

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: 4 June – 9 July

Time: 10 – 12pm

Pickles Coppice Family Hub

Date: 10 June – 8 July

Time: 12.30 – 2.30pm

To book your place visit:

soton.cc/familyhub-parentingreferral

For more information please contact:

Familyhub@southampton.gov.uk

 @familyhubsouthampton

www.soton.cc/familyhub



Funded by
UK Government

Solent 
NHS Trust


Southampton City
Clinical Commissioning Group



Family Hub

LOCATIONS



Family Hub Cutbush
Cutbush Lane,
Southampton, SO18 2GF
023 8091 5480

Family Hub Blackberry
Byron Road
Southampton, SO19 6FH
023 8091 7633

Family Hub Seashell
Foxcott Close
Southampton, SO19 9JQ
023 8043 7866

Family Hub Pickles
Coppice
65 Windermere Avenue
Southampton, SO16 9QX
023 8054 0135

Family Hub The Ashby
Centre
Stratton Road,
Southampton, SO15 5QZ
023 8054 0135

Family Hub Clovelly
60-68 Clovelly Road
Southampton, SO14 0AU
023 8033 1635

Family Hub Honeysuckle
Honeysuckle Road
Southampton SO16 3BZ
023 8083 3552



@familyhubsouthampton

www.soton.cc/familyhub



Funded by
UK Government

Solent
NHS Trust



NHS
Southampton City
Clinical Commissioning Group

