

THE  
**BUREAU**  
NEWSLETTER

June  
2022

# COOKING

*up a Storm*

The Bureau is piloting a cooking course aimed at teaching those interested in learning to cook. The course is run by our Community Development Lead and Peer Support Coordinator Mat Gregory and facilitated by a certified nutritionist who works in developing the recipes used to ensure they are balanced and nutritious.

The course focuses on using fresh ingredients and teaches the skills required for stove-top cooking to allow people to diversify their skills and gain access to fresh, nutritious meals.

The skills participants learn include basic cooking techniques such as knife handling and cooking efficiency. The social aspect of group learning also allows our participants to meet other people who enjoy or want to cook to encourage and enforce the skills they learn.

**If you would like to know more about this group, please contact Mat by calling 01457 865722 or email [Mat@the-bureau.org.uk](mailto:Mat@the-bureau.org.uk)**



## Meet the team...

### Jan Bramald

*Jan joined The Bureau in August 2020 as our Car Scheme Coordinator, and has kept the wheels turning ever since! Prior to this, Jan was a Sales Negotiator at an Estate Agents, and has brought these skills into her current role.*



SCAN WITH YOUR PHONE  
**TO DONATE**

TEXT  
**GLOSSOP TO GIVE**  
TO  
**70450** **£2**

Texts will cost the donation amount plus one standard network rate message.

High Peak Mental Health  
Helpline and Support

0800 028 0077

A freephone service available to everyone living in  
Derbyshire - both young people and adults.  
Open 24 hours a day,  
seven days a week.



SCAN ME TO DOWNLOAD OUR GUIDE

## COULD YOUR WORKPLACE BE THE EXPERIENCE SOMEONE NEEDS?

The Bureau is looking to work with local employers to offer meaningful trial employment to our clients, at no cost to participating organisations.

### BENEFITS

#### CLIENTS

Meaningful Experience  
Confidence  
New Opportunities  
Potential References

#### EMPLOYERS

Community Engagement  
Offer Unique Opportunities  
Potential New Employee  
Work With A Local Charity  
Make A Difference



Community  
Wellbeing  
Tameside & Glossop

01457 865722

info@the-bureau.org.uk

www.the-bureau.org.uk

The Bureau, Glossop



Tameside and Glossop  
Integrated Care  
NHS Foundation Trust

Tameside and Glossop  
Clinical Commissioning Group



High Peak Borough Council  
working for our community



COMMUNITY  
FUND

We need volunteers to support people on their shopping trips, accompanying clients to the shops and carrying their purchases for them.

We want to create a sense of capability and independence for those folks who have struggled during lockdown.

Volunteers can then come back and have a brew and a natter, play some games, and have fun!

If you're free on a Monday afternoon, get in touch!

01457 865722

fi@the-bureau.org.uk



## Seeking Employers

### Helping people step back into work

The Bureau has started a scheme working with local employers to place clients in Trial Employment to help build their confidence and skills in the workplace. This benefits both employers and potential employees, and can even lead to a new hire.

The programme is open to those working with our Pre-Work schemes such as Life Skills or BBO.

To take part in the scheme, either as an employer or client, please email Russell@the-bureau.org.uk or use the details below.

THE BUREAU Reception Volunteers Needed

Duties include:

- Answering the phone
- Passing on messages
- Taking car scheme request details
- Answering the door
- Giving our visitors, clients and volunteers a warm welcome!

Full training will be given. Volunteering looks great on your CV, and is a worthwhile pastime for anyone with time on their hands.

Does this ring your bell?  
Call us: 01457 865 722  
e-mail: fi@the-bureau.org.uk



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