

Grow Outdoors C.I.C.

An inclusive Gardening and Crafts Group for health and wellbeing

Peer-led social gardening

All ages and abilities are welcome

There is something for everyone

Tools and refreshments are provided

Please wear suitable footwear and clothing

Grow plants, meet new people, share your skills, learn new ones

We would love for you to come along and join us

No experience is needed

*EVERY THURSDAY 10 AM - 3 PM, AT THE CROFT, SLACK LANE,
RIPLEY, DE5 3HF*

*For more information contact
clairegrowoutside.co.uk, 07960 249816*

*FACEBOOK: GrowOutsideCIC TWITTER @grow_outside
WWW.growoutside.co.uk*



Derbyshire Recovery & Peer Support Service

