

The *Carers* Toolkit...

Cookery Course

Come along and join our fun and easy basic cookery course, creating quick and simple healthy dishes.

Explore and learn new skills whilst cooking a variety of meals that we can sit and share together during the sessions.

We are offering carers the opportunity to join us in a weekly cookery course.

We are running courses at the following venues:

Egerton Park Children's Centre, Bexhill

18th April 11am – 1pm

25th April 11am – 1pm

2nd May 11am – 1pm

9th May 11am – 1pm

16th May 11am - 1pm

St Barnabas Church, Langney, Eastbourne

5th September 11am – 1pm

12th September 11am – 1pm

19th September 11am – 1pm

26th September 11am – 1pm

If you would like to join us or want to find out more

Call Care for the Carers on 01323 738390

