



West Berkshire

Leisure Plus

Independent Living Skills

Cookery



If you have any questions or for more information on how to book a place please contact Heather Brindley on **01635 41464**

What is Independent Living Skills?

Independent Living Skills - Cookery is a course to help you, the learner, develop skills to enhance your independency.

During the cookery course learners are encouraged to plan a meal that they would like to cook and then are taken through every stage from purchasing ingredients to tasting the finished meal.

Not only do you cook but learn how to manage a budget and how to plan a healthy balanced meal. You will also learn about kitchen safety and food hygiene.

Hopefully this will give you confidence to help your parents, carers and home staff to start doing more for yourself.

And as Heather, tutor in charge of the cooking course explains: "It is not all hard work. It is a chance to meet new people and have some fun at the same time as learning".



Important details

The Independent Living Skills - Cookery courses run on:

Monday, 9.30am -1pm at the Mencap Centre, Enborne Road, Newbury

Tuesday, 11am - 2pm & 2pm - 5pm at the Baptist Church Hall, Thatcham

You have to book for the course.

If required transport can be arranged.

