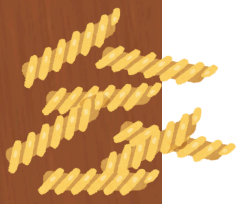




May COOKING GROUP


FRIDAY 8TH & 22ND 4:30PM - 8:30PM



Join us this month as we explore festive flavours such as – week 1 Chicken Egg Foo Young & week 2 Home Made Pies . All led by our expert Chef Scott!


Each session will support:

Increased Independence – Learn to prepare meals from start to finish, make safe kitchen choices & develop routines that transfer into home life.




Capacity Building – Daily living skills such as improved problem solving, sequencing & personal responsibility through structured cooking tasks.

Social & Community Participation – Work as a team, communicate effectively & build confidence in a group setting.



Health & Wellbeing – Learn about nutrition, food safety & making healthy choices in everyday life.



Chef Scott will provide clear, step-by-step instructions & adapt activities for all abilities ensuring every participant can succeed & enjoy the experience.

**CONTACT MELINDA ON 0480459101 OR
GROUPS@BEYONDTHESPECTRUM.COM.AU**

