

PRESS RELEASE
CAUSEWAY

Contact Information:
Francesca Elliott
Communications and Engagement Manager
07593 443777
Francesca.elliott@wearecauseway.org.uk

CAUSEWAY
FREE TO LIVE

Asda teams up with modern slavery charity to deliver cooking course for survivors of exploitation



(A chef works with an Ingredients for Life participant)

“When I started the Ingredients for Life course I was struggling with going outside the house, but the course motivated me to get outside. It helped with my fear and slowly made me confident that I can do this and it’s not as scary to be outside as it was in my head.” (Course participant)

A modern slavery support charity has teamed up with major food retailers and producers to run cookery courses for survivors of exploitation.

[Causeway](#), a national anti-slavery charity, developed [Ingredients for Life](#) with supermarket chain [Asda](#), as a way of providing people affected by modern slavery with a way of learning new skills, meeting new people, and developing their confidence.

Pilot sessions, which saw participants attend three 180-minute cooking courses run by professional chefs in company innovation kitchens, were so successful that the scheme has been adopted by numerous other food production companies, with room for more to come on board.

Causeway’s Chief Operations Officer Amy Bond, said: “Ingredients for Life offers a holistic approach in the recovery of people who have experienced exploitation. It’s designed to create tangible change in the lives of survivors of modern slavery, and we have already seen significant positive outcomes.

“These include a reduction in the fear of men in female survivors; a decrease in the hold of eating disorders; increased confidence to leave the house and use public transport; increased engagement with support services, as well as healthier eating and improved cooking skills. These incredible results show that this is more than just a cookery course, it is

a tool that can help survivors to overcome trauma and break through barriers in their lives.”

Participants, who have typically experienced forced labour, forced sex work, or forced domestic servitude, recorded a **58% reduction** in the impact of their exploitation on their daily lives thanks to taking part in the course.

Anna Smith, Asda’s Modern Slavery Subject Matter Expert, said: “In 2019, Asda wanted to find a way to support survivors of modern slavery in their journey to independence, that would bring our business and survivors together for positive change in a way that resonated with our business. By working with colleagues within Asda, and with Causeway’s specialist knowledge, we designed an innovative survivor focused syllabus that was delivered from the heart of Asda’s head office in our Innovation Kitchen. These lessons, and the outcomes they created, helped to shape our engagement work with colleagues, how we raise awareness on the topic of modern slavery, and begin to talk about remedy and survivor focused outcomes as Asda.

“I got involved in Ingredients for Life at a really exciting time in the evolution of the project. We had piloted lessons in our own innovation kitchens and wanted to explore testing the initiative further in collaboration with one of Asda’s suppliers.

“Our supplier [Greencore](#) stepped up to the challenge, delivering both in-person lessons and an online version of the programme. They demonstrated that the initiative has the flexibility to be adapted by other organisations, and help a greater number of modern slavery survivors in the future by aiding their recovery and boosting their confidence.

“We are now at the stage where we want to extend the programme’s reach much further and we hope that many more businesses and partners will join us in delivering lessons directly. Having seen first-hand the impact the programme has had not only on survivors, but for colleagues that have been involved in delivering the lessons, I’d encourage any businesses and charities to learn more about the initiative and get involved.”

[Pilgrim’s](#), the UK’s largest high welfare pork and lamb food producer, run Ingredients for Life courses from their innovation kitchens. Human Rights Manager, Andy York, said: “We are keen to be involved in the Ingredients for Life scheme as it’s the next step on our pathway to supporting victims of modern slavery back into a normal life in the UK. As a food company, it allows us to be passionate about our product and help equip people with the skills they need to help them in their reintegration, and give them the life skills they need to grow again. Our development teams have been so passionate about being involved, and have helped to educate and engage our wider teams on modern slavery and the survivor journey.”

Cassie Leisk, Planet and People Group Director from [New England Seafood](#), who have also hosted cooking courses, said: “New England Seafood International are proud to be a partner with Ingredients for Life. The opportunity to be part of an initiative that is making a positive difference to people’s lives fully aligns with our core purpose ‘to enhance lives through fish.’ Eradicating modern slavery remains a core focus for us, and this initiative gives us an opportunity to be able to help those affected.”

Ingredients for Life is a scheme that can change the lives of survivors. If you are a business with an innovation kitchen who would be interested in hosting courses, or you’re part of an organisation that supports survivors of exploitation, and would like to find out more, please email ifl@wearecauseway.org.uk or visit our webpage <https://www.wearecauseway.org.uk/partnerships/ingredients-for-life/>

ENDS

Contact

For more information please contact Francesca Elliott on 07593 443777 or Francesca.elliott@wearecauseway.org.uk

Notes to Editors

About Ingredients for Life

- Ingredients for Life is an interactive skills-based cookery course that empowers survivors of modern slavery by building their confidence and helping them to move forward with their lives.
- Ingredients for Life sits within Causeway's Modern Slavery Services and has been developed in partnership with Asda. The collaborative development of the course began in 2018.
- Ingredients for Life offers a minimum of three cookery sessions with chefs in professional kitchens, teaching practical cooking techniques to survivors of modern slavery.
- The course can be delivered both in person at one of our business partner sites and online, where participants connect from home or a charity location.
- Ingredients for Life not only provides life-changing opportunities to survivors, it also enables businesses to engage staff with this complex topic in a creative and survivor focused way.
- Wider charities are able to refer suitable participants to the course and provide support to survivors throughout its duration. Causeway will support charities throughout the process, ensuring clear communication between charities and businesses for the course facilitation.

About Causeway

- Causeway is a national charity that exists to create lasting change for marginalised and vulnerable people. This includes survivors of modern slavery and those caught in the cycle of crime and exploitation.
- Causeway has been supporting thousands of survivors and service users to make progress and thrive for nearly 20 years. We work to prevent, protect and support them, and free them to live their lives.
- Causeway provides services including, but not limited to: safe houses, one-to-one specialist support, holistic crisis support interventions, counselling, community connection groups, training courses, and signposting back into volunteering or employment opportunities.
- Causeway is committed to raising awareness of modern slavery, human trafficking and criminal justice intervention across the UK, as we advocate for a fairer and more understanding society. We do this through: investing in research, national campaigning, strategic partnerships, community and corporate fundraising, training courses, and collaborating with local authorities, government officials, media and influencers.