



### **Food For Life Project at George House Trust**

Working in partnership with The Food Chain and supported by Manchester City Council, George House Trust will be working with people in Manchester who are living with HIV to improve their the cooking skills and nutritional knowledge by delivering high quality hands-on cookery

courses. The **Food for Life** project is based on the very successful Food Chain model. As well as increasing culinary skills, participants will learn about the importance of nutrition, particularly when living with HIV, shopping and eating well on a budget, how certain foods can help manage symptoms and side effects of medication, heart health and reducing the risk of diabetes. Within each 5-class course participants will directly put into practice what they will be learning by cooking the demonstrated recipes and eating together afterwards.

Stephanie Mallas, Joint Chief Executive of George House Trust says, Food for Life focuses on giving people living with HIV in Manchester the skills and knowledge about how to cook low cost, nutritious meals. Often for people living with HIV, accessing the food they need to stay well is a challenge, which is why we are so pleased to be delivering these short courses as they not only increase people's knowledge around the nutrition they need to live well, but also provides them with new or improved skills which will equip them for the long term.

Siobhan Lanigan, Chief Executive of The Food Chain says,  
The Food Chain is delighted to be working in partnership with George House Trust in support of people living with HIV in Manchester. Both our charities have a strong track record of providing excellent services over many years. We all need a nutritionally well balanced diet to live a healthy life, and this is especially important for people living with HIV to ensure their medication is effective and their immune system is as strong as it can be. The Food for Life project will make a long lasting difference for people at a time of real need.

The courses will run from George House Trust. The first course date starts on 1<sup>st</sup> May 2015 and is open to people living in Manchester who are HIV positive. Please contact Stephanie Mallas on 0161 274 5651 or at [stephanie@ght.org.uk](mailto:stephanie@ght.org.uk) for further details.

ENDS

For more information about this press release, please contact Susie Baines on 0161 274 5658 or email [susie@ght.org.uk](mailto:susie@ght.org.uk)

#### Notes to Editors

George House Trust has been at the forefront of providing HIV social care since 1985. We are a service user centred organisation, with a diverse team of highly trained and knowledgeable staff and volunteers.

The latest figures show that there are now more than 7,329 people diagnosed as living with HIV in the North West in 2012-2013. It is estimated that a further 25% of people are living with HIV and aren't aware of it.

All statistics are taken from *HIV and AIDS in the North West of England 2012*, which was produced by the Centre for Public Health at Liverpool John Moores University.