



## COOK AND EAT YOUR TEA

Learn how to make a simple nutritious meal and pudding from scratch

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**EACH COURSE RUNS FOR 4 WEEKS | WED 4:30 – 6:30**  
**AT THE DEPOT (ERIC PAYNE COMMUNITY CENTRE) ALCESTER**

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‘Impress don’t Stress’ for teenagers – starts on 30<sup>th</sup> September 2020

‘Lads Night In’ for gents – starts 11<sup>th</sup> November 2020

‘Teatime’ for families – starts 13<sup>th</sup> January 2021

‘Get Nifty in the Kitchen’ for over 60’s – starts 3<sup>rd</sup> March 2021

‘Hands full of Cooking’ for mums (or dads) of toddlers – starts 28<sup>th</sup> April 2021 (support towards childcare costs available on request)

For more information or to book on the course, please contact:

Wendy Sherwood, Health and Wellbeing Coordinator at Alcester Town Council. Tel: 01789 766084 Email: [info@alcester-tc.gov.uk](mailto:info@alcester-tc.gov.uk)

**Free to attend    Supported by Hillers**

