

Our mission is to empower and support young people to lead healthy lifestyles by learning about food, and the integral role it plays in our lives.

Inspero's aim is to empower and support young people and their families to lead healthy lifestyles by learning about food, and the integral role it plays in their lives. Inspero provides a range of free and affordable services including cooking and healthy eating classes, food growing and gardening, Forest School for children, adult Green Therapy classes and a gardening service for older people.



Additionally we build community gardens for areas of the community eg. Noah's Ark children's Nursery, Women's Refuge and create edible gardens and deliver horticulture projects for local schools. We work with a range of organisations including BCoT, Buckskin Community Centre, Popley Fields Community Centre, Kempshott Hall Trustees, Sovereign Housing, Dove House School, Park View School, Sainsbury's and a range of corporates eg. Fujitsu. Our work is primarily for the advancement of education and community development, helping people to lead healthier lifestyles, prevent diseases and enhance overall well-being and quality of life.



### **Aims & Objectives:**

1. To educate young people and adults about food, support them to grow, harvest, prepare and cook fresh and seasonal food.
2. Promote healthy eating and living through our Love2Grow and Love2Cook programmes.
3. To work at a grassroots level working with all young people and particularly those from socially disadvantaged communities.
4. Build bridges between the generations through our programmes, creating intergenerational working and learning.
5. Develop partnerships with organisations and businesses to create services that improve the lives of local young people.
6. To create inspiring urban community gardens from areas of wasteland to promote local food.

Inspiro's ultimate mission is to empower and support young people to become confident global citizens through education in life skills and intergenerational community development.

### **OUTCOMES:**

#### **What will this achieve?**

- Improve children's confidence, wellbeing and learning capacity
- Support families from disadvantaged communities & troubled families programme
- Teaching children the skills and knowledge to grow their own food
- Healthy and more active children
- Providing children, particularly those from disadvantaged communities with better chances in life
- Teach children how to cook
- Introduce children to new healthier foods
- Improve children's enthusiasm, problem-solving skills and emotional wellbeing

#### Additional notes:

To empower and support young people to become confident global citizens through education in life skills. The core life skills that we concentrate on are growing the young person in confidence, educating them in key skills such as team working, educating them about food, their personal brand, developing their strengths and helping them become job ready through our young volunteer programme.