

Kitchen Confidence - Tailored Learning

Course Name	Start Date	End Date	Site	Total Fees
Kitchen Confidence - Ashby Hub - Tue Morning - Tailored Learning	27/01/2026	17/03/2026	Ashby Community Hub	0.00

Course Description

Applications from referrals from Blue Door Only.

Content & Overview

Build your confidence in the kitchen with our new Kitchen Confidence course. You'll learn how to cook simple, healthy and nutritious meals while developing essential kitchen skills, including food hygiene, health and safety, and basic nutrition. Whether you're just getting started or want to feel more capable preparing everyday meals, this practical and supportive course will help you gain the skills and confidence to cook with ease and enjoy making healthier choices for yourself or your family.

Course Details

2 hour workshop followed by 6 week course.

Suitable for

Referrals from Blue Door only

Delivery Method

Face to face

Progression Route

Further health and wellbeing tailored learning courses

Further qualifications including English, Maths, IT etc

DISCLAIMER:

When applying for this course, you must provide evidence to confirm eligibility for funding, proof of ID and full address. Applying for a course does not mean you are automatically enrolled. You must be 19+ on 31 August 2025 and a UK resident.

Our dedicated team will be happy to help – just call us on 01724 297146 or contact us on

<https://northlincsadulteducation.co.uk/contact/>