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| **Weekly Cookery Club *– starting 25 April 2019***Join us for a relaxed weekly cookery club, involving all aspects of food and cookery and the option of enjoying lunch together. We welcome everybody, with an emphasis on supporting those with mental health and social isolation issues.**When: Every Thursday 10.30am-1.30pm****Where: Upper Room, Salvation Army Bath Citadel,** **Green Park Road, Bath, BA1 1XE****Cost: £4.00 (including lunch)** | Gain cookery skills ────Boost self-esteem and confidence────Progress on your mental and physical wellbeing recovery path────Learn about seasonal produce and healthy eating────Experience the joy of cooking and sharing delicious foodContact Food for ThoughtTel: 01225 316 199Mobile: 075 767 50708C:\Users\anja\BATH MIND\Company - Documents\Community Wellbeing Services\Food for Thought\Anja documents\30710_1VIRGINCARE-LOGO-3D-RGB-POS.pnge-mail: foodforthought@bathmind.org.uk |