

Free Pregnancy Cooking Sessions

-Learn skills and get ideas to prepare low cost, tasty family meals

-Tips to help you eat well during pregnancy



All ingredients and equipment are provided.

No experience needed.

Sign up for 1 session or more. A different topic and recipes each month.

Graig y Rhacca
community centre,
Caerphilly

20/1/26 - 12.30-2.30pm
17/2/25 - 12.30-2.30pm
17/3/26 - 12.30-2.30pm

Cefn Golau Flying
Start hub, Tredegar
6/1/26 - 1.30-3.30pm
3/3/26 - 1.30-3.30pm

Croesyceiliog
Community Education
Centre, Cwmbran
27/1/26 - 2-4pm
24/2/26 - 2-4pm
24/3/26 - 2-4pm

Alway community centre,
Newport
13/1/26 - 12.30-2.30pm
10/2/26 - 12.30-2.30pm
10/3/26 - 12.30-2.30pm

To find out more or to book a place call
the **Healthy Pregnancy Team** on
0300 303 4906 (option 3)
or scan the QR code



FREE recipe
book for
attending 3
sessions