



COOKING UP

Cooking Up is running free classes for adults who want to learn to cook affordable, tasty meals for themselves and their families

WHAT HAPPENS?

Each week, you can join us at Ham Youth Centre where our local volunteers will help you to cook a meal for up to 4 people. We'll provide all ingredients and equipment, and a take-away carton for you to transport it home.

You'll get a recipe card so you can make it again yourself anytime.

If you need them, we'll provide a starter pack of basic ingredients and utensils for you to use at home.



WHERE? Ham Youth Centre
Ham Close
Ham
TW10 7PL



WHEN? Classes Running on Wednesdays
10am-11.30am. Starting
September 2023 – Email us for
info

Who can apply?

- People aged 18+
- Family pair (adult and 1 child over 8 years)
- Priority given to people who are unemployed, on low income or receiving benefits
- Priority given to people living in Richmond Borough

Interested?

Email us at info@cookingup.org

Find out more about Cooking Up

www.cookingup.org

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