

CARERS GARDENING & HEALTHY COOKING CLASSES

Camden Carers Centre in conjunction with Creative Health Lab
and the Calthorpe Project (Grays Inn Road, near Kings Cross)

Gardening is a wonderfully therapeutic activity that can transform lives and help everyone, regardless of age, condition or disability. Choose what you'd like to grow and learn about as well as the level of physical activity you feel comfortable with. Outdoor sessions involve planting seeds and cuttings and pruning, as well as digging for those more physically inclined. Indoor sessions include healthy cooking using herbs and vegetables grown during the sessions. Although session content may vary depending on the weather, please remember to bring willies, or other shoes you don't mind getting muddy, and warm clothes if it's cold!

Dates and times are: Wednesdays 1.30pm - 3.30pm, 12 weeks from 1st February

Please note: you must be able to commit to most or all of the sessions in order to benefit from the course.

To book a place, please complete the tear-off booking form and return to Camden Carers Centre,
FREEPOST RSES-EZGE-JCGA, 293-299 Kentish Town Road, London, NW5 2TJ.



Name Telephone

Address

Postcode Email