THE GROW WELL PROJECT

GROW TYFU CARDIFF CAERDYDD

Take time in Nature - time for You

- ★ Our community gardens offer something for everyone. Beginners most welcome
- ★ Enjoy a good cup of tea/coffee and a chat
- ★ Help your well-being and community by staying active this Autumn & Winter

SCAN HERE







Where and When?

- ★ **Mondays: 11am-12:30pm & 1-2:30pm - every week**
  @ACE/Dusty Forge, 460 Cowbridge Rd West, Ely CF5 5BZ
- ★ **Wednesdays: 11am - 1pm - alternate weeks***
  @Lansdowne Surgery, Sanatorium road, Canton CF11 8DG
- ★ **Thursdays: 11am - 1pm - alternate weeks***
  @Riverside Health Centre,Wellington St,Riverside CF11 9SH

To get in touch, confirm dates*, or find out more
scan the QR code or Phone: 07935734577
Email: growwell@growcardiff.org

The Wildlife Trusts

POSTCODE LOTTERY

POSTCODE GREEN TRUST

ace

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

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Grwpiau Gardd Gymunedol

- ★ **Mae ein gerddi cymunedol yn cynnig rhywbeth i bawb. Croeso mawr i ddechreuwyr**
- ★ **Mwynhwech paned a sgwrs o de/coffi a sgwrs**
- ★ **Cyfle i edrych ar ol eich lles a'ch cymuned drwy gadw'n actif dros yr Hydref ar Gaeaf**

Mae gennym sesiynau mewn 3 lleoliad:

Dydd Llun 11am-12:30 & 1pm - 2:30pm
***ACE/Dusty Forge**, 460 Cowbridge Road West*

Dydd Mercher 11am - 1pm
***Meddygfa Lansdowne**, Sanatorium road*

Dydd Iau 11am - 1pm
***Canolfan Iechyd Glan yr Afon**,*
Wellington St

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GROW TYFU
CARDIFF CAERDYDD

Autumn/Winter 'Grow Well' Garden Session Times

ACE/Dusty Forge

Mon 2nd Nov 11am - 12:30pm & 1- 2:30pm

Mon 9th Nov 11am - 12:30pm & 1- 2:30pm

Mon 16th Nov 11am - 12:30 & 1- 2:30pm

Mon 23rd Nov 11am - 12:30 & 1- 2:30pm

Mon 30th Nov 11am - 12:30 & 1- 2:30pm

Mon 7th Dec 11am - 12:30 & 1- 2:30pm

Mon 14th Dec 11am - 12:30 & 1- 2:30pm

No Sessions on 21st, 28th December 2026

or on 4th January 2027

For more information contact:
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