

WEEKLY SESSIONS AT REDCATCH COMMUNITY GARDEN

ALL SESSIONS ARE FREE UNLESS STATED OTHERWISE

Tuesday

Art in the Garden 9.30-11.30

Art group for adults exploring a variety of techniques in a supportive space

Gardening for Pollinators 10-12 (Term-time only)

For adults, focusing on soft skills and real gardening. Carers & support workers welcome

Community Lunch 12-1.30

Join us for a free lunch in our warm canopy

After School Club 3.15-4.45

Games, crafts, snacks & more. Children must be accompanied by an adult. Take home a frozen meal

Wednesday

Happymess 10-11

Weekly creative messy play for pre-school children. £4 per child (£3 siblings)

Knitting & Crochet Group 11.30-1

For beginners or professionals

Thursday

Wellbeing in the Garden
10.30-12

Supporting adult wellbeing, enabling you to meet others and enjoy being outdoors

Art Together - For People
Living with Dementia 1-3

Art Therapy group you can attend with partner/carers

Friday

Tai Chi Qigong Shibashi for
over 55s
3-4

Easy to learn gentle movements to improve balance, flexibility, strength & wellbeing. Beginners welcome - £2 per session

Saturday

Knitting & Crochet Carers
Group
11-12.30

Come and enjoy knitting or crochet: includes a frozen meal to takeaway

To book a place please email Heather@redcatchcg.com or call/text 07858 630507

www.redcatchcommunitygarden.com

Redcatch Park, Broadwalk, Knowle BS4 2RD

