



## “Book to Cook” courses

Mind in Barnet’s “Book to Cook” courses aim to bring out the best in and encourage people experiencing mental health distress to increase their confidence in cooking.

Courses show how easy cooking really is and how a qualification in food hygiene can be the stepping stone to a job in the catering industry.

Our courses take place in a relaxed, friendly and supportive environment where cooking is fun and imaginative and training is of a high standard recognised by professionals.

Mind in Barnet also offers the following services:

- ➔ Counselling
- ➔ Advocacy
- ➔ Befriending
- ➔ Day service
- ➔ Information and advice

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## Mind in Barnet “Book to Cook”

For better  
mental health



## “Book to Cook” courses are designed for you

There is a huge interest in cooking today thanks to celebrity chefs such as Jamie Oliver, Gordon Ramsey, Ainsley Harriet, Delia Smith and the like!

Would you like to learn new cooking skills, pick up tips on healthy foods, get the know-how to plan a menu, cook and present it with ease? Would you like to get a food qualification to help you get a job in catering?

Mind in Barnet is offering you two new “Book to Cook” courses where you can do that and much more. Our “Book to Cook” courses include hands-on cooking workshops, demonstrations you can take part in and work placements in local restaurants, hotels and bistros. You can also gain a qualification in food hygiene.

You will have the chance to use fresh, locally grown ingredients and try new flavours such as modern European, Oriental, Afro-Caribbean and Asian dishes.

“Book to Cook” courses are designed to help you further your interest in food, cooking and health. They will be designed especially for you to help fill in skills gaps rather than cover ground you already know. You can learn at your own level and do the course at your own pace.

They take place in friendly surroundings and combine learning with a lot of fun!



## Your “Book to Cook” questions answered

### ● What exactly are these “Book to Cook” courses?

Mind in Barnet is introducing two new courses called “Book to Cook 1” and “Book to Cook 2”.

“Book to Cook 1” will help you to gain the Foundation Certificate in Food Hygiene, which is a nationally recognised qualification. You will get expert hands-on training from our qualified chef and personal tutor, Geoff Pallett. For example, you will learn how to cook meals with fresh ingredients on a budget, learn about food poisoning and hygiene, how to present dishes, how certain foods affect your mood and physical fitness levels etc. You will also get work experience within a local, professional setting such as a restaurant or hotel.

“Book to Cook 2” courses will develop your cooking skills, give you the know-how to plan a menu, help you to cook with confidence, get you to know the health benefits of food for your physical and mental well being, and give you the chance to try new flavours.

### ● Where will “Book to Cook” courses take place?

At Mind in Barnet’s premises in 2 School Way, North Finchley, N12 0RY  
Buses: 134 and 221 stop outside.

### ● When will “Book to Cook” courses take place?

“Book to Cook 1” is a 12-week course and you have to attend on one day each week.

“Book to Cook 2” is a 6-week course and you have to attend one day each week.

### ● What support will I get?

You will get support from Mind in Barnet’s staff and fellow service users, and your key worker if appropriate. Our qualified chef will also provide support on a one to one basis.

### ● How much do the courses cost?

The courses are free of charge.

### ● Are there any restrictions?

Yes, we can only run these courses for adults, aged between 18 and 65, who live in the borough of Barnet and experience mental distress.

### ● How do I join a “Book to Cook” course?

Please contact Mind in Barnet to arrange a brief interview. Please note places are limited. Give us your details by either phoning us: 020 8343 5700 or e-mailing: [admin@mindinbarnet.org.uk](mailto:admin@mindinbarnet.org.uk)