

# Get cooking with the Men's Grub Club



Come and  
cook, chat and  
eat at our FREE  
cooking classes  
for older men.



ONLY  
20  
PLACES

FIND OUT MORE  
AND REGISTER



# Register your interest in joining the Men's Grub Club

We know that there are many men out there who would like to get more confident in the kitchen, and have the chance to meet others of a similar age.

So we've created the Men's Grub Club, a series of monthly cooking classes for older men. And we'd love you to be part of it.

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## What's involved?

There will be six classes in total, taking place once a month on a Friday between 11am and 2pm, from August to February (with a break in December).

You'll get together with a group of local men to cook and eat a delicious meal – with enough to take some home for the next day.

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## Register today – just 20 places available

To register, email [martha.ahmet@cookforgood.uk](mailto:martha.ahmet@cookforgood.uk), or call 0203 633 4025 (option 2). Places will be allocated on a first-come-first-served basis.