



# NOURISH

Solihull Churches' Kitchen

## A free hot meal every Wednesday

6-7pm | Three Trees | The Baptist Church Centre  
Headingham Grove | Chelmsley Wood | B37 7TP

Every Wednesday evening, the Nourish team make hot meals for anybody who needs one. The food's homemade and wholesome, cooked and served by friendly people in our Chelmsley Wood kitchen.

Places are limited, so please join us for dinner at 6-7pm. We look forward to seeing you.

*If you know someone in need, please tell them about us.*

Supported by Solihull Churches Action on Homelessness