



COOKING FOR CARERS

# BAKING FOR WELLBEING

A FIVE WEEK HANDS ON COURSE

LEARN COMPREHENSIVE BAKING SKILLS

BAKE AND EAT LUNCH TOGETHER

TAKE HOME DELICIOUS BAKED TREATS

BE CREATIVE AND MEET PEOPLE

CLASS SIZES ARE SMALL AND OUR VENUE IS  
C-19 SECURE

LEWES COMMUNITY KITCHEN  
23 SEPTEMBER - 21 OCTOBER  
10.30 - 14.30

THANKS TO FUNDING FROM  
CARE FOR THE CARERS THIS COURSE IS  
FREE FOR CARERS IN EAST SUSSEX.

TO BOOK A PLACE EMAIL:  
[OFFICE@COMMUNITYCHEF.ORG.UK](mailto:OFFICE@COMMUNITYCHEF.ORG.UK)  
OR CALL  
07766526217