

COOK AND CONNECT

Bromley mencap
Celebrating 75 years

This will be a relaxed cooking session where we prepare food from around the world.

Every Saturday for 4 weeks.
Join us on 6 June, 13 June, 20 June and 27 June

11:00 AM – 2:00 PM

Cotmandene Day Opportunities Centre,
66-68 Cotmandene Crescent,
St Paul's Cray, Kent, BR5 2RG

£10 per session
including all ingredients

What's involved:

Members will choose what to cook, shop for ingredients together at the local Co-op, then cook and enjoy the meal as a group.

We'll finish each session with a fun activity like a quiz or bingo.

Please book your place:

Email: martha.agyei@bromleymencap.org

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