

THE NOAH ACADEMY

TRAINING AND EMPLOYMENT



NOAH'S KITCHEN



Improve your health, confidence and wellbeing by learning to cook with this **FREE** and flexible five week course.

- Prepare delicious hot and cold meals
- Use kitchen utensils and equipment effectively
- Stay safe in the kitchen
- Learn to use a variety of ingredients, and store them hygienically

academy@noahenterprise.org | 01582 726152

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Adult Learning



Course sessions run on Tuesdays and Thursdays between 1.30pm and 4.30pm. The course is flexible and new referrals will be accommodated throughout.

Who is this programme for?

This course is designed to support people who are looking to increase their level of health, wellbeing and confidence by making healthier lifestyle choices. It is particularly suitable for people who have experienced difficulties such as mental health problems, homelessness and loneliness, as it has an emphasis on improving wellbeing and independent living skills.

INTERESTED?

Please contact us you wish to refer yourself, or refer a client.

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Courses will take place in our kitchen at the NOAH Welfare Centre, 141 Park Street, Luton LU1 3HG

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NOAH Enterprise: Charity Reg. 1059672 | Company Reg. 3248392

Course information updated 10/05/2016