THE GROW WELL PROJECT

GROW TYFU CARDIFF CAERDYDD

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.

Scan the QR code to find out more

Thursdays: 11-1pm

Grange Medical Practice,
BishopStreet, Grangetown,CF11 6PG

SCAN HERE

Tea, Talk, Create, Garden.

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

Clwstwr Gofal Sylfaenol Dinas a De Caerdydd
Cardiff City & South Primary Care Cluster

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

Y Prosiect Tyfu'n Iach

Garddio ar gyfer iechyd a lles

- ★ Croeso i bawb i arddgymunedol 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.

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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GROW TYFU
CARDIFF CAERDYDD

Autumn/Winter 'Grow Well' Garden Session Times

Grange Medical Practice

Thurs 5th November 11am - 1pm

Thurs 12th November 11am - 1pm

Thurs 19th November 11am - 1pm

Thurs 26th November 11am - 1pm

Thurs 3rd December 11am - 1pm

Thurs 10th December 11am - 1pm

Thurs 17th December 11am - 1pm

No Sessions on 24th & 31st December

For more information contact:
Steve 07743 673738 steve@growcardiff.org