



The Lamb Garden, Totnes

GARDENING FOR HEALTH

MONDAYS 2-4.30PM

A March start for 2014!

What's coming up.....

Sowing Heritage Seeds, pollinator friendly annual flowers, crops for containers & small spaces and more..



Adding a small wildlife pond to the garden {for garden health!}
Constructing a hazel bean climbing frame, with a Master-class from local willow weaving expert, Angela Holland.
Feeding the raised vegetable beds, ready for the growing season.
Join The Big Dig at The Lamb Garden on Monday, 24th March 2-4.30pm

Full garden details of weekend events around Totnes: www.bigdig.org.uk/totnes
Sponsored by Gardentime Ltd.

National Gardening Week: 14-20 April

April 14th at The Lamb Garden - Growing for Gold!

Planting a golden display for the Summer, with sunflowers, marigolds and other pollinator-friendly flowers. *Part of the RHS In Bloom preparations.*



GARDENING FOR HEALTH at The LAMB GARDEN, TOTNES.

Join a garden session on Mondays, 2-4.30pm every week.

Tools & refreshments are provided. For full details, visit:

www.gardeningforhealth.org.uk

CONTACT Catherine@gardeningforhealth.org.uk 07582125438

Volunteer roles this year.

Garden Care with Gardening for Health

Come along to a Monday afternoon Garden Care session—held every fortnight— and help care and maintain this Info & demo hub at The Lamb garden. By Old Market, Cistern Street, Totnes. You can also drop by to our Leatside Herb border just off Coronation Road.

Be A Garden Buddy Mentor

Join a Gardening for Health session as a garden buddy ‘mentor,’ providing one-on-one support for participants during the fortnightly sessions led by our garden tutor.

Or a ‘Shepherd!’

Take a stroll along the Totnes Garden Trail and perhaps stop at The Lamb on your way through. There are several, simple jobs that Lamb garden ‘shepherds’ can do! *Watering, Dead-heading, Wildlife Feeders, Litter-picking, Weeding..*

Lead a Master-class!

Lend your skills for an afternoon in The Lamb garden with an activity such as teaching some expert gardening tips, or a creative project using local, natural materials, or even leading a talk or walk around the Totnes Garden Trail.

CONTACT Catherine@gardeningforhealth.org.uk

Tel:07582125438



Gardening for Health (c) 2013