

# Cook it

## Free five week virtual cookery course for parents and children

Join a virtual group session to discover how to make easy, healthy budget friendly recipes

- Free recipe booklet and NEW video recipes links
- Support with meal planning and budgeting
- Encouraging children to eat balanced meals
- Ingredients funded with £30 voucher

Upcoming start dates;

Tuesday 26th April 5pm - 6pm

Thursday 12th May 4pm - 5pm

Tuesday 7th June 5pm - 6pm

Contact the Community Wellbeing Hub to book on  
Tel: 0300 247 0050

Email: [BATHNES.thehub@hcrjgcaregroup.com](mailto:BATHNES.thehub@hcrjgcaregroup.com)