



Adult Learning
Within Reach

6th December until
13th December 2022

Tuesdays 2 Sessions
10:00– 12:00

To enrol phone our free
phone number on
0300 303 3464 or click below
to be taken directly to further
course details and enrolment.
Please quote course code
C3129429

[Cooking - Practical: Christmas Cooking
on a Budget \(C3129429\) \(wea.org.uk\)](#)

Alternatively visit [WEA National
homepage | WEA](#)



Fee Waivers available.
If you receive certain
benefits you may be entitled
to a **FREE COURSE**.

Christmas Cooking on a Budget

Join Chef Kevin Ashton so you
can make the festive season
special; even on a budget.

This course will involve
delicious, but budget friendly
recipes and shopping tips for
keener prices.

At a time when there is an extra
strain on household budgets this
course will help find cost
effective festive meals without
compromising on taste.

Moreover, cooking at home is an
ideal opportunity to realise your
creative ability and raise your
self-esteem as you discover new
and exciting dishes for the
festive season.

It can also be used as a form of
mindfulness and creative
expression by exploring
unknown techniques and
ingredients with a professional
chef.

Location:

This is an online course
delivered using Zoom and
Canvas for course materials.



Education & Skills
Funding Agency

Supported by

The WEA is a charity registered in
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and in Scotland (no.SC039239)

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Health and Well Being: Cooking