NHS
Southern Health
NHS Foundation Trust

FRESH CLUB

Confident cooking for diabetes

Fresh Club is a practical cookery course specifically designed for people diagnosed with, living with or looking after someone with diabetes.

Led by Southern Health's West Hampshire Community Diabetes Team, the course of 4 cookery classes (running each week at the same time) has been designed to:

- increase your confidence in cooking
- give you new ideas for healthy meals which will help you to eat more vegetables, fibre and whole grains
- meet others who are also living with diabetes
- get handy hints for eating less carbohydrates
- give you recipe ideas that the whole family will enjoy and can join in easily

What does the course cost?

To cover the cost of the ingredients we ask for a contribution of £5 per session.

This is payable direct to the course leader when booking your space.

How do I sign up?

To find out how to book a place on the course, please contact **SHFT.diabetes@nhs.net** or call **0300 003 0120.**

Over 18yrs only

NHS
Southern Health
NHS Foundation Trust

OUR VALUES

Patients & people first

Partnership

Respect

NHS
Southern Health
NHS Foundation Trust

OUR VALUES

Patients & people first

Partnership

Respect

Fresh Kitchen Cookery School

NHS
Southern Health
NHS Foundation Trust

OUR VALUES

Patients & people first

Partnership

Respect

NHS
Southern Health
NHS Foundation Trust

OUR VALUES

Patients & people first

Partnership

Respect

NHS
Southern Health
NHS Foundation Trust