

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
10 September – 15 October
10am – 12pm

The Ashby Centre Family Hub
12 September – 17 October
9.30 – 11.30am

Seashell Family Hub
16 September – 21 October
3.30 – 5.30pm

Clovelly Family Hub
5 November – 10 December
3.15 – 5.15pm

Pickles Coppice Family Hub
7 November – 12 December
4 – 6pm

Cutbush Family Hub
8 November – 13 December
9.30 – 11.30am

To book your place visit:

soton.cc/familyhub-parentingreferral

For more information please contact:

Familyhub@southampton.gov.uk



www.soton.cc/familyhub

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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

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