Community kitchen to deliver better health for boarding house residents

Residents of unlicensed boarding houses in Sydney’s inner west now have access to a community kitchen that will help address social isolation in the area.

The kitchen, which opens its doors on Wednesday 17 October during Mental Health Month, aims to improve participants’ mental, physical, social and spiritual wellbeing through a social hub where residents in unlicensed boarding houses can cook food and interact with other community members.

Brooke Dailey, a health promotion officer from Sydney Local Health District, said the community kitchen would help deliver control and choice to residents living in vulnerable conditions.

“Connecting people with their community is an integral part of helping build better health foundations,” Ms Dailey said.

“Conditions in unlicensed boarding houses can be challenging for residents, often living in situations where choices over food and other budget items are limited.

“In the process of helping provide much needed choice and social engagement, we hope to improve participant’s physical as well as mental wellbeing,” she said.

The community kitchen is a partnership between the Mental Health Promotion Service of Sydney Local Health District, Newtown Neighbourhood Centre, Inner West Sydney Medicare Local, All Saints Anglican Church, and Baptist Community Services.

Event: Community Kitchen
Date: 17 October 2012
Time: 12.30pm
Where: All Saints Anglican Church, 325 Stanmore Road, Petersham