

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:



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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:



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BASIC COOKERY FOR HEALTHY EATING

**24 SEPTEMBER -
12 NOVEMBER 2020.**

1PM - 3PM

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



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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 THURSDAY FOR 6
WEEKS:**

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

TIME:

1pm - 3pm

ANY QUESTIONS?

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