

UPCOMING COURSES

HOME COOKERY, JANUARY 2026

LLANELLI & CARMARTHEN

Email helo@ceginybobl.co.uk to book your place. Spaces are limited, booking essential!



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FREE HOME COOKERY COURSE IN CARMARTHEN

6 WEEK COURSE: WEDNESDAYS FROM 7TH JANUARY, 10AM–2PM, THE WARREN

What You'll Learn:

- Essential cookery skills
- Basic food safety & hygiene
- Meal prep and batch cooking
- Reducing food waste
- Cooking with seasonal produce
- Meat and plant-based cooking
- Exploring new cuisines
- Baking basics
- How to save money on food
- Special feature: food and mood tips for emotional wellbeing with Mind Nourishing



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