



# COOKING ON A BUDGET

Take Off is running a cooking group in Canterbury to support positive mental wellbeing. We cook and eat together, with fresh ingredients, prepared by the group.

Come and have a chat while making food.  
Learn new skills and meet new people!

1st Thursday of the month at 12 noon

For any further information, please feel free to get in contact using the details here or use the contact form on our website.

A place of positivity

Get support, advice and have fun

For ages 16+

FREE to  
attend

