



**FREE  
4 Week  
course**

# ACCESSIBLE Cooking with Confidence

For adults with learning disabilities

**Start Date:** Thurs 26 February

**Time:** 4.30pm – 6.30pm

**Duration:** 4 Weeks

**Venue:** East Surrey College



Cooking with others is a great way to learn new skills, meet people, and enjoy healthy, affordable meals.

In small, supportive groups, you can shape the sessions to suit your needs, build confidence, and find ways to help manage the cost of living.

You will use an air fryer and a slow cooker to make easy to follow recipes.

**It's easy to book!**

**Simply scan the QR code to enrol:**



*This course is co-funded by the Household Support Fund (HSF)*