



Green Gardening and Green Art FREE weekly drop in sessions through the Spring!

for people with memory problems

Starts Tuesday 7th April 2015
Five A Day Market Garden
Englefield, near Theale RG7 5EL

- 🍏 Every Tuesday 10am to 1pm, 7th April - 26th May
- 🍏 Friendly, relaxed and welcoming! Carer's/spouses welcome too!
- 🍏 Practical gardening activities to suit everybody!
- 🍏 Art and Craft activities using natural and recycled materials
- 🍏 Meet new people
- 🍏 Great recipe ideas

The Green Gardening and Green Art sessions are run by tutor Pam Goddard and her experienced gardening volunteers. They are open to people residing in West Berkshire.

Sessions 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
or call 07939 676 050



