



## Green Gardening and Green Art for people with memory problems

Starts Thursday 3<sup>rd</sup> April 2014

Five A Day Market Garden  
Englefield, near Theale RG7 5EL

-  11am to 2pm for 8 weekly sessions
-  Grow salad, herbs and veggies in pots to take home
-  Art and Craft activities using natural and recycled materials
-  Meet new people
-  Harvest and eat delicious seasonal produce!
-  Great recipe ideas

The **Green Gardening and Green Art** course is run by tutor Pam Goddard and experienced gardening volunteers. It is open to people residing in West Berkshire.

Sessions are friendly, relaxed and welcoming and activities are adapted to people's individual needs.

Thanks to funding from the West Berkshire Community Fund, the course is free of charge!

Don't delay - book now as places are limited. First come first served.

Email [pam@fiveaday.org.uk](mailto:pam@fiveaday.org.uk) or call 07939 676 050



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