

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: 1-3pm
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 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, crefftiau



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

Dydd Iau 1-3 yp

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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