

We are starting a new cookery course at the Nourish Hub.



The cookery course is aimed at young people with disabilities.

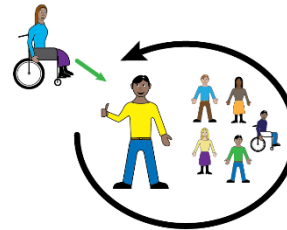
**young adult**



You can join the course if:

- you live in Hammersmith and Fulham.
- and are age between 18-25 years old.

**joining in**



You will learn how to keep healthy and cook tasty recipes.

**learning about good health**

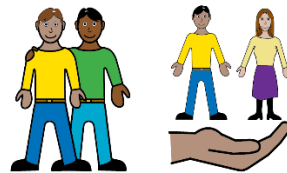


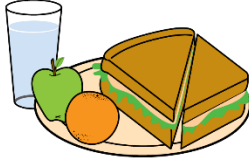
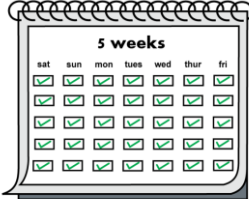
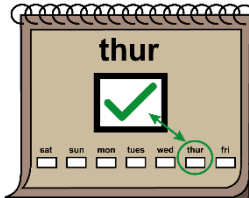
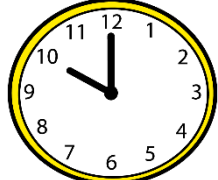


**cooking**



You can bring your carer or parent along to support you.

**friend or carer**



<p>You will be able to take the food home!</p>	<p><b>food</b></p> 	
<p>The course is five weeks long.</p>	<p><b>5 weeks</b></p> 	
<p>The course will start on Thursday 2<sup>nd</sup> October at 10 am.</p> <p>Each session will be 2 hours long.</p>	<p><b>thursday</b></p> 	<p><b>10.00 o'clock</b></p> 
<p>Get in touch with Helen at Nourish Hub to find out more.</p>		
<p>You can talk to her on the phone at 02079671302. In person at the Nourish Hub. Or email Helen at <a href="mailto:helen.fielding@nourishhub.org.uk">helen.fielding@nourishhub.org.uk</a></p>	<p><b>phone for information</b></p> 	<p><b>send email</b></p> 