



Vinnie's Value Family Cooking

FREE COURSE AT BLACKFRIARS COMMUNITY CENTRE

Do you consider yourself to be a fish finger family?

Do you wish you could take basic healthy ingredients and turn them into meals that your family would love to eat?

SVP is running a series of 3-week cookery sessions in which you will be shown how to plan, prepare and cook a nutritious family meal on a budget.

At the end of each session, we will sit down, enjoy the meal together, and plan for your next session.

Sessions run for 3 weeks each from 9.30am - 11.30am
on the following dates:

Session 1 - 29th March, 5th & 12th April 2019

Session 2 - 3rd, 10th & 17th May 2019

Session 3 - 24th, 31st May, 7th June 2019

Session 4 - 14th, 21st, 28th June 2019

Session 5 - 5th, 12th & 19th July 2019

Session 6 - 26th July, 2nd & 9th August 2019

When all sessions are completed we would like to invite everyone who has taken part in these sessions including their families to a reunion celebration.

If you would like to take part in our family cooking sessions, please contact the Bookings Team on 0191 261 6027(option 1),
bookings@svp-tyne.org.uk

