

THE GROW WELL PROJECT



Community Garden Groups

- ◆ Something for everyone, beginners welcome
- ◆ Learn new skills, rekindle old ones
- ◆ Plant some seeds, watch nature unfolding, improve your local community, improve your health and wellbeing, green the city!



We have sessions in 3 locations:

Mondays: 10:30-12:30pm and 1-3pm

The Dusty Forge, 460 Cowbridge Rd West, Ely

Wednesdays: 10:30-12:30pm and 1-3pm

Lansdowne Surgery, Sanatorium road, Canton

Thursdays: 11-1pm

Riverside Health Centre, Wellington St, Riverside

Tea, Talk, Create, Garden.

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STARBUCKS®



**Cardiff South West
Primary Care Cluster**
Health & Wellbeing in your Community



**GIG
CYMRU
NHS
WALES**
Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board



Y Prosiect Tyfu'n Iach

Grwpiau Gardd Gymunedol

- ❖ Rhywbeth i bawb, mae croeso i ddechreuwyr
- ❖ Dysgu sgiliau newydd, defnyddio hen rai
- ❖ Plannwch rai hadau, gwylwch natur yn datblygu, gwella eich cymuned leol, gwella eich iechyd a'ch lles, gwyrddio'r ddinas!

Mae gennym sesiynau mewn 3 lleoliad:

Dydd Llun 10:30-12:30yp canol dydd a 1-3yp- The Dusty Forge, 460 Cowbridge Road West

Dydd Mercher 10:30-12:30yp canol dydd a 1-3yp- Meddygfa Lansdowne, Sanatorium road

Dydd Iau 11-1yp- Canolfan Iechyd Glan yr Afon, Wellington St

Te, Siarad, Creu, Garddio