



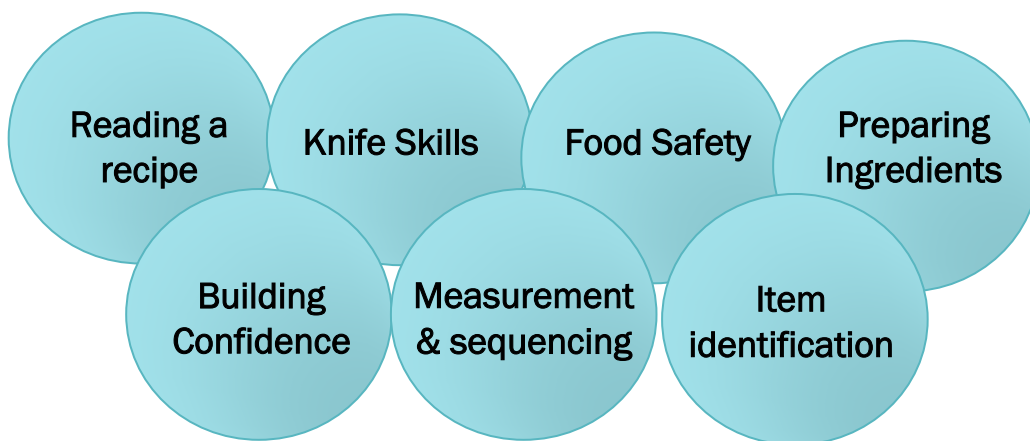
SOCIAL KIN CLUB



IN THE KITCHEN with KIN Club

The KIN 'in the Kitchen' program is all about basic cooking skills, making new friends and having some fun along the way. If that sounds good, then we have the perfect group setting.

The KIN Club holds a weekly Social Cooking Class where participants will not only learn to cook the basics but also learn new skills and perfect existing ones. Our support staff have been trained by a qualified chef and the health and safety team have designed a structured process to walk participants through everything they need to know. This program is designed to help build skills which include but are not limited to:



What to expect

Our social classes take a structured, fun, hands-on learning approach with a strong focus on building your capacity in the kitchen.

Classes are capped at a maximum of 8 participants, with one Coach and a Community Engagement Specialist in the Kitchen. Our coaches are there to assist you every step of the way. These are just a few examples of what you could be whipping up in the kitchen:

- Cupcakes & Cookies
- Homemade pizza
- Savoury Muffins
- Thai Chicken Meat Balls
- Nachos
- Homemade chicken tenders
- Healthy Chips
- Baked Potatoes

Participants learn how to measure ingredients, follow recipes, the art of cooking with an Air Fryer, important safety tips on food handling, food storage, and nutrition. Additionally, participants will receive a work booklet that can be used as a guide they during the program and then serve as a personal cooking reference so you can recreate the recipes, have some fun and cook safely at

WHAT YOU NEED TO BRING

What to bring along:

- Comfortable CLOSED in shoes
- A water bottle.
- A container if you wish to take leftovers home.

WHAT KIN CLUB PROVIDE

Equipment supplied by KIN Club. Includes:

- Ingredients
- Kitchen equipment
- Recipes'
- Apron & Gloves
- Program Booklet.



IN THE KITCHEN with KIN Club – Class participation OPTIONS

There are two options available for participants both facilitate capacity building and help improve everyday life skills.

OPTION ONE – Skills-based

Is a skills-based approach delivered over a 5-week period. Broken down into an hour & a half session of practical skills development followed by a half hour of eating, sharing what was cooked and socialising. Each program will have a total of 8 participants.

OPTION TWO – Community based.

Is a social gathering where we offer fun, friendship, laughter, and community as we get creative in the Kitchen making cupcakes and cookies for the community in need. Whilst we chat and make new friends, we frost trays of cupcakes and whip up batches of cookies. There's even an opportunity to take some cookie dough home to bake later.

All ingredients are complimentary. There are no qualified instructional staff, this is for those participants that can cook or who have attended a KIN skills-based class. Our community care specialists will be in the Kin club to assist and to keep you company.

COSTS and NDIS Funding

It comes down to the NDIS Plan and personal goals, and the strategies in place to reach these goals.

Charges are flexible depending on the participants requirements. There is flexibility to use the participants own support worker, separate transport options and/or use Y.E.S Support Services.

If you need to discuss your options, we have a professional team ready to take your call.
PH: 0409 750 791

OPTION ONE

(5) week Program
Basic Cost Price \$820.00
If run on a Saturday
Basic Cost Price \$887.00

OPTION TWO

Per session, per participant for 3 hours
Basic Cost Price \$110.00

OPTION ONE 5 Week Program Available Dates

Mornings
9:30am – 12:30pm
BLOCK 1: Thursdays
14 Mar, 21 Mar, 28 Mar, 4 Apr & 11 Apr

BLOCK 2: Thursdays
25 Apr, 2 May, 9 May, 16 May & 23 May

Afternoons
1:30pm – 4:30pm
BLOCK 3: Thursdays
13 Jun, 20 Jun, 27 Jun, 4 Jul, & 11 Jul

BLOCK 4: Thursdays
1 Aug, 8 Aug, 15 Aug, 22 Aug, & 29 Aug

BLOCK 5: Thursdays
19 Sept, 26 Sept, 3 Oct, 10 Oct & 17 Oct

BLOCK 6: Thursdays
7 Nov, 14 Nov, 21 Nov, 28 Nov & 5 Dec

OPTION TWO Community based program

Time:
10:00am – 1:00pm
Thursdays:
11th Apr, 23rd May, 30th May, 11th Jul, 18th Jul, 29th Aug, 5th Sept, 17th Oct, 24th Oct, 5th Dec, 12th Dec.

BOOKING ARE ESSENTIAL

0409 750 791