



Cooking healthy real food is not difficult

Who are we?

The Horsley Lunch Club for Men has now been running for 8 months and over this period the 15 members have cooked meals from India, China, Spain, France, Italy, Greece, The Levant and the UK.



What do we do?

As the Club has developed, the members have learnt new recipes and ideas, gained new skills, increased the confidence in their own abilities and, most importantly, made new friends.

It's about preparing, cooking and eating healthy, tasty food. It's also about tackling isolation, improving social interaction, activity and meeting new people.

Who can join?

Any man can join, we have a mix of carers, widowers and some who just want to have a chat over a meal, some come to every session and others once a month.

There is space for a few more people who would like to learn more about cooking healthy food from base ingredients in a supportive and welcoming environment. The key is cooking real food from scratch that can be replicated at home. All the recipes can be done as a single portion or as a batch for freezing.

How can it help me?

The intention is to have a sociable session, cooking together, with no stress, no pressure and a nice lunch at the end.

We all know that life isn't always easy, but cooking simple real food can be. Getting together for a meal and a chat is a great way to get out of the house to help look after our physical and mental health.



If you would like to learn more about this exciting new club please contact Edward Scott on 01483 285394 or send an e-mail to horsleylunchclubformen@gmail.com

Where does the Club meet?

Every meeting is held at The Wheelhouse in West Horsley from 1000-1300 and will have a new recipe which you can look at whilst having a mug of tea or coffee. All the food and equipment is provided, from there it's divide out the jobs, start the preparation and then cook with an aim of serving lunch around 1200. At the end we clear up, repack the pop-up kitchen and go home with full tummies.