**Vintage Gardening Club at St Mary’s Secret Garden – Members needed**

**Are you over 60? Enjoy digging the earth? Eating food? Meeting others? Gaining new skills or sharing and refreshing old ones? Then please join us**

**St Mary’s Secret Garden is launching a new gardening and grub club for people over 60yrs old**

* **Meet once a week on Thursday mornings at the garden**
* **Develop gardening and volunteering skills**
* **Themed workshops throughout the programme including: herbal , art, floristry, ‘ yard to jar’, beekeeping and many more**
* **Opportunity to join us for training in first aid and safeguarding vulnerable people**
* **Create lunch to share, harvesting ingredients from the garden**
* **Develop a recipe book to share**

**Programme starting Thursday 25th September 9.30 a.m. - 1.30 p.m. for 5 months.**

**Please contact the garden for further information or pop round, have a chat and find out more. Ask for Antoinette or Paula.**

**Our garden is fully accessible. Gardening is proved to make you feel good – come and see if it works for you!**

**Contact us on 02077392965 or email** [**info@stmarysgarden.org.uk**](mailto:info@stmarysgarden.org.uk)

**50 Pearson Street E2 8EL**

**Website:** [**www.stmaryssecretgarden.org.uk**](http://www.stmaryssecretgarden.org.uk)

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