



**FREE five week online course for  
parents and children**

**Join a virtual group cookery session with  
optional cook along to discover how to  
make easy, healthy recipes**

- Free recipe booklet and links to our **NEW** video recipes
- Support with meal planning and budgeting
- Every family who completes the course receives a **£25 supermarket voucher** to put towards buying ingredients or equipment for recipes

**Upcoming course start dates:**

**4-5pm Tuesday 28<sup>th</sup> February**

**5-6pm Wednesday 2<sup>nd</sup> March**

**4-5pm Thursday 3<sup>rd</sup> March**

**Call or email the Community Wellbeing Hub to book**

**Tel: 0300 247 0050**

**Email: [CWHBanes@hcrjcaregroup.com](mailto:CWHBanes@hcrjcaregroup.com)**

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