

# WHAT IS THE ILS CHW PROJECT?

ILS CHW STANDS FOR INDEPENDENT LIVING SKILLS, COMMUNITY HEALTHCARE WEST PROJECT. WE WORK WITH PEOPLE IN GALWAY, MAYO AND ROSCOMMON.

ITS ABOUT GETTING TRAINING WHERE YOU LIVE, IN YOUR LOCAL COMMUNITY.

THERE ARE LOTS OF GROUPS IN THIS PROJECT:



**gretb**

Bord Oideachais agus Oiliúna  
na Gaillimhe agus Ros Comáin  
Galway and Roscommon  
Education and Training Board

**GALWAY AND ROSCOMMON  
EDUCATION TRAINING BOARD,  
GRETb IS FUNDED BY:**



**THIS COURSE IS FUNDED BY:**



The Disability Federation of Ireland is a company limited by guarantee not having share capital, registered in Dublin. Registered No. 140948, CHY No 6177.

This flyer was made on 16 September 2020.



# BASIC COOKERY AND BUDGETING FOR HEALTHY EATING

**22 SEPTEMBER - 17  
NOVEMBER 2020.**

**2 - 4 PM**

**GRETb FET CENTRE,  
MAIN STREET,  
HEADFORD,  
GALWAY.**

**GRETb Course Tutor  
Monica Hynes**



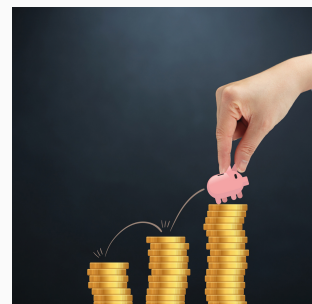
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# COURSE DETAILS- WHO WILL I MEET?



Because of COVID-19 we have made the classes smaller - you will meet only 4 or 5 people in the class to keep space between us.



## WHAT WILL I LEARN?



You will learn what are good foods to eat.

You will learn how to shop for good food.



You will be able to pick food for your week.

You will learn about food.

We hope you will have fun meeting new people and being in a new place.



## WHERE, WHEN, WHAT TIME?

**GRETB FET CENTRE,  
MAIN STREET,  
HEADFORD,  
GALWAY.  
EACH TUESDAY FOR 6 WEEKS:**

22 September  
30 September  
06 October  
13 October  
20 October  
MID TERM BREAK  
03 November  
10 November  
17 November

### TIME:

2 pm - 4pm

### ANY QUESTIONS?

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