

# January COOKING GROUP

FRIDAY 2<sup>ND</sup>, 16<sup>TH</sup> & 30<sup>TH</sup> 430PM - 830PM

Join us this month as we explore dinner staples such as beef rissoles week 1, curried sausages week 2 & chicken schnitzels week 3. All led by our expert Chef Scott!

Each session will support:

Increased Independence – Learn to prepare meals from start to finish, make safe kitchen choices & develop routines that transfer into home life.

Capacity Building – Daily living skills such as improved problem solving, sequencing & personal responsibility through structured cooking tasks.

Social & Community Participation – Work as a team, communicate effectively & build confidence in a group setting.

Health & Wellbeing – Learn about nutrition, food safety & making healthy choices in everyday life.

Chef Scott will provide clear, step-by-step instructions & adapt activities for all abilities ensuring every participant can succeed & enjoy the experience.

**JOIN OUR GROUPS**

CONTACT MELINDA ON 0480459101 OR  
[GROUPS@BEYONDTHESPECTRUM.COM.AU](mailto:GROUPS@BEYONDTHESPECTRUM.COM.AU)

