

Press release
Thursday 1st March 2018

Perfect ingredients for yummy YouTube videos

Pupils from Harrow School are combining forces with local people with learning disabilities to cook up some fun new recipe videos to be shared on social media.

A group of sixth formers from Harrow School regularly visit local people with learning disabilities who are supported by social care provider Certitude to live in a house near the school. This is part of an ongoing relationship to build closer connections with the local community.

Now the two groups are coming together to share their newly acquired cookery skills in a series of accessible short recipe videos to be posted on social media. The films, will be fun and informative and designed to encourage people with learning disabilities, teenagers and anyone else to get into the kitchen and start cooking healthy meals for themselves.

Alice Rankin, from Certitude who organises the joint activity with the school says:

“The boys bring a lovely dose of youthful energy to the house and it’s a joy to see them cooking together with the people we support every week. Everyone gets along really well and I think both groups benefit from meeting and engaging with people they wouldn’t usually meet in their everyday lives. We thought it would be interesting and useful to see share this happiness and know-how in some short videos of simple-to-make recipes.”

On the menu for the first session of filming, which is scheduled for **Monday 26th February**, will be a cookies and microwave mug cakes. Everyone will be sharing the roles of cooking, presenting, filming and editing.

Director of Shaftesbury Enterprise, Harrow’s charitable, outreach and partnership programme Tim Dalton says: “Harrow School is delighted that some of our Sixth Form volunteers are working with Certitude. The boys love going to the house and have really enjoyed the activities – especially the cooking. There is a wonderful atmosphere at the sessions and great relationships have been formed over the last few months.”

You can see the results of the filming collaboration by following @Certitude on Twitter and liking them on [Facebook](#) or searching Certitude on [YouTube](#) towards the end of March.

Ends



About Certitude

Certitude provides personalized support across London to people with learning disabilities, autism and mental health support needs as well as families and carers.

Website: www.certitude.org.uk

Twitter: @certitude

Facebook: <https://www.facebook.com/CertitudeLondon/>

Press enquiries

Paula Scott

07932 740221

paula@limegreencommunications.co.uk