

## Starting Solid Foods (for babies around 6 month)

### Virtual group sessions now available

In this 60 minute workshop you will learn about starting and progressing with solid foods with your baby in a practical and friendly session with an expert dietitian/nutritionist  
*(Up to 6 attendees per group session)*



### To book your place

Email your name, preferred email address and borough you live in to:

**[EYNutrition@gstt.nhs.uk](mailto:EYNutrition@gstt.nhs.uk)**

or

Contact your Health Visiting SPA line:

**0203 049 8166 (Southwark) or 0203 049 5300 (Lambeth)**

Stay up to date with our services on the Trust website:  
Evelina London Community Nutrition and Dietetics service  
[www.evelinalondon.nhs.uk/CommunityNutritionDietetics](http://www.evelinalondon.nhs.uk/CommunityNutritionDietetics)

Or for any other updates, like and follow our team on



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Evelina London Community Food Workers