

Community Garden Groups

- ★ Something for everyone, beginners welcome
- ★ Learn new skills, rekindle old ones
- ★ Plant some seeds, watch nature unfolding
- ★ Improve your local community & your health and wellbeing, green the city!



Where and When?

- ★ **Mondays: 11am - 2pm**
@ The Dusty Forge, 460 Cowbridge Rd West, Ely
- ★ **Wednesdays: 10.30am - 12.30pm**
@ Lansdowne Surgery, Sanatorium road, Canton
- ★ **Thursdays: 11am - 1pm**
@ Riverside Health Centre, Wellington St, Riverside

Tea, Talk, Create, Garden

To get in touch and find out more - scan the **QR code**
or via **Phone:** 07935734577 **Email:** growwell@growcardiff.org
Website: www.growcardiff.org





Y Prosiect Tyfu'n Iach

Grwpiau Gardd Gymunedol

- ★ Rhywbeth i bawb, mae croeso i ddechreuwyr
- ★ Dysgu sgiliau newydd, defnyddio hen rai
- ★ Plannwch rai hadau, gwylwch natur yn datblygu, gwella eich cymuned leol, gwella eich iechyd a'ch lles, gwyrddio'r ddinas!

Mae gennym sesiynau mewn 3 lleoliad:

Dydd Llun 11-2yp - The Dusty Forge, 460 Cowbridge Road West

Dydd Mercher 10:30-12:30yp Meddygfa Lansdowne, Sanatorium road

Dydd Iau 11-1yp- Canolfan Iechyd Glan yr Afon, Wellington St

Te, Siarad, Creu, Garddio