-Depth Learning:** Participants gain comprehensive skills and knowledge over multiple sessions.
- **Stronger Outcomes:** More time with the chef allows for deeper understanding and confidence in cooking.
- **Relationship Building:** Smaller group size fosters stronger connections and peer support.

Cons of a Course Format

- **Limited Reach:** Only 8 participants benefit initially.
- **Higher Cost:** Approximate cost per person is £453.12, which may limit scalability.
- **Resource Intensive:** Requires more time and commitment from both the chef and participants.

If Andover Town Council were to commission the Community Chef to deliver an initial service, and the engagement proves successful, the Council could look to develop the initiative into a long-term project embedded within the fabric of Andover. This could be done sustainably by engaging the Community Chef to train Cookery Leaders — local individuals who would then be equipped to run community cookery sessions across Andover.

Andover Town Council could offer this training to community leaders, enabling them to become Community Chefs themselves. This would ensure the benefits of healthy cooking, social connection, and community outreach continue to ripple through Andover for years to come—creating a lasting and far-reaching impact and legacy. By training Community Chefs and embedding them within the community various initiatives could be launched that could include:

- Use of excess allotment produce to teach jam making, etc (products could be sold locally to provide funds for the Community Hubs.
- Use of excess allotment produce could be cooked within lessons to provide a free community evening with food provided by the course attendees.
- If community evenings are held regularly, school leavers could volunteer to serve and learn skills that could be used in the workplace.
- Excess produce from food banks, food larders, supermarkets and households could be turned into meals that could be served from the Community hubs providing free meals and social engagement.
- Community events around holidays ie Christmas meals, Easter bbq's etc.

Cooker Leader Training

The Community Chef can offer a comprehensive 'train the trainer' course for professionals and empower volunteers who want to set up and run their own community cookery activities. It can either be run as a two-day intensive course for confident learners or a five-week training course for participants who are less confident and have yet to plan their initiative.

A two-day training course for up to 8 trainees is £2000 or a five-week course is £3500, plus travel from East Sussex.

N.B: *The information provided in this appendix outlines approximate costs only. It is intended to give members a general idea of potential expenditure. Actual costs will be confirmed by Officers should Councillors wish to proceed further with this proposal.*