

<b>PIR Agency:</b>	Aftercare
<b>Date:</b>	Jan-June 2015
<b>Key issue(s)</b>	A significant number of male consumers report their lack independent living skills, particularly cooking. No accessible, user-friendly services were found to meet this need. A secondary need was that of, lack of social opportunities for this single, male cohort group.
<b>Main Objective(s)</b>	The main objectives for the project where to upskill the profile group to enable them to independently prepare basic nutritious meals. It provided an opportunity to educate participants about good nutrition and healthy choices. It also facilitated improved wellbeing and promoted independence while engaging socially with peers in a safe environment. .
<b>Summary of Impact or Result</b>	Overall, the project achieved the original expectations. Data and personal reports indicated a noticeable increase in food preparation skills and knowledge of healthy cooking and ingredients. There was also an increase in all participants using more food that is nutritious in their diets. After the project, all participants reported that they cook independently at home. A number of them are now volunteer chefs at a local BBQ and have recently cooked healthy piklets at the regional mental health resource expo for 1000 people!
<b>Context</b>	
The context of the project relates to the system gap which was identified via PIR experience of working with this group of men i.e. that there are a significant number of male consumers that report their lack independent living skills, particularly cooking. No accessible, user-friendly services were found to meet this need. A secondary need was that of, lack of social opportunities for this single, male cohort group.	
<b>Stakeholders/Partnerships</b>	
There were key stakeholders involved in the project. These stakeholders were from community mental health organisations, general community organisations and the private sector (a nutritionist was contracted in).	
<b>Project Management</b>	
This was a 4 phase project. These phases where-  1) Determine models of practice that are targeted at a similar profiled group (research based) and identify sector partners that have a vested interest in this agenda. 2) Identify potential target group of participants and establish a working group (these stakeholders where involved in the development and implementation of the project from supplying a community venue to identifying a profile group) 3) Develop and implement a short-term pilot project that will meet the needs of the target group. 4) Review and evaluate the project.	
<b>Description of Activities</b>	
The outcomes identified at the planning phase of the project where-  1) Participants will confidently be able to prepare basic meals. 2) Participants will have increased nutritional knowledge and be able to make healthier food choices.	

- 3) Reported increase in independence and wellbeing by participants.
- 4) Reduced social isolation.

From qualitative and quantitative data, these outcomes were achieved.

<b>Project Impact</b>	
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The project has not resulted in a permanent change to systems. The project benefited the profile group (as evidenced by the results) and built relationships with sector partners. An unexpected outcome of the project was the creation of a weekly BBQ group that started at the end of the project. A number have also recently cooked healthy piklets, at the regional mental health resource expo for 1000 people! Some project participants identified wanting to continue to meet in a social setting. This group is aiming to be sustainable by participants volunteering to organise it.	
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<b>Lessons Learned</b>	
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Overall the project was developed and implemented with very few issues. The budget and time allocated was adequate (\$5000) and no additional funds/resources were required. A key barrier was commitment from community stakeholders to be involved in the project (despite original commitment to do so), a number of these stakeholders did not follow through to the development phase.	
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<b>Appendices</b>	
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