

# EAT WELL, SPEND LESS & WELLBEING ROADSHOW

PROVIDING YOU WITH RESOURCES, SUPPORT AND OPPORTUNITIES TO THRIVE IN ALL ASPECTS OF LIVING



## NEXT ROADSHOW

Harpers Hub

Victoria Park,  
Jemmett Road,  
TN23 4AD

Wednesday  
30th July 2025

10am - 2pm



**FREE** NHS health checks



**FREE** fresh fruit & veg, food and hygiene items



**FREE** financial, housing, benefits, health and safeguarding advice from Ashford Borough Council and local organisations

[www.ashford.gov.uk/ewslwr](http://www.ashford.gov.uk/ewslwr)



Funded by  
UK Government

**NHS**  
Kent Community Health  
NHS Foundation Trust

THE HYGIENE  
BANK

**Ashford**  
Borough Council

**FareShare**  
fighting hunger,  
tackling food waste

**NHS**

**PREMIER  
FOODS**