

Slow Cooker Session Brings Together Groups From Across Bristol to Support Families With the Cost of Living Crisis

The Story:

As food prices across the UK continue to rise at an eye-watering rate, Bristol-based law firm, **Burges Salmon**, is helping frequently overlooked communities to keep up with the cost of living. With help from **Barton Hill Amateur Boxing Club**, **AskingBristol** has channelled the law firm's support to families in Barton Hill by organising a slow cooker demonstration session. In the warm and welcoming atmosphere provided by **Tom Foley** at the boxing club, **Natalie Ward (91 Ways)** prepared a delicious vegetable chilli whilst sharing tips on how to get the most out of the energy-efficient slow cookers. Participants were able to take home a slow cooker and a recipe book, along with a generous assortment of chilli jams, chutneys, and sauces provided by **Uncle Paul's Chilli Charity**. Bringing together multiple groups to co-ordinate this support highlights the power in forging long-lasting, cross-community connections that generate capacity to share *Things* and *Expertise* for good causes. **We welcome and thank everyone involved for their support during this initiative.**



Our Impact:

"Parents find the cookers useful for events like Ramadan... they can add all the ingredients to one pot, switch it on, and leave it."

"One parent uses the slow cooker for rice pudding, which is efficient in feeding the whole family."

"Young people can use the slow cooker with little or no cookery skills, serving as a form of 'shared learning' and helping larger families."

"Slow cookers help with food preparation in advance, and leftovers can be used to put together meals."



"This slow cooker is fantastic... thank you all!"



A special thanks to **Burges Salmon**, **91 Ways**, **Barton Hill A.B.C.**, **Uncle Paul's Chilli Charity**, and all involved for their commitment to supporting our communities.