



BAKING FOR WELLBEING

ONLINE BAKERY WORKSHOPS FOR CARERS

EVERYDAY BREADS

10 MAY 21

MAKE YOUR OWN BREAD AND LEARN
DOUGHCRAFT

LIGHT CAKES & BAKES

17 MAY 21

MAKE LOW FAT/SUGAR CAKES,
COOKIES AND TRAY BAKES

PASTRY

24 MAY 21

MAKE ALL PURPOSE PASTRY AND
LEARN ESSENTIAL PASTRY SKILLS

WORKSHOPS ARE LIVE ON ZOOM AND
INTERACTIVE WITH BAKE ALONG
OPPORTUNITIES.

THANKS TO FUNDING FROM CARE FOR THE
CARERS, THESE WORKSHOPS ARE FREE FOR
UNPAID CARERS IN EAST SUSSEX.

TO BOOK A PLACE EMAIL:
OFFICE@COMMUNITYCHEF.ORG.UK
OR CALL
07766526217