

“The funding has empowered local people to take a positive lead on their lives, and has helped us to work together with them to create a safe learning environment for family time.”

Matthew Cross
Blaze

Blaze

Project:
‘Healthy Families’

Subject:
Education, learning and skills improvement
Training, support and practical skills
Youth engagement
Health, wellbeing and sports

Location:
Grangetown, Redcar and Cleveland

Overview:
Grangetown has been identified at the highest level in Redcar and Cleveland for poor health, inadequate diets, unemployment, broken families and negative relationships, with chaotic lifestyles leading to a lack of family time.

Blaze Youth Club was awarded £4,000 to develop their ‘Family Friday’ provision, giving the group the ability to offer five months of community weekly cooking sessions to teach families essential life skills in leadership, team work, positive confrontation, healthy cooking, increasing confidence, family values, and parenting skills.

The Healthy Families project was used as base for bringing the community together and families supporting each other in the running of family nights. A number of smaller projects stemmed from the funding, with young people planning, cooking and serving, and putting on games for the younger children, giving them a sense of ownership, creating awareness of their community and bringing out a deeper bond between age groups.

Many people enjoyed family time together for the first time, learning the importance of family roles and values and cooking and eating meals together.

