



MECOPP wins Heritage Lottery Fund support

Minority Ethnic Carers of People Project (MECOPP) is delighted to have received £71,600 from the Heritage Lottery Fund (HLF) for an exciting new oral history project called *Food for Thought – A Life in Four Courses*.

This project will explore and record the cultural heritage and traditions of food that mark significant events or 'rites of passage' during an individual's lifetime and will work with people from South Asian, Chinese, Nepalese, African/African Caribbean and White Scottish communities. Taking place in Edinburgh and the Lothians, *Food for Thought* will be led by MECOPP staff and volunteers.

On completion, the project will have produced four short films, an interactive food heritage map, ten podcasts and a book.

Commenting on the award, Suzanne Munday, Chief Executive of MECOPP said: "We are indebted to the Heritage Lottery Fund for their continuing support of our work. 'Food for Thought' showcases the hospitality intrinsic to our communities and this project provides an ideal opportunity to bring this to a wider audience."

Lucy Casot, Head of HLF Scotland, said: "So much of our local history is woven into people's reminiscences and experiences. 'Food for Thought': A Life in Four Courses will capture these elements of our shared history that is in danger of disappearing as it slips out of human memory. Thanks to National Lottery players, HLF is able to support such projects that conserve people's contribution to their heritage."

ENDS

Notes to editors

About MECOPP

MECOPP is an independent charity that assists Black and Minority Ethnic carers access the supports and services necessary to undertake or sustain a caring role. In working with individual beneficiaries, MECOPP supports carers to achieve positive outcomes based on improved physical and emotional wellbeing, improved financial health, increased social capital and a better caring/life balance. MECOPP also supports its mainstream statutory and voluntary sector partners through input into service, policy and workforce development. www.mecopp.org.uk

About the Heritage Lottery Fund

Using money raised through the National Lottery, the Heritage Lottery Fund (HLF) aims to make a lasting difference for heritage, people and communities across the UK and help build a resilient heritage economy. From museums, parks and historic places to archaeology, natural environment and cultural traditions, we invest in every part of our diverse heritage. www.hlf.org.uk Follow us on facebook [HLFScotland](https://www.facebook.com/HLFScotland) and twitter [@HLFScotland](https://twitter.com/HLFScotland)

For further information, images and interviews, please contact

Suzanne Munday at MECOPP on 0131 467 2994 and suzanne@mecopp.org.uk