

Blackfriars Mental Health and Wellbeing Service

Healthy Cook and Eat Course

Next start date - Wed 12th February 2014

2 - 4.30pm

This four week course covers health and safety in the kitchen, the basics of food hygiene, shopping to a budget and food preparation. Each week the group will have the opportunity to develop their practical skills as they prepare a healthy meal for our RISE Club.



For more information and to book a place contact us on 020 7928 9521. Ask for or email Mannie Onyeje (mannie.onyeje@blackfriars-settlement.org.uk) or Bill Stewart (bill.stewart@blackfriars-settlement.org.uk)