



A FIVE WEEK COOKERY COURSE FOR MALE CARERS

LEARN TO PREPARE DELICIOUS, AFFORDABLE AND HEALTHY DISHES USING EVERYDAY INGREDIENTS

AN OPPORTUNITY TO BE ACTIVE AND MEET PEOPLE

COOK & EAT TOGETHER AND TAKE ANOTHER MEAL HOME

THE COURSE IS HANDS ON AND FREE FOR MALE CARERS IN EAST SUSSEX



TUESDAYS 29 JUNE - 27 JULY 2021

LEWES COMMUNITY KITCHEN

11.00 - 14.00

FOR MORE INFORMATION CONTACT:

OFFICE@COMMUNITYCHEF.ORG.UK OR TEL. 07766526217

TO BOOK ONLINE GO TO: COMMUNITYCHEF.ORG.UK

THIS PROGRAMME IS RUN BY [COMMUNITY CHEF CIC](http://COMMUNITYCHEF.ORG.UK) AND FUNDED BY CARE FOR THE CARERS & EAST SUSSEX COUNTY COUNCIL