

Cooking & Wellbeing Survey, Scotland – Call for Participants

<https://qmu.onlinesurveys.ac.uk/cooking-and-wellbeing-survey-non-profits>

A mature student studying the MSc Gastronomy at Queen Margaret University is conducting research into how Scottish non-profits use cooking to promote and support people's wellbeing.

Lucinda Jeffery is looking for participants for a simple online survey which will take 20-30 minutes to complete.

Participants must work for a non-profit organisation (charity, social enterprise, community interest company etc.) and ideally be responsible for the delivery of the organisation's cooking activities.

All organisations that use cooking as part of their programme – whether that's once a year or every day – are requested and encouraged to take part.

The study seeks to explore:

- How extensively cooking is used by Scottish non-profits.
- Why cooking is used by these organisations.
- Whether aspects of wellbeing are supported through cooking activities.

There will be an opportunity in the survey to sign up to receive a copy of Lucinda's final dissertation when it has been assessed by the exam board later in the year.

This is an exciting chance to gather knowledge about cooking and wellbeing from around Scotland.

Thank you very much for taking part!

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If you have any questions about this research, please contact Lucinda Jeffery on: 18006832@qmu.ac.uk, or her project supervisor, Stan Blackley, on sblackley@qmu.ac.uk.