



KITCHEN CHALLENGE

Do you want to develop skills to get a job? Do you have a learning disability? Interested in the catering industry? Then 'Kitchen Challenge' is for you!

What is it? Kitchen Challenge is an 8 session programme, exploring and developing skills in teamwork, independence, confidence, healthy eating, and skills for work. During the project you will learn to cook a wide range of dishes, from preparing an Indian banquet, to filleting a fish, whilst learning skills for the workplace. The challenge...? For the final session, you will plan, prepare and serve a 3-course meal to invited guests.

When and Where? We have **3 courses** running at **Turnberries in Thornbury**:
1- 10.30am – 3.30pm on Wednesdays 13th, 20th, 27th September, 4th, 11th, 18th, 25th October, and 1st November.

2- 10.30am – 3.30pm on Wednesdays 15th, 22nd, 29th November, 6th, 13th, 20th December, 10th and 17th January.

3- 10.30am – 3.30pm on Wednesdays 31st January, 7th, 21st, 28th February, 7th, 14th, 21st and 28th March.

Who? Any age, any ability and any background. If you have a learning disability and are looking to make steps towards employment, this course is for you.

Why? Gain experience. Develop skills. Get a job. We'll give you the opportunity - you give us the commitment. It is truly amazing what you can achieve with Wiggly Worm, and the projects have been an outstanding success so far.



For more information, contact Abby: team@thewigglyworm.org.uk