



Join our practical course where you'll cook nutritious, budget-friendly meals and learn ways to save money on your food shop.



Every Thursday for 4 weeks:
Thursday 7, 14, 21 and 28 May



1:00pm – 3:00pm



Bromley Mencap Training Centre,
Rutland House, 44 Masons Hill,
Bromley, BR2 9JG



£5 per person (covers ingredients)

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COST OF LIVING **COOKING** COURSE

Course Outline

Each week, you will:

- ✓ Learn to cook simple, affordable meals (including baked potatoes, omelette, sausage and mash, and pancakes)
- ✓ Build your confidence in the kitchen
- ✓ Learn tips to help you save money when food shopping

You will work in small groups.

One group will cook while the other takes part in a short learning activity – then you will swap.

Spaces are extremely limited and priority will be given to those who have not attended a cookery workshop previously.

Please contact Allison Gill to book:



020 8466 0790 / 07714 686723



allison.gill@bromleymencap.org

Map and directions

Rutland House, 44 Masons Hill, Bromley, BR2 9JG



The Bromley Mencap Training Centre is located at the rear of the Bromcom building. Walk through the alleyway on the right, and you'll find the entrance to the Bromley Mencap office at the back.



By Bus: Masons Hill is just outside Bromley town centre and on the main A21 bus route. Buses 61, 208, 261, 320, 336, 358 stop close by.



By Train: Bromley South is the closest train station.



By Car: There is no general access to car parking at our office. We have very limited disabled parking but please book in advance. There is also limited on-street parking with a number of restrictions.