



Trinity Comprehensive Parents Page
4 November 2014 · 1

BALLYMUNCH....FREE COOKERY CLASSES starting in Trinity Comprehensive school on Thur 13th Nov at 7:30pm - 8.30pm. The classes focus on LOW BUDGET, HEALTHY and NUTRITIOUS meals. Limited places, so please PM with your details and we will be in touch. The classes are run by the DCU RAG society and will run for four weeks. We look forward to seeing you there!

Ballymunch



Thursday 7-9pm
Trinity Comprehensive School

Jess O'Shea
14 November 2014

Such a success last night guys, well done to everyone... especially the project leaders **Caoimhe** and aya! lookin forward to next week already! 🍴 #munch

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Ballymunch is a cookery class that aims to encourage the parents of students in a local school to cook healthy, low-budget meals and to equip them with the basic skills to do so. This is a mutually beneficial social project; the DCU student volunteers who assist in the classes also gain new skills.

It began as a four-week pilot project in semester one. It quickly gained attention and grew from 9 parents in the first week to 15 in the final week. This semester, two of our very talented participating mothers have offered their services in teaching the class. It has now become a self-sustaining project.



6 people like this.

Hazel Walsh
Great class love every minute of it
28 November 2014 · Like

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Really enjoyed tonight, cooking with the 'Ballymunch' group. What a great group of people.... We laughed through the whole class. Can't wait till next week!

6 Likes
1 Comment

This social project is backed by the DCU Raising and Giving society. Without the funding and support of the RAG society, this project would not have been possible.

