

ACTIVE KITCHEN

Dear families,

We would like to invite your child to take part in our **FREE** programme.

Creative Kitchen is working in partnership with Durham County Council to deliver an exciting new programme. The programme named Active Kitchen, is all about exploring healthy messages and encouraging healthy lifestyles for children aged 10+

Just as a healthy lifestyle, the Active Kitchen programme is made up of 2 parts:

Part 1: Get Cooking

The focus of this session will be the cooking activities. With support and the use of age-appropriate tools and techniques, the young people will prepare and cook a variety of healthy meals, which they can eat during the session or take home. All ingredients are provided.

Part 2: Get Active

The young people will learn about the benefits of physical activity and take part in a variety of fun active sessions such as dodgeball, invasion games and more.

The first round of Active Kitchen will run term time for 10 weeks, on Monday's from 5.30-7.30pm at Crookhall community Centre. DH8 7LU. The first session will be held on Monday 7th November. All sessions are FREE. Please note this is a 10 week programme. Spaces are limited and must be booked in advance.

To book your place or if you have any questions, contact Jemma on 07970575509 or at info@creative-kitchen.co.uk

We look forward to seeing you all soon.

Team Active Kitchen