

Keep track of all the **FREE** Tasting Change events, workshops and cooking classes, follow us here:



## What's On Guide

Contact Stacey Wilson, Project Coordinator  
for more information -

[stacey@thehealthagency.org.uk](mailto:stacey@thehealthagency.org.uk)

07733342547

The Health Agency

Wester Hailes Healthy Living Centre

30 Harvesters Way, Edinburgh EH14 3JF



EUROPE & SCOTLAND  
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Investing in a Smart, Sustainable and Inclusive Future

**WHALEARTS**

**SCOREscotland**  
*breaking barriers, changing lives*



The  
**Health  
Agency**  
20 YEARS HERE  
1998-2018

**CHAI**  
*Community Help and Advice Initiative*

Tasting Change is a multi agency partnership that has been set up to tackle food insecurity and promote positive food and health opportunities in the Wester Hailes area of Edinburgh. This is to be achieved over 18 months through a range of **FREE** projects delivered by four community partners.

## We Are What we Eat

### Cooking workshops

26th April – 14th June every Thursday @ The Health Agency from 1.15pm until 3.15pm

\* Learn to cook delicious, seasonal food on a budget and enjoy a sit down meal with your friends and neighbours. To join this group please contact Louise on 0131 453 9400, 07762 272 9192 or [louise@thehealthagency.org.uk](mailto:louise@thehealthagency.org.uk)

• **The Garden Kitchen Community Lunch** every 2nd Wednesday @ The Health Agency

\* The Garden Kitchen offers a tasty nutritious vegetarian lunch made from local seasonal food

• **The Tasting Change Community Food Shop** launches on Tuesday 8th May and then will run every Tuesday between 9.30am and 2pm

\* The community food shop will offer subsidized organic veg bags from The Cyrenians Farm, recipe packs and local produce at affordable prices.

• There is also a community food shop run by Edinburgh Community Food that runs every Thursday between 9.30am and 2pm

## Taste and Share

### Weekly Womens Group

Every Wednesday (From 2nd May) @ Whale Arts Centre between 11am to 2pm

\* Learn to cook on a budget and share recipes from different countries whilst meeting local people and making new friends

### Monthly Family Group @Whale Arts Centre

- Saturday 12th May 11am - 1pm
- Saturday 9th June 11am - 1pm
- Saturday 7th July 11am - 1pm
- Saturday 11th August 11am - 1pm
- Saturday 8th September 11am - 1pm
- Saturday 13th October 11am - 1pm
- Saturday 10th November 11am - 1pm
- Saturday 8th December 11am - 1pm

\* Come and join other local families to learn how to cook on a budget and share recipes and food knowledge from other countries

\* to get involved in Taste and Share contact Neeru on 0131 442 2341, 07305 165 244 or [neeru@scorescotland.org.uk](mailto:neeru@scorescotland.org.uk)

## CrEATe

• Play with your food, every Tuesday between 11am and 1pm

\* Free art and food workshops using food as a creative tool. No experience of art, design or cooking is necessary. All you need is a love of food and an interest in arts and creating. Lunch is provided

\* to get involved contact Stacey on 0131 453 9400, 0773 334 2547 or [Stacey@thehealthagency.org.uk](mailto:Stacey@thehealthagency.org.uk)

## Income Maximisation (Outreach Surgeries)

- Every Wednesday at Clovenstone Community Centre (9am until 12pm)
- Every Thursday at Whale Arts between 9am and 12pm
- Every Friday at The Health Agency between 10am and 1pm

\* This service offers welfare rights advice and supports people to maximize their income. To access appointments or find out more about this service contact CHAI on 0131 442 2100 or email [Shashika.heiyantuduwa@chaiedinburgh.org.uk](mailto:Shashika.heiyantuduwa@chaiedinburgh.org.uk)

## Up and coming



## Events



• **World Disco Soup Day! Saturday 28th April 12 – 3pm - The Westside Plaza**

\* Free fun for all! Soup, bread, veg bag printing, music and meet The Tasting Change Team!

• **Tasting Change Community Meal @ Whale Arts Thursday 7th June between 6pm and 8pm**

Bring your family and friends to share a free three course meal with Tasting Change and get the chance to share your ideas about exciting future events in the local area

• **Wester Hailes Fun Run, Sunday 10th June starting at Clovie Community Centre from 10am**

\***Tasting Change will be running an Energy Ball and Smoothie Station on the day**