

Online cookery and  
social group for  
people affected by  
mental illness



# Rethink Mental Illness Cook and Chat

## Join us to cook and socialise

We are an online group that can help you improve your cooking skills from the comfort of your own home.

No experience is required. Our group coordinator/chef will talk you through simple, nutritious and low cost recipes.

We cook together and then sit down to socialise and eat.

**New members always  
welcome.**

**rethink.org**

**We meet the first  
Wednesday of the month  
from 18:00 - 20:00 on  
Zoom**

For more information  
e-mail **cookandchat@  
rethink.org**

For further information on  
Rethink Mental Illness  
Phone 0300 5000 927  
Email **info@rethink.org**

**Rethink  
Mental  
Illness.**