

## Case Study – Uparima (Exchange : Cooking Time exchanged: 2 hours)



Uparima and several others (Roopa, Majula, Chandra, Nazim and Salma) got together in November last year for a cookery session in Harrow. Dr Chandra showed everyone how to make potato filled naan (stuffed paratha), Roopa and Manjula demonstrated how to make two different types of chapatis, with spices and herbs.

Uparima made a dhal curry with spices and coconut milk. At the end, everyone shared a lovely meal and each others company.

Cooking with other members is one of the most enjoyable and rewarding activities I have taken part with Harrow Community Click, since I have joined them around 10 months ago. I have done cooking sessions with other people and with individuals. It is fun to join with others for these cooking sessions, and show some Sri Lankan dishes and also learn some new and exciting things to make.

I have really enjoyed sharing and exchanging on community click. I have met new people, and had a chance to make a positive contribution to others, as well. Some of the other activities I have taken part are: going on walks, cleaning, learning art and crafts, positive psychology and personal coaching.

There are many positive benefits for joining this group of lovely people to share your time, as you will have a chance to meet people, take part in various activities and also have a wonderful opportunity give something back.