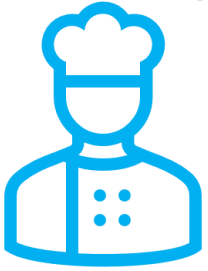


Would you like to learn how to cook healthier meals?



We are aiming to launch **The Horsley Lunch Club for Men** in the next few weeks and are now inviting people who are interested in joining to talk to us.

This new club is for men who would like to:

- Expand their abilities in cooking
- Learn new recipes
- Meet new people
- Enjoy a few hours in the company of other men.

Come along to learn new skills in good company.

At our sociable meetings we will work together to cook lunch and then eat it.

The club will meet once each month on a Wednesday from 10am to 1pm at the Wheelhouse, East Lane, West Horsley.



Previous cooking experience is not necessary. The recipe, cooking notes, ingredients and all the equipment will be supplied. A donation of around £4 to cover the costs would be appreciated.



Why should I come?

We all know that life is not always easy, but cooking simple real food can be. Getting together for a meal and a chat is a wonderful way to get out of the house to help look after our physical and mental health. It is about making friends, preparing, cooking and eating healthy, tasty food that you could also do at home. It is also about tackling isolation and improving social interaction and activity.



Priority will be given to men who live in East or West Horsley.

**If you are keen to learn more about this new Club,
please contact Edward by phone on 01483 285394
or send an e-mail to horsleylunchclubformen@gmail.com**