

100  
DAY  
CHALLENGE



The  
**Shoebox**  
COMMUNITY HUB



# COOKING

COURSE FROM BAKING FOR WELLBEING

Join us for a free, supportive, practical  
and fun cooking course!



LEARN NEW SKILLS YOU CAN SHARE  
WITH YOUR COMMUNITY!

All the skills you need to cook  
affordable food for friends & family,  
host a community picnic & much more!

## Workshop dates

4 cooking sessions  
1 information session

Open to residents who live  
under Norwich City Council.

- 11th May 9.30am to 2pm
- 18th May 9.30am to 2pm
- 25th May 9.30am to 2pm
- 8th June 9.30am to 2pm
- 15th June 11.30am to 1.30pm



UK Government



Norfolk County Council



NORWICH  
City Council

Contact The Shoebox to book now!

team@theshoebox.org.uk | 01603 850309