



GATHER, GROW & HEAL: WORKSHOPS FOR WELLBEING, NATURE & COMMUNITY CONNECTION



Please join us for our free
summer workshop programme



Wednesday 1st July: Plant your own Edible container

Make a small balcony/front door planter with edible flowers, veggies and herbs

@ Lansdowne Surgery Grow Well garden CF11 8DG 1-3pm

Saturday 4th July: Cardiff Nature Festival

Create your own recycled mini garden using natural materials activity

@ Llandaff Fields, Pontcanna, Cardiff CF11 9QJ 10am-2pm

Monday 20th July: Bees & Butterflies Family Workshop (x2)

Learn about important pollinators in your gardens & spot insects!

@ACE/Dusty Forge, Ely CF5 5BZ 1-2pm & 2-3pm

Wednesday 22nd July: Bees & Butterflies Craft Workshop

Create a pit stop/drink station for our vital insects

@The Mill Community Garden, Sanatorium Road/Pwll Coch St, CF11 8FA 1-3pm

Thursday 23rd July: Bees & Butterflies Nature Workshop

Learn how to spot & support insects with Cardiff Local Nature Partnership

@Riverside Health Centre, Wellington Street, CF11 9SH 1-3pm



Book using the QR code or
email chris@growcardiff.org or text 07935 734577





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Wednesday 12th August: Cyanotype print workshop

Learn a new craft - using natural materials and the sunshine!

@ACE/Dusty Forge ART room, Ely CF5 5BZ 1-3pm

Thursday 13th August: Willow weaving

Come and craft a natural willow piece of art in the garden

@ Riverside Health Centre, Wellington Street, CF11 9SH 1-3pm

Thursday 13th August: Cyanotype print workshop

Learn a new craft - using natural materials and the sunshine!

@Grange Medical Practice, Bishop Street CF11 6PG 1-3pm

Friday 14th August: Children's Nature Workshop

Learn all about the helpful minibeasts in our gardens

Contact the Grangetown Hub, Havelock Place, Grangetown CF11 6PA Time TBC

Monday 17th August: 'Wild Rhythm' in the garden

Nature Rhythms and Craft Workshop in the garden

@ ACE/Dusty Forge Garden, Ely CF5 5BZ 1-3pm



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