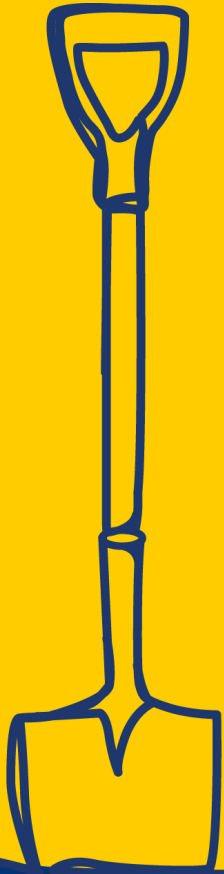


Growing Minds

Social and therapeutic gardening



Growing Minds is a new social and therapeutic gardening group giving people the opportunity to develop a new relationship with nature, by growing ornamental and edible plants, learning about your environment and enjoying the company of fellow gardening enthusiasts.

Open to members of West London Friends in Need. We have space for 15 gardeners per week so let us know today if you'd like to come along.

Every Monday | 1pm—3:30pm | Sensory Gardens, Ellkstone Rd.
Meeting point—Meanwhile Gardens Site Hut, 154 Kensal Road,
W10 5BN

Not a member of Friends in Need? Don't worry, it's free, quick and easy to join.

Contact friendsinneed@kcmind.org.uk
or call 0203 011 0433

Kensington and Chelsea Mind
Office 1
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W10 5XL

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Kensington and Chelsea Mind is a registered charity - No. 1002985


for better mental health
**Friends
in need** Kensington
and Chelsea