

ANGLICARESA | Supporting Your
Disability & Mental Health Services | NDIS Choices

Keesha, 24
Manga fan & Artist

Keesha has been participating in the AnglicareSA group programs since 2012. Groups have helped her feel safe, make friends and build her confidence. She can cope without needing someone to hold on to.

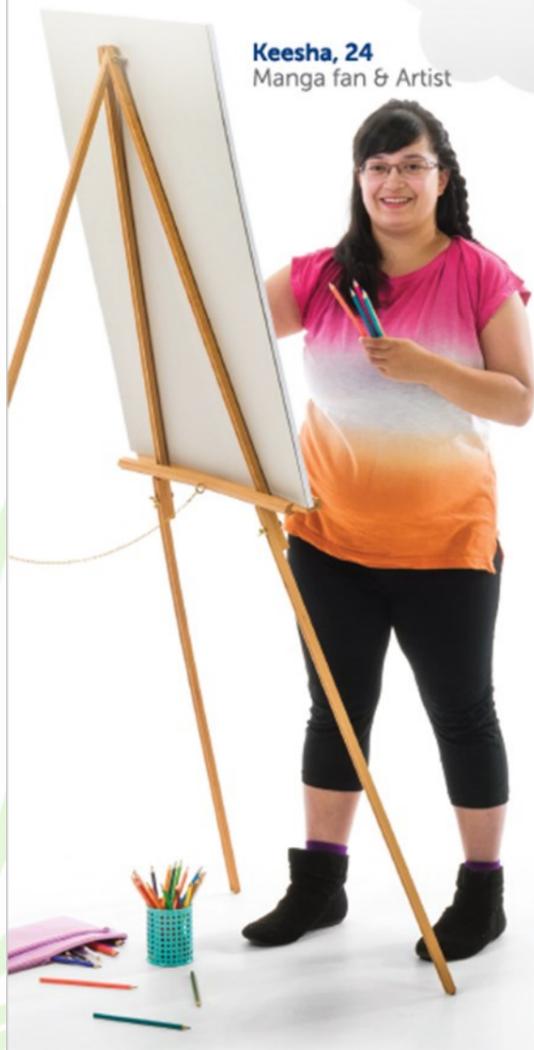
She can get out of the house and experience the AnglicareSA group activities she wouldn't have enjoyed before; movie nights, The Beachouse and craft.

Supporting *your* NDIS choices.

AnglicareSA can help you access the NDIS and help you understand what it means for you and your family. We can also help you access our range of disability, autism and mental health service for children and adults.

We can meet with you when and where it is convenient for you so contact our friendly team today.

phone: **1800 953 001**
email: ndis@anglicaresa.com.au
web: anglicaresa.com.au/ndis-choices



Any enquiries relating to the AnglicareSA Group Program contact the group Coordinator on

8187 6085
0418 496 028

Suite 1, 455-457 Morphett Road, Oaklands Park
www.anglicaresa.com.au

Cooking and Healthy Living Group

Southern Region

3rd July to 18th December 2019

Activity Program

Every Wednesday

10:00am - 3:00pm

Capacity Building

Picket Fence Community Centre

1167 South Road, St Marys

Includes pick-ups and drop offs

NDIS PARTICIPANTS WELCOME

For more information, on how to access Groups with NDIS funding contact our NDIS Customer Service Team

1800 953 001

July

3rd July: Winter Warmer Break

Today you will have the opportunity to learn about pastry and make vegetables pasties and pinwheels.



19th July: Soup and Scones

Enjoy making a chicken and noodle soup with savory scones. This is a great meal for any lunch or dinner.



17 July: Bulk Buys (Pasta)

Learn how to make a larger bulk pasta meal that can make the dollar go further, add extra vegetables. More pasta and make your meals go further.



24th July: Stew and Pudding

Enjoy a yummy stew to warm the tummy on a cold winters day, followed by a lemon pudding.



31st July: Customer Choice

In groups work together to plan a recipe that everyone would like to create. Will it be a vegetable dish maybe sweets. Enjoy.



December

4th December: Chicken Caesar

Today we will be making Chicken Caesar Salads. Learn how to brighten up a salad with adding extra healthy Yummy choices.



11th December: Pudding

Enjoy a delicious rice pudding and add fresh fruit on top. This makes a great dessert and a health option,

*Dessert
Makes
-EVERYTHING-
better*

18th December: Customer Choice

In groups work together to plan a recipe that everyone would like to create. Will it be a vegetable dish mayl Enjoy.



Important Information for Customers

- *Remember to bring a water bottle and wear enclosed shoes
- ** Activities may be changed at short notice due to weather restrictions and alternate activities will be available
- *** Advise group Coordinator if any of your contact details change

Feedback and suggestions are always welcome

September

4th September: Mega Muffins

Make a healthy mixed berry muffin with whole meal flour,
Feel great after eating sweets but with a healthy twist.



11th September: Stir-fry

Its stir fry day, enjoy a chicken and vegetable stir fry
With lots of delicious noodles and sauces



18th September: B.B.Q. Skewers

Chicken, pineapple and vegetables melting in your mouth
yummmm
Create the best BBQ skewers in town.



25th September: Customer Choice

In groups work together to plan a recipe that everyone
would like to create. Will it be a vegetable dish maybe sweets.
Enjoy.



October

2nd October: Indian Curry and Bread

Its Curry time enjoy a nice warm curry and bread
And enjoy foods from other cultures



9th October: Mexican

Mexican nachos is a meal topped
with salsa and salads. You can create your own
Combination and make it just the way you like.



16th October: Chinese

Enjoy making your own Chinese foods save money
on take away and learn how to make lemon chicken.



23rd October: Italian

Learn how to make gnocchi from scratch. With a delicious hearty
sauce to go with it and accompanied by garlic bread that you
make yourself, it will be a meal you wish wouldn't end.



30th October: Customer Choice

In groups work together to plan a recipe that everyone
would like to create. Will it be a vegetable dish maybe sweets.
Enjoy.



November

6th November: Hamburgers

Using a variety of fresh ingredients, you will make your own Customizable hamburger. A little lettuce, tomato and cheese, Or something more courageous like caramelized onion.



13th November: Bliss Balls

Bliss balls are a mini packed snack full of energy. Learn how to make the delicious treat that is healthy at the same time.



20th November: Short Bread

Short bread is a basic biscuit recipe, once mastered, You will be able to create your own concoction! Add different ingredients to try out new flavors. These make perfect gifts in a jar!



27th November: Customer Choice

In groups work together to plan a recipe that everyone would like to create. Will it be a vegetable dish maybe sweets. Enjoy.



August

7th August: Baking Day

Learn how to bake a cake from scratch with Useful tips and tricks to make it delectable. Make apple crumble muffins and enjoy as well.



14th August: Pizza

Whether you like a simple cheese pizza or prefer A pizza with the lot, today you can share your own Specialty with the group, base and all.



21st August: Potato Bake

Potato bake is the perfect side dish, learn how to make This and bake it in the oven. Learn some tips on how to make this in the slow cooker At home!



28th August: Customer Choice

In groups work together to plan a recipe that everyone would like to create. Will it be a vegetable dish maybe sweets. Enjoy.

