



the **bakes'n'bubs project**



**Are you a young parent  
aged between 16 – 24  
with infants under 3 ?**

join us for cooking, chatting , parenting ,  
goal setting, budgeting, mentoring

Everything is free including a great crèche,  
refreshments & lunch

**Every Tuesday starting November 1st  
@ The Bridge, 29 Princes Road, IG9 5EE**

PTO FOR DIRECTIONS

LIMITED AVAILABILITY... LIMITED AVAILABILITY... LIMITED AVAILABILITY... LIMITED AVAILABILITY...

to book in please email us on [foodfusion1@live.co.uk](mailto:foodfusion1@live.co.uk) or txt 07951 895889



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