

Knead To Chat

Therapeutic Bread Making

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www.leicspart.nhs.uk

What We Do

- Create A Safe Place
- Learn A New Skill
- Share Stories, Experience & **Challenges**
- Improve Health & WellBeing

... And We Bake Bread



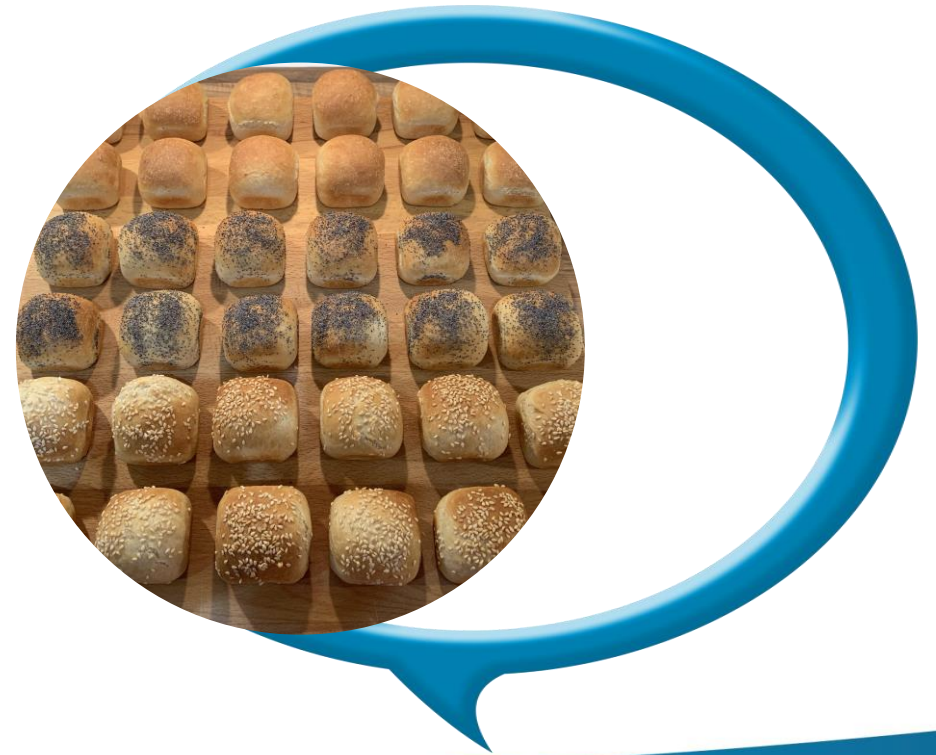
How We Do It

- Created, Organised, & Run
By Volunteers
- We Bake Anywhere,
With Anyone
- Online Community



The Numbers

- 45 workshops
- 260+ volunteer hours
- 330 participants
- 1000+ loaves, rolls, pizza baked



The Stories

"How did I feel ? Overwhelmed, ecstatic, epic. I want to show people my bread and tell them I baked it myself. This is the best I've felt since I've been in hospital."

"I wasn't sure I would be able to complete this, but I feel very proud of myself having learnt a new skill. I've surprised myself and it's a nice feeling."

"Really pleased that over 50% of the patients gave it a go and they all really enjoyed it. That's the longest by far that A has engaged in an activity. It will be a real boost to her recovery."

"Having something to do, and keep me occupied, was such a nice feeling. So much better than just sitting on the streets worrying."

"I'm amazed at how my confidence grew, and I never thought I could make bread that looked and tasted so good."

"How nice to be able to spend time just for me. It was therapeutic and I feel relaxed, energised, proud, and hungry."

"A fantastic afternoon talking to other like minded people about their mental health problems, in a safe environment, and without being judged by others."

"How good to see R engaging in the pizza making. He's been shutting himself in his room all week and has been so isolated. This is the first time he has been outside, and how nice to see him talking to people."

What Next

- Community Kitchen
- Social Prescription
- Carry On Baking & Talking





Thank You

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