



BERKSHIRE
COMMUNITY
FOUNDATION

Free gardening course

Starts Wednesday 19th May

Are you suffering in any way as a result of Covid-19*?

Physical issues?

Stressed?

Mental health issues?

Feeling lonely?

Five a day are running free, weekly gardening sessions at the Five a day garden to help you feel better.



- Learn about growing and harvesting vegetables and flowers
- Relax and have fun in our peaceful and beautiful garden
- Learn new skills to restore confidence in yourself and the wider society
- Meet new people
- Small supportive groups for all ages and abilities



Every Wednesday from May 19th – October. 10am-12, or 1-3pm

Five a Day Garden, The Street, Englefield, Theale, RG7 5EL

No obligation to attend every week. Why not book a trial session?

These sessions are supported by Berkshire Community Foundation.

Places are limited, so book now, or find out more by emailing: info@fiveaday.org.uk or call us on 07555 184343

* These sessions are free of charge and open to all residents (over the age of 18) of West Berkshire, who have suffered directly or indirectly as a result of COVID-19, not just those who have tested positive.