

COMMUNITY LED INITIATIVE  
WORKSHEET 5 18/11/19  
COOK YOUR OWN


18TH 11. 19.

To Randolph, Ian  
and Beth.

Thank you so much  
for the opportunity  
to do this cookery  
course. I have learned  
every session.

Today I have cooked  
Beef mince for the  
first time, and have  
learnt new dishes  
from scratch. also  
know how to make  
dumplings.

Thank you for  
helping me change  
my diet and helping  
me learn how to eat

healthily 

Jason Hoyles

Linda.

18/11/19

I would love it  
if this could be  
a regular running  
thing. Maybe once  
a fortnight.

Just loved the  
whole course

18<sup>th</sup> November

Again really enjoyed  
today. Shame its  
the last one.  
Definately taken  
alot from this  
course.

James

18<sup>th</sup> November.

I HAVE REALLY ENJOYED  
THE COURSE THANKS TO  
IAN, RANDOLPH, and BETH  
I HAVE LEARNED SOME  
NEW SKILLS, I WOULD  
DEFENATELY DO ANOTHER  
COURSE KAREN MACK