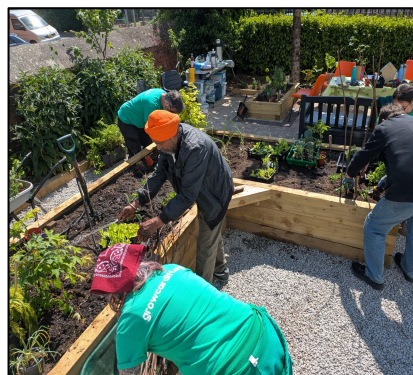


Gardening for Health & Wellbeing

- ★ All welcome to a beautiful community garden
- ★ No previous experience of gardening needed
- ★ Something for everyone: enjoy nature, share a cuppa, make new friends, grow & share food, crafts



Open to residents & people registered
with a GP in Grangetown, Butetown,
Cardiff Bay and Central Cardiff.

NEW Winter Times

Thursdays: 11-1pm

Grange Medical Practice,
Bishop Street, Grangetown, CF11 6PG

Scan the QR
code to find
out more



Tea, Talk, Create, Garden.

Phone: 07935734577 growwell@growcardiff.org www.growcardiff.org

Garddio ar gyfer iechyd a lles

- ★ Croeso i bawb i ardd gymunedol hardd
- ★ Nid oes angen profiad blaenorol o arddio
- ★ Rhywbeth i bawb, mwynhau natur, rhannu paned, gwneud ffrindiau newydd, tyfu a rhannu bwyd, crefftau



Ar agor i breswylwyr a phobl sydd wedi cofrestru gyda Meddyg teulu yn Grangetown, Butetown, Bae Caerdydd a chanol Caerdydd.

Amerseroedd newydd y gaeaf

Dydd Iau 11-1 yp

Practis meddygol y Grange
Stryd yr Esgob, CF11 6PG

Sganiwch y
cod QR i
ddarganfod
mwy



SCAN HERE

Te, Siarad, Creu, Gardd.

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