

# Culinary Therapy



Phyllis<sup>®</sup>  
Tuckwell  
Hospice Care  
...because every  
day is precious

Enhancing wellbeing  
by cooking together



"It made me feel like a  
person not a patient."

Prepare and cook a two-course lunch to eat together. Adapted equipment, plus staff and volunteer support, means everyone can take part.

**For more information about Culinary Therapy, please contact [liz.faulkner-manning@pth.org.uk](mailto:liz.faulkner-manning@pth.org.uk) or 01252 913066.**

For information about Living Well, call **01252 913040**

Living  
Well



# Culinary Therapy

## what are these groups?

A four week course to learn or re-learn cookery skills in a relaxed group environment. You need to be able to follow cooking instructions and join in with the group.

## what are the benefits?

You can regain confidence in your cooking skills, as well as learning new ones, which will increase confidence and restore your sense of role. Sessions help to improve focus, boost self-esteem and give a sense of achievement, as well as maintaining hand function and reducing stress and anxiety. You can enjoy being creative and develop social skills in a practical setting.

## what happens in these sessions?

In a group, you will prepare a two-course lunch to share together. Activities will be adapted for disabilities where possible, e.g. reduced hand function, visual impairment, wheelchair users.

## is transport to the venue available?

There is public transport to the site as well as some on-site parking. You can be dropped off, or there are facilities for family members to stay and enjoy refreshments. Some volunteer driver transport is available, but we have limited capacity, so if this is required please ask and we will try to help.

## do I need to wear or bring anything special?

Aprons and gloves are provided. We would advise that you bring any medication you may need during your visit and inform us of any extra needs or support (eg oxygen, allergies) by completing and returning our Patient Checklist form in advance.

## when are the groups held?

Groups are held quarterly, on Wednesday mornings at the Beacon Centre in Guildford.

## do I have to pay for services from Phyllis Tuckwell?

No, all services offered by Phyllis Tuckwell are free. As a charity we are dependent on the local community for their generosity and financial support. We only receive 20% of our funding from the NHS/Government and therefore we have to raise over £20,000 a day to provide all our services. If you would like to make a donation, please ask a member of staff, or alternatively you can visit our website.