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Description automatically generated**

Have you spent a lot of time on your own recently? Would you like to take a gentle step out of the house to meet other people? Would you welcome an opportunity, through gardening, to ease back into some sort of routine?

If you or someone you know answers yes to any or all of those questions, you might like to find out more about “Time to Grow”, a new Spadework project which offers members of the community a chance to find their way back into “normal” life.

Caroline Robinson, a member of Spadework’s staff who is passionate about the positive benefits of gardening, will be sharing her knowledge and skills in this project, which is open to anyone who would like to spend some time gardening with us.

We will provide everything you need to enjoy a few hours here, including a cup of tea or coffee. You will be helping us to keep Spadework looking wonderful for our Trainees and for everyone else who visits us in the coming months. You might also learn some new skills of your own.

If you would like to find out more, sign up now for a **FREE TASTER SESSION**

Friday 11 June 9.30am – 12.30pm

Monday 14 June 1pm – 4pm

No gardening experience is necessary. Tools and refreshments are provided.

**Sign up for a FREE TASTER SESSION now**

**Hurry places are limited!**

**Places are allocated on a first come first served basis**

Please call 01732 870002 or e-mail: [info@spadework.org.uk](mailto:info@spadework.org.uk)

***Spadework, Teston Road, Offham, West Malling, Kent ME19 5NA***

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