

Only Me

SHARED PLATES



FEED
BACK



Community Board
Aylesbury

**DO YOU LIVE ALONE? FANCY GETTING OUT OF THE HOUSE?
NEED SOME MOTIVATION TO COOK? MISS A GOOD LAUGH?**

'ONLY ME' IS A FOOD BASED SOCIAL SESSION FOR THOSE WHO LIVE ALONE BUT WANT TO EAT WELL!

Cook

Each session we will fire up the ovens and dust off the chopping boards together to create meals that can be eaten straight away or taken home. Learn some tricks for cooking for one, batch cooking and dishes to try.

Chat

Meet new people, swap stories or food based tips, meet friendly faces who can answer your questions about keeping yourself motivated, healthy and active.

Socialise

10:30am - 12:30pm Walton Parish Hall, Walton Street, Aylesbury, HP21 7QX. Next to Holy Trinity Church.

10-12 minutes walk from bus station
or 'Walton Street Bus Stop' is outside - Bus 300/ x30/ 130

**Mondays 27th Feb, 13th March, 27th March, 3rd April,
17th April, 1st May 2023**

 BECCA 07763896398

 rebecca@feedbackglobal.org

 Walton Street Aylesbury