

Gardening for Wellbeing: 9th September - 14th October

Gardening is a great way to get some exercise, connect with nature and gain a sense of achievement, all of which can support us in feeling well.

We will look at:

- The physical and mental health benefits of gardening
- Practical skills and tool use
- What to grow when and where (with an emphasis on small spaces)
- Plant care
- Your gardening questions answered

6 Weekly Sessions

Starts Thursday 9th September

Caversham Court Gardens

10.30-12.30



Enrol with us, free to join

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