

Community Kitchens Project - Life skills course schedule

Venue: Manor Garden Centre, 6-9 Manor Gardens, London, N7 6LA (in the Gardens Cafe)

Telephone : 020 7561 5281



Day/date/time	Session name	Content	Workers
Monday 7th September 4-6pm	Cook & taste (+ healthy eating)	Introduction: What are your expectations for this course? Agree content of sessions together & agree what food to cook. Why do you want to eat healthily & exercise? Learn how to look good, manage your weight & have lots of energy by choosing the right foods. (The Eatwell Plate & 5 a day). What do athletes, dancers & footballers eat? Cooking session & eat together.	Siobhan & Paula
Monday 14th September 4-6pm	Managing Stress and problems Exercise session	Join the discussion about handling difficult situations. Learn about managing stress and assertiveness techniques to sort out problems without using aggression. Fun Exercise session	Siobhan & Naomi
Monday 21st September 4-6pm	Cook & taste, budgeting & take- aways.	Learn about buying healthy, tasty foods without much cash. Which take-aways are healthier, plus quick/tasty foods you can eat instead of take-aways. Cook your favourite take-away & eat together. (ie: Chinese, fish & chips, burgers etc) & eat together.	Siobhan & Paula
Monday 28th September	Exercise session	Fun exercise session Learn how to train for a better body or a specific sport.	Siobhan & Naomi

4-6pm			
Monday 5th October 4-6pm	Themed Cook & taste session	Reducing your salt, fat and sugar in your diet. How to read food labels. Cook & eat together	Siobhan & Paula
Monday 12 th October 4-6pm	Supermarket Challenge Certificates presentations, and goodbyes	Are you up for the challenge? A range of challenges will be set in a local supermarket. Those completing the challenge will earn prizes. Return to Manor Gardens for certificate presentations and snacks. Say goodbye.	Siobhan and Naomi



Additional Information

Please attend all sessions and call in advance if you can't attend on 020 7561 5281.

Parents or youth workers welcome.

You must not bring a friend unless previously agreed with us.

If you need any more information just call us on: 020 7561 5281 or e-mail siobhan@manorgardenscentre.org