

EARDIFF CAERDIDD THE GROW WELL PROJECT

Creative Grow Well

Free Autumn/Winter Workshop Programme - Part 1 Thursdays 10.30am-12.30pm* (Venue: SRCDC Wyndham Street Centre CF11 6DQ)

17th November Pressed Flower Light Bowls Pt 1 24th November Pressed Flower Light Bowls Pt 2 Using papier mache and pressed flowers and leaves, learn to create a unique decorative light bowl.



1st December Macrame Plant Hanger Pt 1 8th December Macrame Plant Hanger Pt 2 Create a rope plant hanger using macrame knots then pot up a houseplant to hang in it.



15th December Christmas Wreaths Learn how to create a decorative wreath using winter foliage.



All materials for the workshops will be provided, plus refreshments.

To book a place contact Ali on 07594 761669, email: ali@growcardiff.org Please note places are limited so booking is ESSENTIAL.

*Riverside Health Centre Garden sessions will STILL run with Chris from 12-1pm on each of the above weeks over Autumn/Winter.









