

Wellspring Healthy Living Centre Healthy Cooking Classes



Case study Tracy:

I heard about Wellspring through my work as a Health Trainer, working with people with learning difficulties.

I thought it would be good to encourage my clients to do some of the healthy cooking classes but also decided to use the service. I did my first healthy eating course and really enjoyed it, I want to do more.

I told two of my clients about the cooking courses for people with learning difficulties, one of my clients enjoyed it so much, I know she has done 3 cooking courses now.

I think Wellspring is better than any other centre because; it is accessible; it helped me and my clients to learn clearly about healthy cooking. Wellspring is different because it provides services for adults with learning difficulties.

I didn't realise Wellspring had such a range of services before.

I was telling my neighbour about the wellspring and she said "that's funny I was in there the other day and I was really impressed with the range of services, and the building is so nice"

