

# Seedlings @ CYC

Join our **Courtyard Clinic** gardening project  
- grant funded from Wandsworth Oasis



**POSITIVELY UK**



## EACH WEEK

### **Learn about how to grow vegetables**

And exchange recipes for preparing them

### **Learn more about horticulture**

Tips on how to build & maintain your garden

### **Living well with a long term condition**

Explore ideas for looking after your own physical and mental health & wellbeing

**Every TUESDAY at Courtyard Clinic,  
St. George's Hospital  
11.00-13.00 & 14.00-16.00**

### **Dates for your diary**

9th August	How to grow micro-greens
16th August	How to improve your soil
23rd August	How to do cuttings
<b>30th August</b>	<b>Visit Kew Gardens</b>
4th October	How to divide perennials
11th October	How to plant bulbs
18th October	How to prune shrubs
<b>25th October</b>	<b>Visit Clapham Farm (to be confirmed)</b>
1st November	Basis of Permaculture
8th November	How to take care of your indoors plants
15th November	How to make compost
22nd November	Upcycle in the garden
29th November	Prepare the garden for winter

A green graphic of a teacup and saucer. The text 'Tea & coffee provided' is written in white inside the cup.

**Tea &  
coffee  
provided**

## **FOR MORE INFORMATION**

Contact Virucchi  
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**or call:  
020 8725 3437**