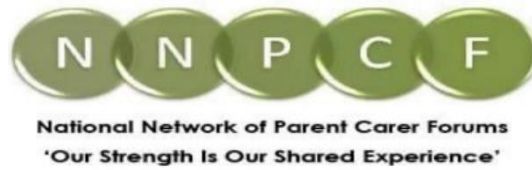


Halton SEND Parent Carer's Forum



FREE FAMILY DINNER/COOKING SESSIONS

4th & 8th October 2023 – 5.30pm to 7pm – FULL

15th and 29th November 2023 – 5.30pm to 7pm – FULL

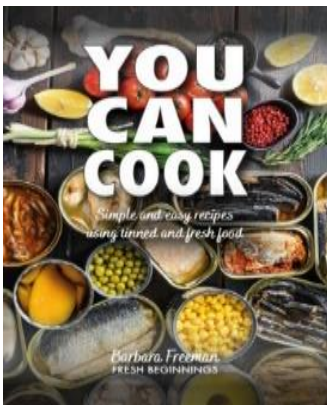
17th & 31st January 2024 – 5.30pm to 7pm – Six Spaces

8th & 15th February 2024 – 5.30pm to 7pm – Six Spaces

28th February & 31st March 2024 – 5.30pm to 7pm – Six Spaces

(YOU MUST COMPLETE BOTH SESSIONS)

Learn how to cook a FAMILY dinner from scratch in the comfort of your own home with all your family for **FREE**. The ingredients will be delivered to your front door.



As a Thank you from Halton Send Parent Carers Forum for making a lovely family dinner, we will give you a **FREE** copy of “Barbara Freemans” newly published cookbook, “YOU CAN COOK”.



Places need to be booked in advance for this event don't leave it get your place confirmed now by emailing Jen - info@haltonsendpcf.org.uk

To Join Our members only Virtual Cooking sessions:

All you need is a smart phone or laptop/computer with speakers, microphone and ideally a camera.



Halton Send Parent Carers Forum

Telephone Contact: 07784240161



WWW.Haltonsendcarersforum.org.uk

Email: info@haltonsendpcf.org.uk