

Lunch Clubs and Honesty Shops

Don't eat on your own, come and meet new people at our friendly, relaxed and affordable lunch clubs.

Monday

Wembrook Community Centre, Nuneaton, CV11 4QP.

12 - 1.30pm. £4.00 for two courses.

Tuesday

Stockingford Community Centre. CV10 8DY.

12 - 1pm. £4.00 for two courses

Wednesday

The Newtown Centre (opp Asda), Newtown Road. CV11 4HR.

12 - 1pm. £4.00 for two courses. Drinks 40p each.

Thursday

The Bedworth Methodist Church, Mill Street, CV12 8BW

£4.00 for two courses

Drinks 40p each.



For more information about The Healthy Living Network, you can call 02476 322048 or go to www.hln.btck.co.uk



www.facebook.com/peoplespantry17



@NBHLN1

Registered Charity No. 1149396



Eat More
Healthily

Enjoy Nutritious
Meals

Meet New
People



Nuneaton and Bedworth
Healthy Living Network



LOTTERY FUNDED

Learn More About Food And Us

The Healthy Living Network want to help as many people as possible get the food they need. We have activities for everyone.

Lunch Clubs are affordable places where people can get a decent meal, meet new people and take part in activities, if they want to, such as arts and crafts and bingo. Some have exercise and Weight Buster classes running alongside them. See the back of this leaflet to find out where they are.



Honesty Shops are where people can turn up and pay what they can afford for store cupboard items, baby food and toiletries.

We recommend that people give 30 - 40% of what an item would cost in a shop.

They are open to everyone and you do not have to be on benefits.

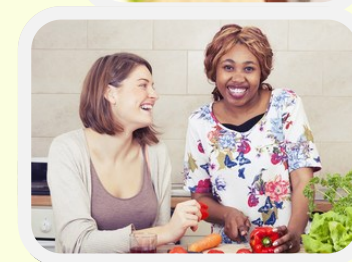
Shops at each venue are open 10.30am - 12.30pm and are run by volunteers.



Call the office on 02476 322048 for more details about services.

We can offer training in various areas , helping people to make the right choices when it comes to choosing, preparing and cooking food.

- Living on your own and can't cook?
- A new parent faced with feeding a baby or a toddler?
- Student going off to university?
- Living on a budget?
- Bored of food and need recipe inspiration?
- Recently widowed and not used to cooking?



Get in touch and we will discuss your needs.

Volunteer With Us

We rely heavily on volunteers to help us run our sessions in the community. We have a number of volunteering opportunities.

Kitchen Assistants - serving drinks, preparing food, washing up.

Cooks - people who cook in their own home and in our kitchens.

Volunteering is a great way to meet new people, gain experience and boost your self confidence. No experience necessary, just enthusiasm for food.

Call Sally or Michelle on 02476 322048 to find out more.