

**COOKERY DEMONSTRATION AND
LUNCH WITH DEBUT AUTHOR**
Sophia Baruch

Please join us for a cookery demonstration and lunch with debut author, Sophia Baruch, as she talks to us about her cookbook, *Bil'eifi*. Sophia will share memories of Iraq, her mother's recipes, and the generational bonds and stories formed through food.

Thursday 16 July 2026 at 11am
at a Bushey venue

Tickets: **£35 per person**

To book please transfer your payment to:
Shemesh Aviv WIZO, Acc. No: 90339997,
Sort Code: 20-91-79, Ref: Sophia

After making the payment, please text your name
and email address to **Suzanne: 07956 129 092**

For further information, please phone
Gloria: 07703 799 790