

Cook Club



Open every
Monday
Tuesday
Thursday
Friday

Ingredients
Good food
Great friends
Fun
=
Good health
and great days

Cook Club supports people to develop independence skills,
we focus on kitchen safety, cooking techniques,
nutrition, healthy eating and living
- all the time having fun

Prices:
Full Day session £46.92
Half Day session £25.80
Two free Half Day taster
sessions available



'I've made new
friends and we
all eat lunch
together'



'I like that I can choose
the meal that everyone
cooks and eats'

'I can choose
between full day and
half day sessions'



Our six week Life Skills course
can help you prepare for independent living

For more information please contact Richard on 01752 546444 or at
richardprice@supportyourway.co.uk