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News Release from

Stockport Homes

1 St. Peter's Square

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Homeless Charity helps cook up some tasty treats.

A local homeless charity H3-Helping the Homeless into Housing has been serving up some delicious meals after securing £460 funding from the Stockport Homes Community Fund.

The funding has been used to deliver H3 'Brunch and Lunch' clubs for local residents within Temporary Accommodation across Stockport. As part of the clubs residents have been encouraged to participate in the preparation and cooking of low cost healthy meals such as Chilli Con Carne. The clubs have been run on the back of the '5 A Day the H3 way' programme which seeks to tackle health inequalities faced by local homeless people by providing access to free and fresh exotic fruit and vegetables demonstrating how to lead healthier lifestyles.

Mark Perkins, a local resident, said 'The cooking sessions benefit me as usually I just eat only microwave meals and don't always feel motivated to cook fresh food. The cooking sessions ensure that I get at least one home cooked healthy meal a week. I feel grateful that H3 have donated the cooking equipment as we will get a lot of use from it. Thank you H3.'

ENDS

Picture – Christopher Hartley (Stockport Homes) and resident Gemta Mohammed cooking up some chilli

Notes for Editor:

Stockport Homes

Stockport Homes is a multi-award winning Arm's Length Management Organisation that manages over 11,500 properties on behalf of Stockport Council. For more information, please visit www.stockporthomes.org

For more information about H3 charity, please contact Vijay Chauhan, Support and Development Officer on 0161 218 1036