

# 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:



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.



# BASIC COOKERY FOR HEALTHY EATING

25 SEPTEMBER - 13 NOVEMBER 2020.

10:30 AM - 12:30 PM.

WESTSIDE RESOURCE CENTRE, SEAMUS QUIRKE ROAD, GALWAY.

GRETB Course Tutor  
Avril Conneely



# COURSE DETAILS- WHO WILL I MEET?



We must keep space between each other so you will be part of a very small class

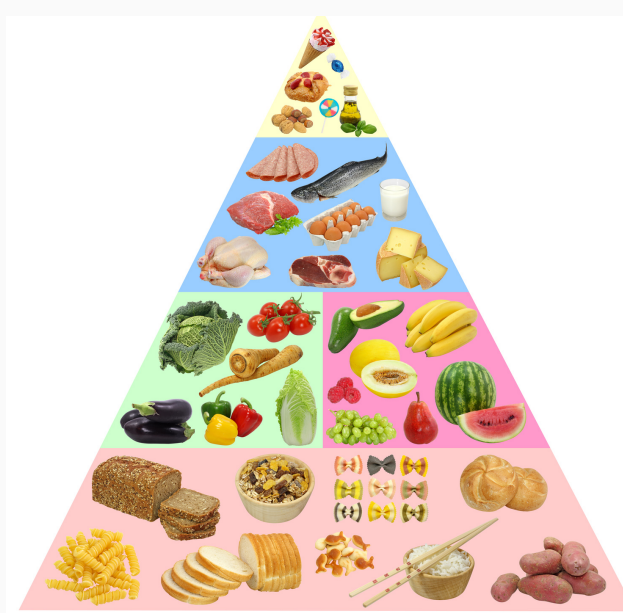


You will meet 4 other people

# WHAT WILL I LEARN?



You will learn about cooking and what are good foods to eat.



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 FRIDAY FOR 6 WEEKS:**

25 September  
02 October  
09 October  
16 October  
23 October  
30 October  
06 November  
13 November

**TIME:**

10:30am - 12:30 pm

**ANY QUESTIONS?**

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