



## “CAN’T COOK – WILL COOK!”

RLSB, KCC and KAB have put together a short course for visually impaired young people in Kent to encourage them in their journey towards independence.

- Are you living in Kent, visually impaired and between the ages of 14 and 18?
- Do you hope to go off to University or leave home at some point?
- Do you have aspirations to live independently?
- Or would you like to be able to do more for yourself?



Then this two session course is for you. You will learn some basic cooking skills, short cuts and ‘cheats’ and also try out a range of equipment. You will go away with a recipe folder and an equipment list to get you started.

There will be two sessions in each locality, held on Saturdays:

KAB Maidstone  
Dorton House  
KAB Canterbury

27 November 2010 & 19 February 2011  
4 December 2010 & 29 January 2011  
15 January 2010 & 12 March 2011

All sessions will run from 10.30-4.00 and will be free.  
No previous experience is necessary!



If you are interested please contact:  
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