



THE GROW WELL PROJECT

Creative Grow Well

Free Autumn/Winter Workshop Programme - Part 1
Mondays 1pm - 3pm*
(Venue: The Dusty Forge, Cowbridge Road. CF5 5BZ)

21st November Pressed Flower Light Bowls Pt 1

28th November Pressed Flower Light Bowls Pt 2

Using papier mache and pressed flowers and leaves, learn to create a unique and decorative light bowl.



5th December Macrame Plant Hanger Pt 1

12th December Macrame Plant Hanger Pt 2

Create a rope plant hanger using macrame knots then pot up a houseplant to hang in it.

19th December Christmas Wreaths

Learn how to create a decorative wreath using winter foliage.

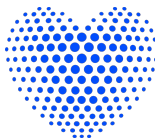


All materials for the workshops will be provided, plus refreshments.

To book a place contact Ali on 07594 761669, email: ali@growcardiff.org

Please note places are limited so booking is ESSENTIAL.

*Meet the Grow Cardiff Team in the garden at the rear of the building for soup and refreshments before the workshop, from 12.30pm.



Cardiff South West
Primary Care Cluster
Health & Wellbeing in your Community