

Family Support Newcastle's Family Relationship Skills Project, and Woodrising Neighbourhood Centre, invite parents or care-givers of dependent children to a FREE 1 day workshop ...

Cool Kitchens

Come along to try out some cool-weather cooking.
No experience in cooking is necessary.....
..... just your creativity and a sense of fun.



Topics include:

- Sharing winter-warming ideas
- Having a go at some easy, low cost recipes
- Making the dollar go further by using seasonal ingredients
- Healthy options that kids like to eat

Free children's activities and Lunch!

When: Wednesday 26th July 2017

Time: 10.00am - 12.00noon

Where: Woodrising Neighbourhood Centre
80 Hayden Brook Road, Woodrising

**To make a booking or for further inquiries
please call 49594624**