

**THE**



**GIG  
CYMRU  
NHS  
WALES**  
Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board



# **GROWING PROJECT**

**Every hand helps..**

**VOLUNTEERS WANTED!**

**Activities for all interests.**

**Tea,  
Talk,  
Garden.**

**WEDNESDAY  
12.30 – 3.00**

**DROP IN SESSIONS  
LANSDOWNE SURGERY**

- Plant & grow fruit, vegetables & flowers
- Design and create beautiful mosaics
- Help build our BEE WALL – All bees allowed!

More info: [david@growcardiff.org](mailto:david@growcardiff.org)