

Creative Grow Well

Free Winter Indoor Community Garden Sessions

For people living or registered with a GP in the Riverside, Canton, Pontcanna, Ely or Caerau areas

Come and join us in the warm this winter for some friendly chat, nature based craft activities and to share some hot soup made with vegetables from our gardens.



Thursdays 1 - 3pm

**Venue: Wesley Methodist
Church Hall**

**2A Nottingham Street
Cardiff CF5 1JP**

**From Thursday 9th November 2023 -
Thursday 29th February 2024**

**(NO sessions 28th December 2023, 4th January
or 15th February 2024)**

All materials for the workshops will be provided, plus refreshments.

For more information and to book a place call [Ali on 07594 761669](tel:07594761669)

or email ali@growcardiff.org with your

name, contact number, postcode and GP Surgery.

Please note places are limited so booking is ESSENTIAL