



GROWING SESSIONS

SPRING SUMMER '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, call/text us on 07720 092954, or sign up for our monthly newsletter to hear about news, events, upcoming courses and visits to Kew.