

# Come and join us in the garden

## Join our gardening group at the Bromley By Bow Centre

Whether you're a complete beginner or a green fingered expert, drop in and find out about our fun and informal gardening activities

Every  
Thursday  
1.30-3.30pm

### Contact:

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07507 556 922 or 0208 709 9708

Bromley by Bow Centre  
St. Leonard's Street  
London  
E3 3BT



bromley by bow centre

# Join us in the garden

## We offer therapeutic horticulture activities in a haven of tranquillity, in the heart of London's vibrant East End

Our therapeutic horticulture activities are delivered three days a week by experienced specialists with a wealth of knowledge. Our groups are an easy and fun way to improve your health and wellbeing whilst learning new skills and helping out in the community.

### Come and join our friendly and relaxed group to:

- Be active, get some fresh air and exercise
- Meet new people and grow your networks in the community
- Take notice and find a sense of calm within our busy city
- Learn new things and gain certified horticultural training
- Bring your ideas and energy to develop the centre's community spaces

### We deliver a range of free services including:

- Maintaining our beautiful park and roof garden
- Growing vegetables
- Craft activities
- Flower arranging for display in our café and at events

**Whether you are a complete beginner or a green fingered expert, come and find out about the therapeutic benefits of gardening, how you can hone your skills as a budding gardener and enjoy our wonderful range of activities.**

### Drop in on any Thursday at 1.30:

Connection Zone (ask here to be shown to garden)  
Bromley by Bow Centre  
St. Leonard's Street  
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**Or come to one of our regular induction for new gardeners on the first Thursday of every month at 1pm, meeting at the Connection Zone.**

Nearest underground station: Bromley-by-Bow on Hammersmith & City and District lines. Buses 108 & 488 stop on Grace Street.

## Contact:

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