



ELITE BLINDS  
MADE TO MEASURE

# 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.

The group runs on Wednesdays at 11am

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

Regular attendance welcome

FREE to attend