





COOKERY COURSES FOR MEN

LEARN TO COOK - LOOK AFTER YOUR HEALTH - HAVE FUN
EAT DELICIOUS FOOD - MEET NEW PEOPLE - BUILD YOUR CONFIDENCE



5 WEEK COURSES IN LEWES EAST SUSSEX
19 SEPTEMBER – 24 OCTOBER 2019
7 NOVEMBER – 5 DECEMBER 2019
18 JAN – 13 FEB 2020
5 MARCH – 2 APRIL 2020

COURSES COST £10 AND RUN AT LEWES COMMUNITY KITCHEN, 11AM – 2PM
PLACES ARE LIMITED AND PRE-BOOKING IS ESSENTIAL.
FOR INFORMATION OR TO BOOK ONLINE HERE CONTACT:
OFFICE@COMMUNITYCHEF.ORG.UK
07766526217

Our **Man with a Pan** programme of cookery courses for men starts this September 2019.

These five week hands on cookery course for men who want to improve their cookery skills, be creative, meet new people, build self-confidence and eat delicious food.

The sessions are hands on. We cook and eat lunch together and take an extra meal home.

This course is intergenerational and open to all, but priority places are for older generation men who are carers, live on their own or who in other ways in need. If you are not sure if this course is for you please contact us at: office@communitychef.org.uk

This course has been funded by National Lottery's Awards for All and is delivered by Community Chef

The £10 fee covers all tuition, ingredients, resources and administration. We have courses running at the Lewes Community Kitchen on the following dates, click on the links to book:

[Thursdays 19 Sep – 24 October](#)

[Thursdays 7 November – 5 December](#)

[Thursdays 16 Jan – 13 Feb 2020](#)

[Thursdays 5 March – 2 April 2020](#)

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