

Free for Greenwich Families

Workshops for parents/carers to do with their children aged 5-10years

All workshops are on Zoom,
you will need a computer, laptop, tablet or smart phone with Internet access

To book a place on one or more of the workshops below or for more information please contact, Helen.Sprogis@citylit.ac.uk or Millie.Easter@citylit.ac.uk tel 07733307266

Have fun cooking together as a family

Every Monday 16:00 – 18:00 starting 28th September until 26th October

Budget cooking activities, each week a different savoury and sweet recipe to make, including stir fries, soups and dahls

On the menu for the 28th September

Spaghetti Bolognese

Ingredients you will need to have ready:

Cooking oil - 2 onions - 2 carrots - any other vegetables you have – 500g mince (beef,turkey, pork or vegetarian 'Quorn') - 2 tins chopped tomatoes with herbs or basil - beef or vegetable stock cube - dried oregano (or other herbs you have) - 2 garlic cloves or garlic granules – cheddar or parmesan cheese and 400g spaghetti

Optional extras: a red chilli, tomato paste/puree - and crusty bread to serve with it



Chocolate Cornflake Cakes

Ingredients you will need to have ready :

50g butter/spread, 100g milk or dark chocolate, 3tbspns golden syrup, 100g cornflakes & cupcake cases.



Recipes & ingredients will be sent each week 5th, 12th, 19th & 26th Oct

Enjoy arts and crafts activities together as a family

Midweek and Saturdays

Every Wednesday 16:00 – 18:00 starting 30th September until 28th October

Every Saturday 10:00 -12:00 starting 3rd October until 31st October

Different activities each session



Basic Craft resources you will need to have ready:

pencil - colouring materials (paints, crayons or felt tips) - ruler - scissors - glue stick or PVA glue - paper, plain/coloured - card and/or empty cereal boxes -old magazines and newspaper

Other things you could use: old magazines and newspaper - paper plates - any other art & craft materials you have for decorating

Other resources needed will be sent with the zoom invite each week

