

A Seat at Our Table

Sister Project



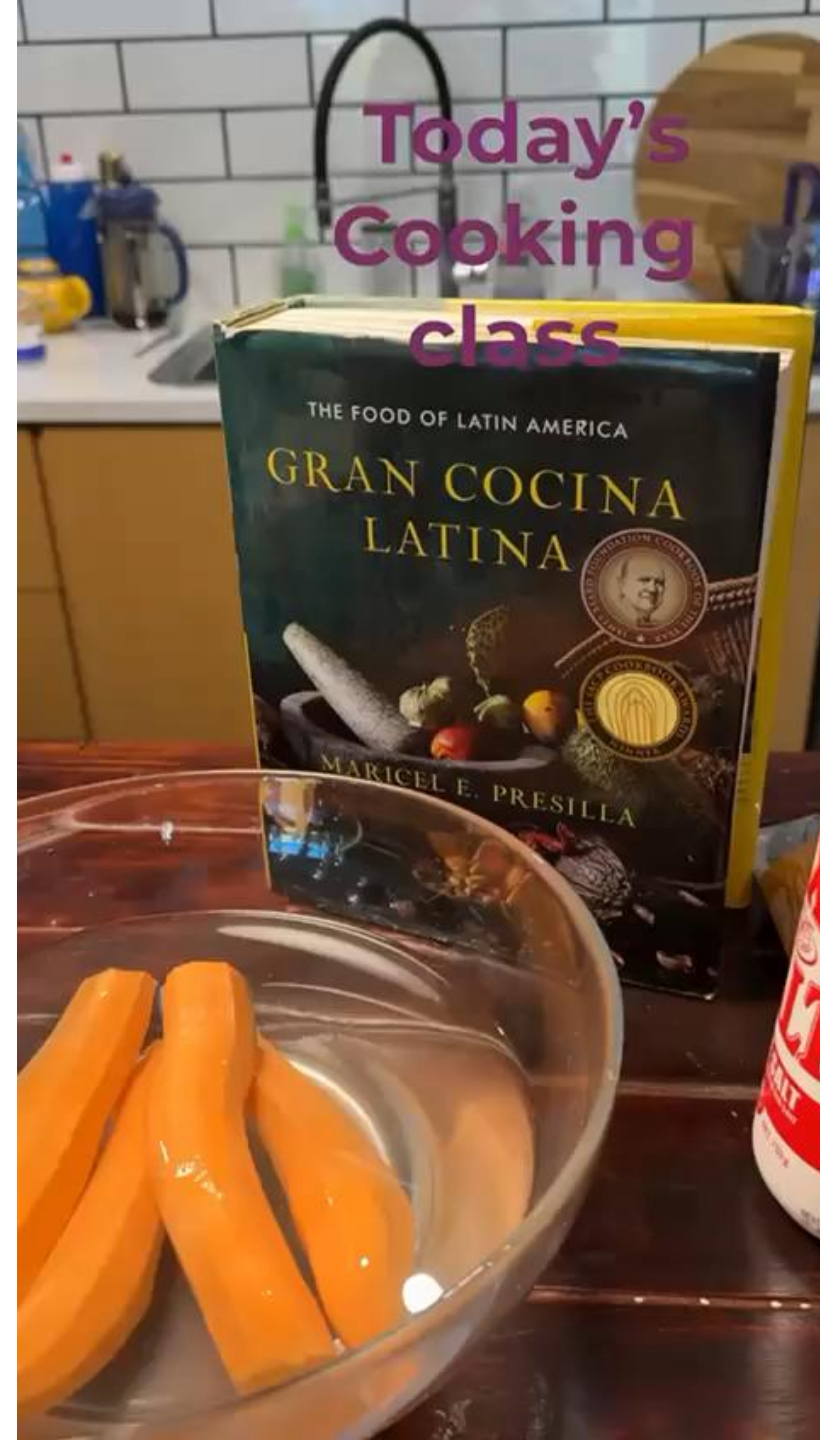
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A typical cooking demonstration looks like this....

Short video- a typical cooking demonstration...

[Watch video](#)



Simple and practical suggestions...

Are sometimes the best ...

- Safe, friendly, welcoming space where connection comes first
- Humour as a tool
- Group support with practical support
- Diversity in backgrounds
- Lived experience team leaders



Introducing Nagham

Short Video- Nagham talks about volunteering

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Workshops

Supported by



NAGHAM

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Introducing Zeinab

Short Video- Zeinab talks about volunteering...

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ZEINAB

Zeinab

Iran/Iraq



Introducing Any and Miriam

Short Video – Any and Miriam talk about volunteering

[Watch video](#)



Any and Miriam

Guatamala



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