



# COOK CHAT AND CHILL



Free sessions  
for people aged  
19-30 who want  
to build  
confidence in  
numbers



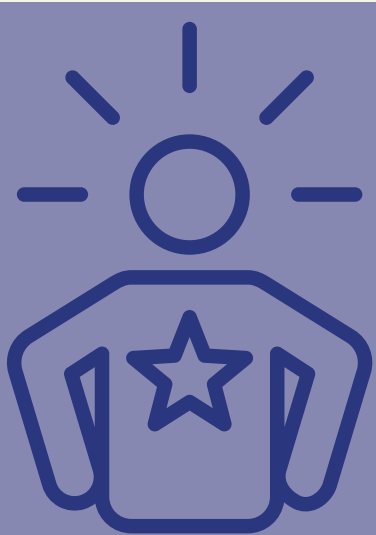
Support with planning,  
diaries and managing  
money



One-to-one  
sessions to plan  
your activities



Group sessions in  
cooking, games and  
chat



Build your  
confidence and  
skills



Art, textiles, bikes  
and outdoor  
activities

To find out more, talk to Anna R  
or email [hello@cscic.org](mailto:hello@cscic.org)

creative  
sustainability

