

WEEK 1- Introduction to DUK (13 th Nov)		WEEK 2- Health and wellbeing (20 th Nov)		WEEK 3- Keeping active (27 th Nov)	
11.30am	Introductions to DUK and Turning heads	11.30am	Introduction to session-Catch up and feedback from previous session	11.30am	Introduction to session-Catch up and feedback from previous session
12.00pm	Begin to prepare and cook meal, clean up Spaghetti with courgette, chilli and tomato	12.00pm	Begin to prepare and cook meal, clean up Sweet potato & spinach curry with cauliflower rice	12.00pm	Begin to prepare and cook meal, clean up Chicken or Vegetable noodles
1.30-2pm	Lunch and social	1.30pm-2pm	Lunch and social	1.30pm-2pm	Lunch and social
2-2.30pm	Local organisation- <ul style="list-style-type: none"> • Diabetes UK • Turning Heads 	2-2.30pm	Local organisation – <ul style="list-style-type: none"> • NHS/Torbay Healthy lifestyles team- Sarah Henwood. Discussing T2 education programme and 5 ways to wellbeing/mental health. • Talkworks- Torbay's Talking therapy service- Jo Woolner- Psychological Wellbeing practitioners. 	2-2.30pm	Local organisation – <ul style="list-style-type: none"> • Torbay council/Torbay on the move- Catherine Williams. Discussing Torbay leisure card, park yoga, park run and Baywalks. • Leisure centre-Torbay GP Fitbay referrals -Chris Wilkey • Yoga- Nina- Armchair yoga - TBC
2.30pm-3pm	Session evaluation form, send away with recipe box/voucher Bean & Halloumi stew	2.30pm-3pm	Session evaluation form, send away with recipe box/voucher Easy caponata stew	2.30pm-3pm	Session evaluation form, send away with recipe box/voucher Creamy courgette lasagne

WEEK 4- Local support (4th Dec)		WEEK 5- What care to expect (11th Dec)		WEEK 6- Christmas (18th Dec)	
11.30am	Introduction to session-Catch up and feedback from previous session	11.30am	Introduction to session- Catch up and feedback from previous session	11.30am	Introduction to session-Catch up and feedback from previous session
12.00pm	Begin to prepare and cook meal, clean up Vegetable chilli & wholemeal rice	12.00pm	Begin to prepare and cook meal, clean up Mushroom & spring onion (or other vegetables) omelette with salad	12.00pm	Begin to prepare and cook meal, clean up Christmas dinner
1.30pm-2pm	Lunch and social	1.30pm-2pm	Lunch and social	1.30pm-2pm	Lunch and social
2-2.30pm	Local organisation – <ul style="list-style-type: none"> Torbay communities/ Community builder- Usha Garrattley: Get to know local CBuilder, discuss local projects, community groups/events. Your health Torbay- Jessie Bye : Head of service- discuss Weight management and health coaching programmes 	2-2.30pm	Local organisation- <ul style="list-style-type: none"> Health watch – Becky Hodgson Diabetes UK- Health systems- Amy Emery DSN ? 	2-2.30pm	Local organisation
2.30pm-3pm	Session evaluation form, send away with recipe box/ voucher Easy lentil and potato hotpot	2.30pm-3pm	Session evaluation form, send away with recipe box/voucher, Cheesy sprout pasta bake	2.30pm-3pm	Session evaluation form, send away with recipe box/voucher Mozarella Risotto