

# CITY AND SOUTH COMMUNITY GARDEN

## GRANGE PHYSIC GARDEN



GRANGE MEDICAL PRACTICE CF11 6PG

- IMPROVE YOUR SENSE OF WELLBEING
- TRY/LEARN SOMETHING NEW WITH EXPERT SUPPORT,
- MEET OTHERS FROM YOUR COMMUNITY,
- BOTH INDOOR AND OUTDOOR GROWING SPACE,
- FRUIT, HERBS, VEG, AND FLOWERS,
- PLACES TO SIT, INDOOR TOILET FACILITIES\*,
- TOGETHER WE DIG, WEED, PLANT, SOW SEEDS, WATER, CELEBRATE AND CARRYOUT CREATIVE CRAFTS,
- LOOKING AFTER THE SPACE AND EACH OTHER.

## GET INVOLVED

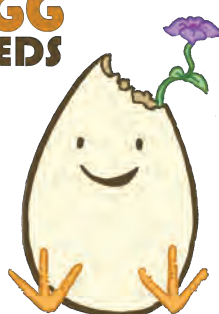
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EGG  
SEEDS



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NHS  
WALES

Bwrdd Iechyd Prifysgol  
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University Health Board

IN PARTNERSHIP WITH THE LOCAL GP'S AND EGGSEEDS