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

Lansdowne Surgery

Wed 4th November 11am - 1pm

Wed 11th November 1:30-3:30pm*

Wed 18th November 11am - 1pm

Wed 25th November 1:30-3:30pm*

Wed 2nd December 11am - 1pm

Wed 9th December 1:30-3:30pm*

Wed 16th December 11am - 1pm

(No sessions 23rd and 30th December)

**Indoor Session @ Wesley Methodist Church, Canton CF5 1JP - booking essential*

For more information contact:
Ali 07594761669 ali@growcardiff.org

GROW TYFU CARDIFF CAERDYDD

Autumn/Winter 'Grow Well' Garden Session Times

Riverside Health Centre

Thurs 5th November 1:30-3:30pm*

Thurs 12th November 11am - 1pm

Thurs 19th November 1:30-3:30pm*

Thurs 26th November 11am - 1pm

Thurs 3rd December 1:30-3:30pm*

Thurs 10th December 11am - 1pm

Thurs 17th December 1:30-3:30pm*

No sessions on 24th & 31st of December

**Indoor Session @ Wesley Methodist Church, Canton CF5 1JP - (spaces limited/ booking essential)*

For more information contact:
Nia 07514 738370 nia@growcardiff.org