

Cook Amazing!



Cookery course for young people with SEND aged 14-25

Learn about....

- following simple recipes
- eating healthily
- planning your meals
- understanding food labels
- how your food can affect how you feel



A 5 week course from Amazing Futures and Brighton & Hove Food Partnership.

When? Monday evenings 5pm to 7.30pm:

- January 28th
- February 4th
- February 11th
- (no session over half term)
- February 25th
- March 4th



Where?

Food Partnership Community Kitchen
(next to Community Base, 113 Queen's
Road, Brighton BN1 3XG)

How much?

We ask for a small donation to help with
the cost of ingredients.

How to book? Get in touch with Sue to
book or if you have any questions.

Call: **07483 111648**

Or email: **sue@amazesussex.org.uk**

www.amazesussex.org.uk/young-people

