

Frimley,  
Tuesday  
1.30pm- 3.30 pm

# Flourish and Grow



Join us for our weekly gardening groups in Frimley. An opportunity to get out in the fresh air, do some physical activity, connect with others, and take part in creative and practical tasks.

Range of gardening tasks across the seasons including vegetable, herb and fruit growing.

Scan the QR code or visit the website below to view our group timetable for up-to-date times and locations. Register by contacting us or via QR.

 [catalystsupport.org.uk/activity-timetable/](https://catalystsupport.org.uk/activity-timetable/)

 [groups.cc@catalystsupport.org.uk](mailto:groups.cc@catalystsupport.org.uk)

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