

Enabled Works

Enabled Works is a factory providing jobs for disabled people who lost their jobs when the Leeds and Pontefract Re-employ factories closed. Enabled Works want to help disabled people to gain more independence and confidence, in the workplace and at home. That is when the Enabled Kitchen Project came in.



Enabled Works aim was to provide an accessible base for Cookery and baking classes and domestic life skills, used by disabled people and older individuals. The project developed independent living for disabled people and improved their life skills incorporating basic food hygiene and learning about raw food and avoiding cross contamination as well as promoting healthy eating. Social events and coffee mornings further developed their community facilities for use by employees, trainees, local organizations and individuals to host coffee mornings and charity events.

Enable Works understands that many disabled people do not feel confident in cooking . Remploy provided a hot meal in most of the factories which fed the disabled workforce. Some employees had mentoring and assistance when buying fresh food and ingredients but many still choose a takeaway instead of cooking. When asked why, the main answer was because they didn't know how to cook.

Enabled Works were awarded an Ideas that Change Lives grant of £2,000 to transform their current kitchen into a new one which allowed them to run cookery, baking and domestic life skills classes for older adults. The participants were taught basic food hygiene, food management and healthy eating. The sessions provided meant that all of the participants had a warm, healthy meal which they could eat then or take home. The new kitchen is also used for running coffee mornings and local community charity events.



As a result of this project, 21 people were helped with cooking and hygiene classes, the participants can now cook a hot meal and understand the importance of food hygiene, as well as valuable life skills. This project has massively increased the confidence and independence of the participants as well as providing them a job.

