

Wellbeing Sessions in Bury

Weekly sessions every Wednesday focusing on developing positive wellbeing for Care Experienced young people aged 16-24

When: Every Wednesday starting May 4th, 1 – 3pm

Where: New Kershaw Centre, Deal Street, Bury BL9 7PZ

What: The first 4 weeks will focus on developing positive wellbeing through cooking



Join us if you'd like to...

- Be part of a fun and friendly environment
- Learn some healthy recipes
- Improve your cooking skills
- Eating and cook together as part of a group

We encourage independent travel to sessions and can offer travel training if needed. Contact Liz Gregory to book your place on 07846 926938 or liz.gregory@gmyn.co.uk