

# THE GROW WELL PROJECT

## Gardening for health and 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



**NEW for Residents and people registered with a GP in Grangetown, Butetown, Cardiff Bay and Central Cardiff!**

**Thursdays: 1-4pm**  
Grange Medical Practice,  
Bishop Street, Grangetown.  
CF11 6PG

Scan the QR code to find out more



# Tea, Talk, Create, Garden.

Phone: 07935734577 [growwell@growcardiff.org](mailto:growwell@growcardiff.org) [www.growcardiff.org](http://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 ardd gymunedol hardd
- ◆ Nid oes angen profiad blaenorol o arddio
- ◆ Rhywbeth i bawb, mwynhau natur, rhannu paned, gwneud ffrindiau newydd, tyfu a rhannu bwyd, crefftau



Newydd i breswylwyr a phobl sydd wedi cofrestru gyda Meddyg teulu yn Grangetown, Butetown, Bae Caerdydd a chanol Caerdydd.

Dydd Iau 1-4 ym  
Practis meddygol y Grange  
Stryd yr Esgob, Grangetown  
CF11 6PG

Sganiwch y cod  
QR i  
ddarganfod  
mwy



# Te, Siarad, Creu, Gardd.

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