

# What's New?

## Cookwell Cooking Sessions

Cookwell is a free 6 week programme designed to help learn about cooking and healthy eating in a fun way. The following topics are covered:

**The eat well plate**

**5 a day**

**How to read food labels**

**Quick meal ideas**

**How to cut down on fat, sugar and salt.**



To book your place on the course or for more information contact Nicky or Kaz.



## Volunteer Training

Greets Green Childrens Centre offers you a free, fun and relaxed volunteer training programme for anyone wishing to undertake voluntary work. You will receive a high-level of support whilst on the training programme. Following the completion of the programme you can be provided with references and placements. You can also receive guidance into creating your very own personalised CV to help find the perfect job for you. If you are interested in taking part in any course (in any subject area) or looking for a job then come along for your free advice and guidance review.



**ALL SESSIONS ARE AVAILABLE ON A FIRST COME FIRST SERVED BASIS. FAMILIES UNABLE TO ACCESS WILL BE ALLOCATED A PRIORITY SPACE AT THE FOLLOWING SESSION.**