

**Ready, steady, slow cook!** Come along to one of our upcoming community and partnership events and enjoy cooking demonstrations, pick up new low cost recipe ideas and receive a \*FREE slow cooker! (\*Subject to availability)

Tamworth College students, Early Help and Family Support Services, Families Health and Wellbeing Service 0-19, Social Prescribing Services, DWP, Staffordshire and Stoke-on-Trent Talking Therapies, Staffordshire Council of Voluntary Youth Services (SCVYS), and some of our other local voluntary and community organisations, activities and services will also be available on the day if you would like to pop by and see them.

## What's on:



Cooking demonstrations



Low cost recipe ideas



Sport & fitness advice



Community support services



Slow cooker give-away



Refreshments available

## When & where:

Tuesday 3rd October 2023 10am – 3pm

Codsall Village Hall, 59 Wolverhampton Road, Codsall, WV8 1PL

Monday 23rd October 2023 10am – 3pm

Wombourne Library & Community Centre, Church Rd, Wombourne, WV5 9EZ







