**Bread Baking with Oxfordshire MIND**

On a Saturday morning in August an enthusiastic group of locals came together for a full, fun afternoon of bread baking, as part of MIND’s annual Garden Party at the Barracks Lane Community Garden.   
Pizza’s were made, focaccias and rolls were shaped and then baked in the outdoor wood burning oven. And then the magical moment, when the deliciously edibles were brought out of the oven. Pizza was consumed as the crowd grew in anticipation around the oven. The smells were tantalizing and the flavours exceptional!  
This truly was a special afternoon, enjoyed by many as we savoured the sights, smells and wonders of delicious home baked goods in the simplicity of the community garden.

**Cooking with the Clockhouse**

The early weeks of the Autumn were spent with an enthusiastic group of locals who had come together to enjoy ‘Healthy Cookery on a Budget’. The six week course was a great success with a wide range of meals cooked from scratch and a delicious weekly lunch enjoyed together.   
  
The participants learnt new skills and expanded their cookery skills to include, homemade falafel, curries, pesto, palella, breads and soup, just a few dishes as an example.   
  
Stories were told and experiences and knowledge shared. We’re delighted to be returning to this group to run two more sessions in the Spring.