


CAM ACADEMY TRUST COURSE INFORMATION

Course Title	 <h3 style="text-align: center;">Healthy meals on a budget</h3>				
Course Description	<p>If you want to learn how to cook healthy and nutritious meals to suit the whole family while sticking to an affordable budget, then this is a course for you. You will be in a class of like-minded people who, like you, want to cook fresh healthy food with confidence.</p> <p>Working in a relaxed and friendly atmosphere, with expert guidance and teaching, you will prepare and cook delicious, affordable nutritious recipes that you can build on and use time and again. We will provide you with the knowledge, skills, and the confidence to be able to make your weekly budget go further.</p>				
Start Date	21 st January 2025	Day & Time	Tuesday 19.00- 21.00	Venue	Melbourn Village College
Tutor Details	<p>Carol Robinson trained in Advanced Cookery and then spent a year in Paris learning to cook authentic French cuisine. After a career managing a catering company and then running her own restaurant, Carol, retrained as a tutor and is now living her best life teaching a huge variety of cookery classes throughout the region.</p> <p>Influenced by her extensive travels around the Middle and Far East, Carol has had the opportunity to learn and experience firsthand a number of cooking styles and authentic recipes, which she is keen to share with her students.</p>				
No. of wks	8	Terms		1	
Fee	FREE* (see eligibility criteria below) (£90)	Concessionary Fee		FREE* (see eligibility criteria below) (£68)	
Course Level:	Mixed ability			x	
	Level 1, Level 2 (equiv. to GCSE / NVQ2)				
	Level 3 Equivalent GCE A Level				
Skills or qualifications needed for entry into the class	An interest in the subject area and basic cookery skills, no previous knowledge required.				
Course aims & objectives					

Receive expert guidance using standard home cooking equipment. Recap on basic cooking methods and techniques. Develop new skills through practical hands-on cooking sessions. Raise confidence in trying new recipes and ingredients whilst working in a relaxed and friendly environment with like-minded people.

Progression – after this course what might you do next?

Follow on leisure courses and opportunities are available to all learners and will be discussed throughout the course. Use your new skills and tasty recipes to impress your friends and family preparing healthy meals on a budget. Carol will be teaching a variety of cookery classes in Melbourn and Comberton Village Colleges. Please contact the adult education office for further details.

Materials/equipment required for first class

A list of ingredients will be emailed to all learners at least a week before the first lesson. Thereafter ingredients lists will be handed out each lesson for the following week.

Containers to bring the cooked food home in, tea towels and cleaning cloths.

Contact for further information

Adult Education: 01223 264721
commed@catrust.co.uk

Funding

This course is funded through the Adult Education Budget allocated by the Cambridgeshire and Peterborough Combined Authority (CPCA) or the Education and Skills Funding Agency (ESFA) and part financed by the European Social Fund (ESF) programme. This funding is managed by Cambridgeshire County Council, Adult Learning and Skills. A short video covering the background of ESF, what it does, how it helps and who benefits is available on the European Union website: <http://ec.europa.eu/esf/home.jsp>

Eligibility criteria *

In order to qualify for a FREE place on this course, you must be eligible for us to claim funding to cover the costs. The eligibility criteria are as follows:

- Aged 19 or older on 31 August 2024
- You are a citizen of a country within the European Economic Area (EEA) or other countries determined within the EEA, including those with bilateral agreements such as Switzerland, or have settled status or the Right of Abode in the UK (including Afghanistan, Hong Kong and Ukraine)
- Currently living within the Cambridgeshire & Peterborough postcode area
- **AND** have been ordinarily resident in the EEA or other countries determined within the EEA, including those with bilateral agreements such as Switzerland, for at least the previous 3 years on the first day of learning (does not apply to Afghanistan, Hong Kong and Ukraine).

In order to receive a FREE place on this course, you must attend regularly, more than 50% of the classes and complete an individual learning plan (ILP) whilst attending this course.

Please note, if you are not eligible to receive funding for this course you are welcome to enrol and pay the fee listed above.

Enrolment and Payment

Please enrol at Comberton Village College for all courses, including those in Cambourne, Melbourn and online. **Please assume the class is running once payment has been received, unless you hear to the contrary.**

We would appreciate payment of fees over the telephone by debit card (credit card fees are more expensive for us), however, if that is not possible then we will accept cheques/cash.

By Phone: 01223 264721 – once the office is open in September

Email: commed@catrust.co.uk

Cheques: The Cam Academy Trust

Address: Adult Education, Comberton Village College, Comberton, Cambridgeshire, CB23 7DU

Refunds

Refunds are only available if we close a class or you withdraw at least two weeks before the start. In the latter case there is a £5 administrative charge. Classes cancelled by us due to unforeseen circumstances (e.g. tutor illness/snow) will be replaced with an extra class at the end.

Concessionary Fees

25% discount (excluding materials) is available for those in receipt of JSA/ESA, Universal Credit, Carers Allowance or a social care assessment (EHCP, PIP) evidence to be provided. It is also possible to pay by instalments, please ask for details.

Calendar (Please check start date of specific courses)

Autumn Term Half term 23rd – 27th Oct 2023

Spring Term Half term 19th – 23rd Feb 2024

Summer Term Half term 27th May – 31st May 2024

During the summer holiday period a member of staff will be answering emails. We are closed in other school holidays.

Equalities statement

We are fully committed to equality of opportunity and welcome enrolments from all adults aged 19+ (on 31 August 2024). We positively encourage all learners with any concerns about specific needs which might affect their learning to discuss their requirements with us in confidence. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a community based on mutual trust and respect. We will do our best to ensure that resources and equipment are accessible to all and make reasonable adjustments to ensure that all learners can access activities.

Cambridgeshire County Council, Adult Learning and Skills service supports a wide range of other adult learning opportunities across Cambridgeshire to support adults with the lowest level of qualifications or no qualification at all, and so typically find themselves in lower paid, less secure jobs or unemployed. Search our website www.cambsals.co.uk for details of all our funded courses.

Safeguarding Statement

Arrangements have been made to make sure that you are safe at our Centres. If you feel you are not safe for any reason, for example through verbal or physical abuse or you have been discriminated against, please tell your tutor or the Centre Manager, who will investigate to ensure your safety.

How we use your data

<https://www.gov.uk/government/publications/esfa-privacy-notice>

