

Introducing Dad's Kitchen



A pilot project by Friends of the Family FAQs

What is it?

Dad's Kitchen is a facilitated 6-week cooking course for dads and their children. Together, families will cook simple, healthy and affordable meals while spending quality time in a relaxed and supportive environment. No experience or ingredients are needed, just turn up and cook together. These workshops are designed to help dads build confidence, strengthen relationships and connect with other families through shared cooking and conversation.

Who is Dad's Kitchen for?

Dad's Kitchen is suitable for fathers, father figures or male carers with children who are experiencing low confidence, social isolation and challenges with relationships within their families.

What are the benefits?

As well as learning some cooking skills, we hope that by engaging with dads in this way we will provide them with the opportunity to have fun and build positive relationships with their children, increase their confidence and wellbeing and engage in a shared activity with peers.

What happens during the workshop?

Each family will have their own workstation and will be working together to prepare and cook a meal together. From chopping vegetables, to sizzling meat, a tasty meal will be prepared to eat together at the end of the session, or taken home.

Is cooking experience needed?

No cooking experience is needed – the dads and children will be guided through the experience by a trained facilitator.

Will allergies be catered for?

We will gather dietary requirements before the course to ensure that any allergies are accounted for.

How many children can attend with the dad?

There's no limit to the number of children who can attend with their dad, as volunteers will be available to support families during the sessions. Ideally children will be aged between 4 and 14 to get the most out of the sessions but if there are younger toddlers, please give us a call.

How many workshops are there?

There are six workshops running between January and March 2027 and ideally the family should be able to attend them all.

How do I refer a dad?

If you have a dad that you'd like to refer you can email us and we will send you a referral form or alternatively forms are available on our website.

What happens after a referral is made?

One of our team will contact the dad in advance of the workshop and make sure the family have the information needed to join us. As this is a pilot, we may conduct a home visit, but this will be discussed with you and the family in advance when a referral is made.

Is there a cost?

This course is free for the dads to attend but they will need to commit to joining all the workshops.

We are keen to ensure that we shape this project around the needs of the dads that you are involved with so please get in touch if you have any comments or feedback.

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