



The Cooking Club



Whiddon
Award-winning care

About The Cooking Club

Whiddon's Cooking Club is a creative cooking program run exclusively by Whiddon. The program aims to create a sense of community by bringing older people together through food, cooking and storytelling while cooking their own favourite recipes.



The Cooking Club provides great opportunities to have fun, learn new skills, reminisce and socialise over a meal with friends. The Cooking Club includes activities like cooking family recipes, sharing food traditions and celebrating, learning food crafts like jam or pastry making, and sharing skills with younger generations.

Food is a huge and emotive subject for many people and it touches on different areas of life and experiences. Food brings together family and friends, culture, traditions and celebrations, and affects our health and quality of life.

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