



Course details

Course title

Care 2 Seasonal Summer lunches

Course code

Q00021795

Course date

Start: 25/06/25

End: 09/07/25

Number of classes

3 sessions

Timetable

Wed 25th Jun, 10:30 to 12:30

Wed 2nd Jul, 10:30 to 12:30

Wed 9th Jul, 10:30 to 12:30

Tutor

Catherine Wilcock

How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

Venue

Online

Level of study

Beginners

Course overview

This course is for carers, those who have cared, and the cared for. In a bit of a rut with lunch ideas? Cook along with me, in real time, to make delicious lunches. We will use seasonal ingredients as far as possible (nothing too expensive), making healthy savoury and sweet dishes. The recipes will be on Canvas in advance so that you can go shopping, and will have alternative ingredients to suit your dietary requirements where practical. You are welcome to ask plenty of questions as we go along, and there will be time for you to socialise within the session. Come along to these relaxed sessions, meet other Carers and end up with a nice lunch, what more could you want!

Course description

On this course you can cook along with me, in real time, to make delicious lunches, using seasonal ingredients as far as possible (nothing too expensive). We will cook savoury and sweet dishes. The recipes will be on Canvas in advance so that you can go shopping, and will have alternative ingredients to suit your dietary requirements where practical.

You are welcome to ask questions as we go along - there is no such thing as a silly question! There will be time for you to socialise and chat within the session - tips and suggestions are always welcome.

With some of the dishes you will be able to make extra to freeze for another day.

Come along to these relaxed sessions, meet other Carers and end up with a nice lunch, what more could you want!

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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