

# October COOKING GROUP

FRIDAY 10<sup>TH</sup> & 24<sup>TH</sup> 430PM - 8.30PM

Join us this month as we explore world cuisines such as Mexican Fiesta & Breakfast for Dinner (pancakes, bacon, eggs & smoothies) – 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.

**JOIN OUR GROUPS**

**CONTACT MELINDA ON 0480459101 OR  
GROUPS@BEYONDTHE SPECTRUM.COM.AU**

