

Family Hub

Cook and Eat



A 6-week health and nutrition cooking course for parents/carers with children over 1 years old.

The course provides an opportunity to:

- Learn about healthy portion sizes.
- Useful tips on menu planning on a budget.
- Experiment with cooking different dishes.
- Practical cooking skills

Clovelly Family Hub

Date: 12 Sep – 17 Oct

Time: 3.30 – 5.15pm

Pickles Coppice Family Hub

Date: 3 Nov – 8 Dec

Time: 9.30 – 11.30am

Clovelly Family Hub

Date: 7 Nov – 12 Dec

Time: 10am – 12pm

Seashell Family Hub

Date: 3 Nov – 8 Dec

Time: 12.30 – 2.30pm

To book your place please email:

Familyhub@southampton.gov.uk

For more information please contact:

Caroline Hallett - Referral and Allocation Officer
on 07818 588 480



www.soton.cc/familyhub

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