

# KITCHEN THERAPY

Creating community in the time of Covid



*Charlotte Hastings*

# KITCHEN THERAPY

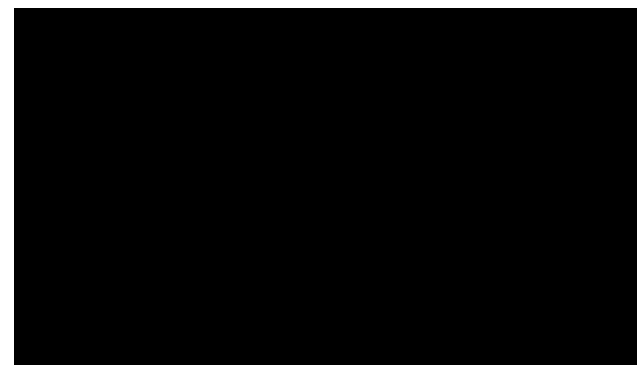
- What is it?
- How did it begin?
- Clients and client groups



# COVID-19

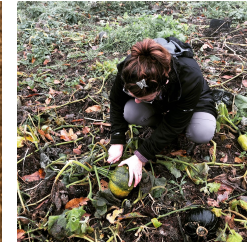
- Impact of pandemic and lockdowns

# FILM 1



# WORKING OUTDOORS

- How that happened
- Who did you work with?
- How did it work?
- What was the experience like for you?







*It was so nice just to be outside, with other women going through similar stuff, coming together and chatting while making and cooking a delicious meal. . . . My confidence in cooking has grown so much. It also inspired me to grow my own vegetables and herbs to use in my cooking at home.*

*“When things seemed hard to deal with. Having the experience of being out in nature, foraging for stuff for our lunch and then learning how to cook a healthy meal in a different setting. Having a chance to taste and experience new things. Having a laugh with each other. Meant alot to me to do this after what we'd been through”*



*Was lovely being outside and meeting new people especially after being in lock down and feeling quite isolated*



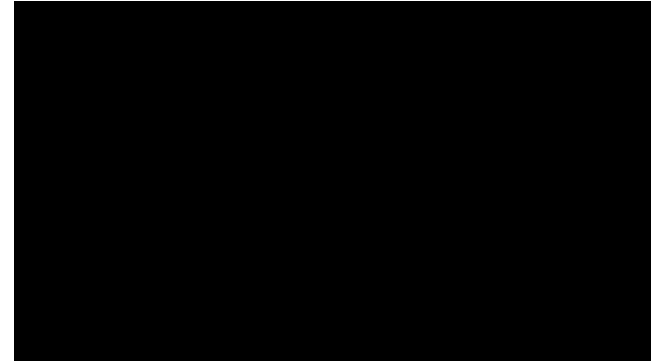
*When my teenage daughter was right in the heart of her eating disorder many years ago reflecting on my relationship with food with Charlotte and my own fear of making mistakes when cooking was exceptionally helpful in thinking about attachment wounds that could in part, be healed through changing our relationship with food. . . .*

*So, Charlotte cooking with us and encouraging us to be playful with food and risk making mistakes and seeing they weren't catastrophic... was part of healing the wound, and the work is ongoing, but cooking for me is no longer a source of great anxiety and a few years ago I would never have thought it would be possible that I would take such joy from cooking and in feeding my family.*



*It has been a transformative experience.*

## FILM 2



## WORKING INDOORS



## WORKSHOPS AND THERAPY

- What is different?
- How would therapy work?



WHERE NEXT FOR KT?



Q&A

