

# 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 RosComáin  
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 18 September 2020.



WELCOME  
BACK!

## BASIC COOKERY FOR HEALTHY EATING

**24 SEPTEMBER -  
05 NOVEMBER 2020.**

**10:30 AM - 12:30 PM.**

**WESTSIDE  
RESOURCE CENTRE,  
SEAMUS  
QUIRKE ROAD, GALWAY.**

**GRETb Course Tutor  
Avril Conneely**



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# COURSE DETAILS- NEW PLACE TO MEET

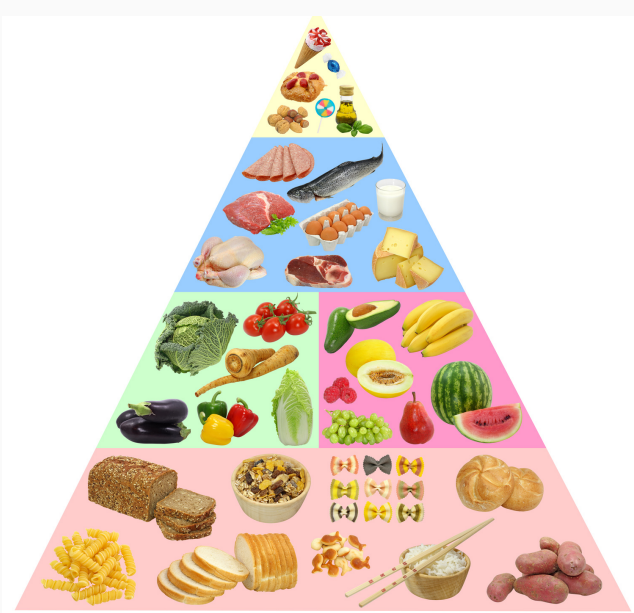
We are excited to be able to meet again, in a new place -  
Westside Resource Centre.



We have made the classes smaller.

You will meet only 4 people in the class to keep space between us.

The teacher will be the same.



You will be shown how to do some cooking .



You will be able to cut food and cook it yourself.

You will learn about food.

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



## WHERE, WHEN, WHAT TIME?

**WESTSIDE  
RESOURCE CENTRE,  
SEAMUS  
QUIRKE ROAD, GALWAY.**

### EACH THURSDAY FOR 5 WEEKS:

24 September  
01 October  
08 October  
15 October  
22 October  
29 October  
05 November

### TIME:

10:30am - 12:30 pm

### ANY QUESTIONS?

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