



Course details

Course title

Everyday Cooking for Wellbeing

Course code

Q00027616

Course date

Start: 06/08/26

End: 13/08/26

Number of classes

2 sessions

Timetable

Thu 6th Aug, 9:30 to 15:30

Thu 13th Aug, 9:30 to 15:30

Tutor

Tracey Sweetman

Fee range

Funding available - £96.00

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

Venue

Clovelly Centre (Southampton)
60-68 Clovelly Road

Southampton
SO14 0AU

Level of study

Entry Level

Course overview

This course is funded by the Department for Education and only open to residents living in non devolved authorities. This Everyday Cooking for Wellbeing course supports adults to improve their wellbeing through simple, enjoyable cooking activities. Learners explore everyday ingredients, basic cooking actions and supportive routines that promote confidence and positive mental health. Each session includes a practical cooking task, opportunities to talk about food and wellbeing, and gentle activities that encourage connection and relaxation. The course is suitable for all adults, including those with ESOL needs, and provides clear demonstrations and visual support. Activities focus on participation, enjoyment and building confidence through shared cooking experiences.

Course description

Everyday Cooking for Wellbeing is a 12?hour course designed to help adults improve their mental health and wellbeing through simple, hands?on cooking activities. The course uses everyday recipes and relaxed group tasks to create a calm, supportive environment where learners can build confidence and connection.

Each session introduces basic cooking actions, simple ingredients and short, supported steps that learners follow together. The focus is not on technical cooking skills but on the wellbeing benefits of routine, creativity, sensory engagement and shared activity. Learners are encouraged to talk about food, preferences and positive habits, using accessible language and visual prompts where needed.

The course is open to all adults and provides clear demonstrations, modelling and scaffolded vocabulary to ensure accessibility. Activities are designed to reduce anxiety, build social connection and promote a sense of achievement through preparing and sharing simple dishes.

By the end of the course, learners will feel more confident taking part in everyday cooking tasks and will have experienced how cooking can support relaxation, routine and emotional wellbeing.

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 journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

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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