



Success Story

Emma is a Gorton & Abbey-Hey resident and first accessed HMHC services as a Gorton Grocer member to help with rising food costs and to reduce food waste in her community. Emma benefited from the HMHC Grocer triage service, quickly accessing money and benefits advice to increase income and attending our cooking workshops.

"I first signed up to use the community grocer and soon became an active member. I know how important safe spaces like HMHC are in local areas and am dedicated to helping vulnerable people access support and information they might not otherwise know about. As a volunteer, I helped members of the community with their shops as well as signposting and referring them to other services as required. I have also been supporting the facilitation of activities and events, like the cooking sessions".

Emma was accessing more of our services from Gorton Central and joined as a volunteer both at Gorton Central and No93 Café sharing her passion from growing, vegetarian and cultural cooking and helping people to navigate community services. Although Emma has previous learning and work-experience, since having children, Emma was experiencing low-confidence and low self-esteem.

Emma completed HMHC's Learning Store level-2 Food Works and Food Safety courses providing Emma with a further confidence boost and directing her career options to food and community work.

Between April and September 2022, Emma attended a community consultation workshop hosted by HMHC and VOCAL (Manchester University NHS Foundation Trust) exploring and developing ideas for research into cancer. Emma thrived in this structured setting and became a valuable member of the community research group. During this programme, Emma began applying for jobs and was successful in applying for a Centre Administrator role with HMHC! Emma is a fantastic asset to the team, bringing passion and financial administration skills.

