

Altogether Better Kirklees

Building health opportunities for the communities of Kirklees

Workshop: **Grow your own**

Duration: **4 hours**

Cost: **Free**

Date: **Saturday 12th May 2012**

Time: **11:00 am to 3:00 pm**

Venue: **Church of God of Prophecy, Stile Common Road, Primrose Hill, Huddersfield, HD4 6DE**

Please note: tea and coffee will be provided



Grow your own

Join us for lots of fun!

This is a workshop for anyone new to "Grow your own." It is a fun, practical based hands on workshop with lots of opportunities to learn more about how to grow your own fruit and vegetables. It will include things like:

- planning and starting off a small vegetable patch
- what to do in the autumn and winter months to get your round ready for planting
- growing things undercover
- how to look after plants
- how to make good use of recycled materials
- growing in raised beds

There will also be opportunities to:

- link up with other groups and have access to a wide range of resources
- find solutions to specific project issues
- get support with applying for funding for your project
- learn about the health and safety aspect of working with groups
- find out how to adapt gardening techniques for people who have health needs or mobility restrictions.

If you would like to attend this **free** workshop please contact **Farah Majid** on:

tel: **01484 225103** or

email: **farah.majid@kirklees.gov.uk**