

Term 2 Cooking Group

Fridays

1:30pm – 4:00pm

7 May – 9 July 2021

94 Farrington Ave,
Bishopdale

Enquiries

Jo Deaker

021 540 394

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Laura Fergusson
Brain Injury Trust

Assessment. Rehabilitation. Support.

What's Included:

- 10 sessions with a small group of adults who all have TBI
- Individual goal setting
- Practice making (and eating) healthy meals on a budget
- Homework each week will be to re-create the meal at home
- Printed recipes
- Education about nutrition, cooking on a budget, and making the most of what's already in your pantry/fridge
- Invite a friend/family member to share a meal during the final session

Criteria:

A Living My Life or Training for Independence programme with Laura Fergusson Brain Injury Trust.

You currently cook at home, but need some help to:

- Increase your cooking confidence after TBI
- Decrease your reliance on takeaways and pre-made meals
- Incorporate healthy recipes into your diet
- Cook on a budget
- Have fun in the kitchen and meet others with TBI

