





During these sessions, activities such as cooking and prepping meals, experimenting with new foods and introducing new flavours, offer support in building independence for adults with learning disabilities.

We also run a Gardening Project at Orchard Vale Trust, which has helped develop a real understanding of food and its journey from plough to plate. Here adults with learning disabilities are supported to grow organic fruit and vegetables which is then cooked and eaten by the residents and activity groups alike at lunchtime and dinner.

It's ideal for improving on cooking skills and showing off new dishes.

