

# Social Story™

Healthy Me:  
Cooking Program for People with Disability





# Guidelines

A Social Story™ uses storytelling to explain new experiences and environments, helpful for people feeling nervous about attending a new place or event.

We recommend following these guidelines:

- Read the social story preferably two weeks before the visit.
- If reading to someone, help them understand key points.
- After the visit, re-read the social story to celebrate achievements.



This Social Story™ is designed to help people prepare for the Healthy Me workshops, which will take place at the Lakelands Park Community and Sports Facility on Seppings Parade and Banksiadale Gate in Lakelands.



The workshops will be on Mondays in May from 9.30am to 12pm. The workshop dates are:

- 6 May 2024
- 13 May 2024
- 20 May 2024
- 27 May 2024

I will need to register by sending an email to

[health@mandurah.wa.gov.au](mailto:health@mandurah.wa.gov.au).



There is no cost to attend the cooking workshops.

It is a good idea to attend all four of the sessions.



I can attend with my support worker. My support worker might also learn some new cooking skills.



This is a photo of the Lakelands Park Community and Sports Facility.

There is parking, including ACROD bays, out the front of the building.

There is a concrete pathway from the car park to the entrance of the building.



I will walk through a hallway that will take me to a big room. This room is called a hall.

There will be some tables and chairs set up in this room.





I will move across this hall to reach the kitchen located on the opposite side, where the cooking workshops will take place.



I'll meet other people at the workshops. I can greet them if I want.

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



I will learn about healthy foods at the workshops.



The workshops will teach me how to make healthy meals and snacks.



I will learn to do cooking tasks safely, such as chopping food.



I will practise stirring, grating and mixing food.

I will also get to cook meat and vegetables.



At the end of the cooking workshop  
I will help to clean the kitchen.



I will get to eat whatever we make in the cooking workshop.





If I prefer, I can take the food home to eat later.



There are toilet facilities, including wheelchair accessible toilets.



During the final workshop, with the group I will visit a nearby supermarket.

I might learn how to shop smart for healthy ingredients.

If it's too loud for me, I can borrow some noise reduction earmuffs.



A communication board has been designed to assist people with communication challenges during the workshops.

I can download a copy from the City of Mandurah's website, and there will also be one available at each session.



There will be hand fidgets for people to use and a Quiet Zone that I can visit if I need a break from the workshop.



I might have fun if I go to the healthy cooking workshops.

## Contact

### City of Mandurah

PO Box 210, Mandurah WA 6210

[council@mandurah.wa.gov.au](mailto:council@mandurah.wa.gov.au)

[Mandurah.wa.gov.au](http://Mandurah.wa.gov.au)

6550 3777

If you need help to speak or listen on the phone, you can use the National Relay Service on 1300 555 727

For more information visit: [relayservice.gov.au](http://relayservice.gov.au)



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