



Young cooks whip up a treat

A PEEBLES basic skills group is cooking with gas after being recognised nationally. Social enterprise, You can Cook, the brainchild of founding director Bosco Santimano has gained official recognition as a trainer on Skills Development Scotland.

You can cook, based at The Bridge Volunteer Resource Centre in School Brae, is now tackling high unemployment and lack of skills among young people in Scotland. It has taken the company 3 years to develop a series of youth programmes aimed specifically at different age groups and aspirations.

“we are now looking to train young people develop life skills or simply to find out if they are suited for a career in the catering industry,” said Mr Santimano.

You Can Cook runs a professional training programme to help and support individuals gain back their con-

fidence, learn transferrable skills through cooking, acquire new knowledge and understanding about food and health and the discipline required to work in the catering industry.

The course’s aim is for every young person to gain the basic skills and knowledge to be able to cook for themselves in a healthy and cost-effective way for the rest of their lives, as well as gain the confidence to share these skills with friends and family. It also helps them understand how to cook economically.

The training programme focuses on giving all young people the skills to prepare delicious and nutritious home-cooked food using fresh ingredients, as well as an understanding of the value of passing on cooking knowledge. This course is hugely engaging for learners of all cooking abilities.

Mr Santimano said: “At You Can Cook we strongly believe that learning should always be fun and we offer

all trainees a relaxed and informal environment to engage and discuss their issues around food, health and career aspirations.

“We are very grateful to the many young people in the Scottish Borders whose dedication and feedback has contributed in helping us develop a flexible youth training programme. Our success can be attributed to us as a social enterprise not chasing money but having a long term vision and the community’s interest at heart.”

Courses run from 6/12/18/24 weeks. There are no formal entry requirements. All courses are open to groups, organisations from the private, public and third sector including schools, colleges and universities. You Can Cook is a flexible training provider and travels to clients with all the ingredients, learning materials and equipment. For more details see the website at www.youcancook.org.uk or call 0845-224-0896.

