

Grow Your Own

How to grow vegetables, herbs,
fruit, and raise pigs
and chickens.

From April to July 2010
Green Oak Farm, Robertsbridge

For people with
little or no
experience in
growing and
raising their
own food.



A fun practical course one afternoon a week for ten weeks learning how to produce fresh tasty food in a small garden area without having to spend lots of money.

The course is free for parents in receipt of benefits.

Help with childcare and transport costs available.

For more information please contact:
Katharine Finnigan at Common Cause
Tel: 01273 470900 / 07887828249

or
John Brooksbank at Plumpton College
Tel: 01424 838818



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chances4change
Improving health and well-being
for people in South East England



workshops funded by the Big Lottery Fund and co-ordinated by NHS South East London in partnership with NHS South Central, The South East Regional Public Health Group, Care Services Improvement Partnership, South East Reg and Development Agency, SEEDA, RABE and Portsmouth City Council.

Send to: **Common Cause, 20 North Street, Lewes, East Sussex BN7 2PE**

Please send me more details and an application pack for 'Grow Your Own' course.

Name _____

Address _____

