

Are you living with long COVID?

COME ALONG TO OUR COMMUNITY GARDEN AND CONNECT WITH PEOPLE IN SIMILAR SITUATIONS



With our FREE 10-week course, you can relax in nature, nurture new friendships, and take some time for yourself.

Call or text **07944 966141**, visit www.safh.org.uk/gardening or scan the QR code to register!



Find health and wellbeing in the garden



No prior experience or equipment is required, and a FREE lunch of soup and rolls will be provided.

You are welcome to bring someone along with you for support.

Starting Tuesday
22nd February,
11:00 AM - 13:30 PM,
St Mary's Secret Garden,
Hackney, E2 8EL

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