

INNERLEITHEN AREA YOUTH GROUP

WELL done to all the young people who took part in the recent five-week 'You Can Cook' workshops which were held at Unit 1, Leithen Road.

All of the young people learned new ways to cook familiar foods as well as experimenting with new tastes and also learning about how to eat healthily on a budget.

For some of the young people, it has been about learning key life skills which will help them at home and for others the skills and knowledge gained now will prove beneficial if they progress in later years to further or higher education and have to live independently.

The input from You Can Cook has been an invaluable experience for the young people who attend Innerleithen Area Youth Group and it engaged participants from Peebles, Eddleston, Walkerburn, Cardrona as well as Innerleithen and Traquair.

Innerleithen Area Youth Group meet every Tuesday and Thursday 6.30pm- 8.30pm and is a safe, friendly environment for teenagers to hang out with friends or take part in some of the activities we have to offer.



Pictured above: Robbie Bell trying a new taste - 'sookin a lemon!