

Nottinghamshire Children  
and Families Partnership



## Children's Centre Services

### Rushcliffe District

Abbey & Lady Bay Children's Centre  
Tewksebury Close  
West Bridgford  
NG2 5ND  
Tel: 0115 969 4480

Bingham Children's Centre  
Eaton Place  
Bingham  
NG13 8BE  
Tel: 01949 863 840

**Website:** [www.nottinghamshirehealthcare.nhs.uk/ccs](http://www.nottinghamshirehealthcare.nhs.uk/ccs)  
**Facebook:** Children's Centre Services - Rushcliffe

# IS YOUR CHILD AGED 2 AND OVER? WOULD YOU LIKE TO COME JOIN US FOR FAMILIES, FOOD AND FUN?

## FREE SESSIONS TO SUPPORT FAMILIES AROUND HEALTHY FOOD AND NUTRITION!

PLEASE JOIN US FOR A GREAT 6-WEEK  
PROGRAMME OF FUN AND INFORMATION,  
INCLUDING:

VITAMINS & MINERALS  
SALT & FAT CONTENT IN  
FOOD  
PORTION CONTROL

PACKAGING INFORMATION  
COOKING ON A BUDGET  
MEAL PLANNING  
FOOD TASTING



### Dates for 2020

Monday 17 February 10 - 11.30  
Monday 24 February 10 - 11.30  
Monday 9 March 10 - 11.30  
Monday 16 March 10 - 11.30  
Monday 23 March 10 - 11.30  
Monday 30 March 10 - 11.30

### VENUE:

Keyworth Young People's Centre,  
Church Drive, Nottingham

NG12 5FF

To register an interest in attending this course please call:  
01949 863 840 or 0115 969 4480

*(Please state any allergies or dietary requirements when calling)*  
**LIMITED PLACES AVAILABLE**