



Conversation, cooking and confidence

The Horsley Lunch Club for Men is about preparing, cooking and eating healthy, tasty food. But it is also about meeting people, making new friends, improving social interaction and having great fun learning and eating new recipes in a relaxing and social environment.



What have we cooked?

Over the last 16 months, we have cooked dishes from India, China, Middle East, Spain, France, Italy, Norway and the UK.

Notable favourites include chicken and chorizo pie, char sui, stewing steak ragu, beef and haggis pie, sauteed reindeer–Norwegian style and a vegetarian chilli.

What do we do?

There is a new recipe every time and all the food and equipment is provided.

We have a chat over a mug of tea or coffee then prepare and cook with an aim to eat around 1200. After lunch it is time to clear up, pack up the pop-up kitchen and go home.

We have sociable sessions, cooking together, with no stress, no pressure and a nice lunch at the end.

New skills are demonstrated, ideas for new dishes discussed and recipes cooked for family at home. But above all the increase in ability, confidence and self-belief has been a pleasure to see.

Who can join?

Due to a kit grant from the Horsley Community Fund, we currently have space for **4 new members** who would like to learn more about cooking healthy food from base ingredients in a supportive and welcoming environment.

Any man can join, some want to cook more varied food at home and some who just want to have a chat over a meal, some come to every session and others once a month.

Members do not have to live in The Horsleys.

Talking and cooking work together.

It is all about cooking real food from scratch that can also be made at home. All the recipes can be cooked as a single portion or as a batch for freezing.

We all know that life is not always easy, but cooking simple real healthy food in a social setting can be.

Getting together for a meal and a chat is a wonderful way to get out of the house to help look after our physical and mental health.



Where do we meet?

The Wheelhouse in West Horsley from 1000-1300 on the 1st and 3rd Wednesdays of each month.

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