

SUCCESS STORY



Michael teaching local children

"I have really enjoyed my time volunteering with Michael. I've learned so much about how it is to run a social enterprise and it's a great feeling that my input may have helped him to develop the business. I have definitely got a lot out of it and hope to continue to work with him. Thank you for finding me the role."

Philippa – volunteer for Empower to Cook

Community Impact Bucks

Volunteer Support - Empower to Cook

About Empower to Cook CIC

Empower to Cook CIC, a 'not for profit' organisation, offers classes that are hands-on and filled with practical food education skills that can be implemented across schools, community organisations and families, enabling people to gain a better knowledge about food for better health and wellbeing by learning about and using a variety of ingredients, cooking techniques and nutritional advice.

Due to Michael's mental health disability-ADHD he was referred to Community Impact Bucks' Volunteer Hub for support by a Community Link Officer from the Prevention Matters programme.

How has Community Impact Bucks helped?

"Running a start-up community organisation like Empower to Cook has its challenges, more so if you struggle with a mental health disability. Community Impact Bucks has been hugely supportive in not just understanding the organisation but the challenges for its leader. They have worked closely with me to find the right fit of volunteers that could enable both areas to blossom. This personal approach has allowed Empower to Cook to begin to establish itself within the communities it champions. The Volunteer Hub ran targeted promotion on Streetlife, through their matching service and through the Volunteer Recruitment Fair which resulted in 3 volunteers being referred to me. We now have 6 volunteers in total and growing! More organisations should adopt this approach..."

Michael Brown, Founding Director Empower to Cook CIC