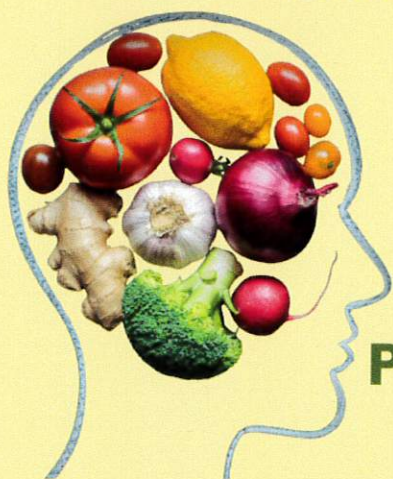


Food, Mood & Wellbeing

Free Community Event

Discover how food supports mood, energy and wellbeing at this friendly, free event.



28th July 2026

11am – 2pm

Plantation Hall, Heybridge

The event will include:

- Pedal your own smoothie
- Food tasting & feel-good ideas
- Live, simple cooking demos
- Children's activities
- Practical wellbeing ideas



Interested in cooking, growing, eating well on a budget
– or just curious?

Everyone welcome. No booking required.