

Creative Grow Well

Free Indoor Community Garden Craft Sessions

For people living or registered with a GP in the Riverside, Canton, Pontcanna, Ely or Caerau areas

Come and join us in the warm this winter for some friendly chat, nature based craft activities and to share some hot soup made with vegetables from our gardens.



Mondays 1 - 3pm

Venue: Wesley Methodist
Church Hall

2A Nottingham Street
Cardiff CF5 1JP

From Monday 14th October 2024 -
Monday 17th March 2025

(NO sessions 28th October, 23rd and 30th December
2024, 6th January or 24th February 2025)

All materials for the workshops will be provided, plus refreshments.

For more information and to book a place call [Ali on 07594 761669](tel:07594761669)
or email ali@growcardiff.org with your
name, contact number, postcode and GP Surgery.

Please note places are limited so booking is ESSENTIAL