

WELLBEING MONTH

June 2018 at Cambscuisine

All the events below are free to attend unless stated otherwise.
Please just email the booking contact to reserve a place.



The Tickell Arms

Food As Medicine with Jo Metcalfe

From Greener Growth 

9.30-10.30am Friday 22nd June

Tropic Pamper Sessions

(To Include Hand Pamper, Skin Care & Detoxing Talk)

7.30-9.30pm on Wed 6th, Thurs 14th & Wed 20th June

10.30-11am on Friday 22nd June (Talk & Stall)

Fundraising for Mental Health Charity CPSL Mind

Charity Coffee Morning: 10.45am - 12.30pm on Fri 22nd June

Charity Pub Quiz £2 Entry: 7.30-9.30pm on Sun 24th June

Yoga & Mindfulness With Louise Ward

3-4pm on Thursday 28th June

Please email Julia to book a place:

juliah@cambscuisine.com



MILLWORKS

Mindfulness & Chair Yoga

3-4pm on Thurs 7th June

With Louise Ward



Please email Rob to
book a place:

robh@cambscuisine.com

Other Wellbeing Initiatives

A flavour of some of the other wellbeing initiatives at our restaurants in June:

Wellbeing Specials On the Menu

Fruit for Kids

Healthy Kids Menus

Smoothies & Mocktails

Cucumber Water

Crosswords, Sudoku & Colouring For Grown-Ups

Our aim is to put staff wellbeing at the top of our agenda. In June we have a number of wellbeing activities just for staff ranging from reflexology to pilates to healthy staff food and team bike rides.
If you know someone who might be interested in a career in hospitality please encourage them to get in touch:

recruitment@cambscuisine.com