









Green Gardening and Green Art

for older people with memory problems
and their partners / carers

Starts Thursday 5th September 2013

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

-  A friendly and welcoming course: 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 her experienced volunteers. It is open to people residing in West Berkshire.

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



