

# COMMUNITY GARDEN PROJECT SMALL SEEDS

## LET'S MAKE BIG THINGS GROW

**Gardening is a therapeutic way to enjoy exercise and reduce stress while socialising and helping to grow something special.**

We would love for you to come and help nurture and maintain our precious plants. No gardening experience is required, we have raised garden beds for easy access and volunteers will be present to aid those requiring direction or assistance. Please feel free to bring your own gardening gloves.

**Tuesdays from 7th May  
1.30 - 2.30pm**

**Canterbury Centre, 2 Rochester Road Canterbury**

**Cost: only \$5.00**

**Please join us for lunch beforehand at 12.30pm for \$12.00**

Transport: available for \$5 each way (booking required)

**Enquiries 9880 4709 or email [social.support@basscare.org.au](mailto:social.support@basscare.org.au)**

**FROM LITTLE THINGS, BIG THINGS GROW.  
JOIN US IN MAKING BIG THINGS GROW.**



**Let's  
Grow**