



## Eat & Train Graduates Celebrate with a Three Course Festive Feast, Enjoyed with Family and Friends.

A week to remember as fifty of our Eat & Train candidates graduate in style with a delicious three course festive themed dinner, prepared by themselves and enjoyed with invited family and friends. Our Award Winning, Eat & Train, twelve-week cooking programme is delivered across Ayrshire by qualified chefs from our 'On the Road' team to a maximum of eight people. Launching earlier in the year, Eat & Train teaches the basics of food hygiene and cooking from chopping vegetables to preparing a three-course meal on the final week. Candidates work towards receiving the level two food hygiene certificate and the basic cooking certificate which is given on the final week.

So far, 105 adults and children have completed the qualification, starting at age seven, with the oldest being age eighty-four. Sheena Boyd who heads up the Eat & Train activity said, "I am beyond proud of Eat & Train, the candidates who have taken part and the team for delivering such a successful course. It has helped change people's lives not only learning the cooking and hygiene skills, building new found friendships, but transforming their confidence to enable them to move forward to positive destinations. I cannot wait for session three to see what it brings!"

A few of the candidates graduating also shared what the course has meant for them. Evelyn from Dronan, East Ayrshire said, "If it wasn't for all of the Eat team, I would not be



able to even think of joining Ayr College, and I'm delighted to say I've been accepted. Thank you all so much!"

Martin from Fullarton in Irvine, North Ayrshire shared his thoughts, "Thank you for believing in me when I didn't believe in myself".

Eat & Train is fully funded and supported by the Scottish Government and European Union Fund.

To find out more about our Eat & Train and future opportunities to take part in the twelve-week course, visit ...[www.centrestagemt.org.uk/food](http://www.centrestagemt.org.uk/food)

**ENDS**

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For further information related to this PR, contact Frank Gormanley.

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