



## GROWING SESSIONS

AUTUMN '21

Cleveley Crescent Allotments, near Hanger Lane W5 1DZ  
Horsenden Farm, near Perivale UB6 7PB

### Mondays

**AM - Makeover Mondays** (Lucy) 10.30am to 1pm at Cleveley Crescent

A good confidence builder for those who have already completed a Growing Wellbeing course - you can try your hand at carpentry, as we repair our raised beds and build the new pergola. If you'd prefer to sow, water, weed or harvest that's fine too.

### Tuesdays

**PM - Growing Wellbeing**(Pauline) 12 to 2.30pm at Horsenden Farm

***Don't forget to bring a packed lunch!***

We'll show you how to grow food, and teach techniques like mindfulness to improve wellbeing.

### Wednesdays

**AM - Growing Wellbeing** (Lucy) 10.30am to 1pm at Cleveley Crescent Allotments

We'll show you how to grow food, and teach techniques like mindfulness to improve wellbeing.

### Thursdays (ONLINE)

**PM - Grow Social** (Lucy) 2 to 3pm on Zoom

If you're stuck at home, join us for a chat about nature, food-growing and ways to nurture your wellbeing.

### Fridays

**AM - Plot to Plate/Sustainable Wellbeing** (Camilla - tel) 10.30 to 1pm at **Horsenden Farm (PLEASE NOTE!)**

These sessions are open to anyone who has already attended sessions with MindFood, either on site online. We'll help you prioritise and plan your wellbeing in a way that's sustainable for you. There will be plenty of food-growing too.

**PM - Growing Wellbeing** (Lucy) 1 to 3.30pm at Cleveley Crescent Allotments

We'll show you how to grow food, and teach techniques like mindfulness to improve wellbeing.

### Saturday

**AM - Plot to Plate/Sustainable Wellbeing** (Pauline - tel) 11 to 1pm at **Cleveley Crescent (PLEASE NOTE!)**

These sessions are open to anyone who has already attended sessions with MindFood, either on site online. We'll help you prioritise and plan your wellbeing in a way that's sustainable for you. There will be plenty of food-growing too.

### **Stay in touch with MindFood...**

- Email us at [info@mindfood.org.uk](mailto:info@mindfood.org.uk), call/text us on 07720 092954, or sign up for our monthly newsletter to hear about news, events, upcoming courses and visits to Kew.