

# MUNCH

**Saturday Family Cooking Club**  
**Fortnightly, term - time only**  
**10:30 - 12:30**  
**Saturday September 2022**

Parents/Carer come along with your child/children and our chefs will show and help you create a main meal and pudding for you to take home to enjoy. Please bring container for the food to go home in.

## Coffee, Computers and Cake

These are small sessions for those who want to be able to email, compare prices online, social media, online banking - practical everyday uses and enjoy cake and coffee/tea.



# MUNCH

*Everyone Welcome*  
**Christmas Day Lunch**

At Park Community School

*There are many reasons guests join us for  
Christmas Lunch,  
we are very happy to see everyone.*

## Timings approximately:

Arrival time: 12 noon

Lunch served: 1pm

*After lunch, a very tired visitor from the North Pole  
will arrive, probably his last call of the day*

Depart: 2.30pm



To book:  
Email - [munch@pcs.hants.sch.uk](mailto:munch@pcs.hants.sch.uk)



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# MUNCH

**Community Food  
Programme**

*at*



**Where we are**

**'Much More Than Just a School'**  
Providing a range of programmes  
and services for our Community

***We are here for everyone!***

Thank you to everyone who supports us





# MUNCH

## What is Munch?

We provide free hot meals for families. There are many reasons why people come; for example to meet up with other families, help with the budget in the holidays, loneliness or just want a lovely fresh cooked meal that is FREE!

If you feel you wish to contribute there is always a charity bucket for donation.

*School Holidays*  
12pm - 1pm

2022

*October 24th - 28th*  
*December 19th - 21st*

2023

*February 13th - 17th*  
*Easter April 3rd - 6th, 11th - 14th*  
*May 30th - 2nd June*  
*July 24th - 25th August*



**Tel: 023 9248 9811**  
**Email: [munch@pcs.hants.sch.uk](mailto:munch@pcs.hants.sch.uk)**

# MUNCH

## Tea Times

**Tuesday** families and adults (no unaccompanied children)  
Free hot meals **4pm - 5:30pm**

**Thursday** tea times for everyone  
Free hot meals **4pm - 5:30pm**

## Family/adults

Sunday Roasts 1pm - 2pm  
Starting 18th September 2022  
1st and 3rd Sunday of every month.



This is managed by a small team of our students.

The Wall houses items of good quality clothing, shoes, and accessories that have been collected from the community and rejuvenated so that they can be used and loved again by someone else. We have a new theme for our wall every 6-8 weeks.

Members of our community can come and take an item if they need it. If a donation is possible we would appreciate it as it will enable us to clean and repair future donations.

More information:

**Tammy Seaman** School Youth Worker  
**[t.seaman@pcs.hants.sch.uk](mailto:t.seaman@pcs.hants.sch.uk)**  
**023 9248 9800**

# MUNCH PANTRY

The Munch Community Pantry has been open since November 2020.

The Pantry help families by providing a range of food items getting more for less.



an average of  
**£15 worth of food!**

Choose from a selection of groceries, fresh and frozen food



**Dickinson Centre, Park Community School**  
**Middle Park Way, Havant, PO9 4BU**

