



**SOCIAL AND THERAPEUTIC**

# **GARDENING SESSIONS FOR ALL**

**SAFE AND SUPERVISED VOLUNTEER OPPORTUNITIES**

For **adults 16 +** and for anyone who wishes to support their local community.

**MONDAY TO FRIDAY**

**10.30 am - 3 pm**

Booking is essential - Referrals are welcome

**SUPPORTED GROUP SESSIONS**

- Wednesday 10:00-13:00 or 13:00-15:00
- Thursday 10:00-13:00
- Friday (Spanish spoken) 11:00-15:00



THE  
JULIA AND HANS RAUSING  
TRUST

Independent  
Age  
Grants Fund

## BENEFITS FOR YOU

- A safe and welcoming place to socialize and make new friends
- Gardening can reduce stress and generally improve your mental and physical well-being
- Our food growing sessions will provide you with healthy eating tips and inspiration
- You can learn how to grow vegetables organically

**Our garden and building are wheelchair accessible. Guide dogs only.  
We ask that all new participants complete a registration**

**Calthorpe Community Garden**


**258-274 Gray's Inn Rd**

**London WC1X 8LH**

**020 7837 8019**

**[www.calthorpecommunitygarden.org.uk](http://www.calthorpecommunitygarden.org.uk)**

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