



Food & Wellbeing Programme

Are you worried about access to affordable food, budgeting, living or housing costs and/or managing your health on a low income?

Yes?

Join us for our 5 week small group programme where we will provide you with a food package each week along with the skills and support you need around health, nutrition and wellbeing on a budget.

Thursdays 1pm, Fearon Hall, Rectory Rd,
Loughborough, LE11 1PL

To register please go to www.tiny.one/cfwhub2
or scan the QR code below



Communities Food and Wellbeing Hub is a registered charity that aims to bring communities together by providing good food and wellbeing support to improve health.



East Midlands
Academic Health
Science Network

charity number 1196232