

# Community Gardening and Social Group

Community Garden, Guildford Nursery School and Family  
Centre, Hazel Avenue, GU1 1NR



Gardening and being outdoors is a good way to keep your mind and body active, as well as boosting your happiness levels. Come along to the Guildford Nursery School and Family Centre Community Garden Group to help maintain the beautiful Hazel Avenue site. Absolutely no gardening experience needed and **ALL** ages welcome! You'll meet new people, have some fun and hopefully leave feeling calm and stress-free.

**Join us: Tuesday 4<sup>th</sup> October at 10.30am – 12.00**

**(and every 1<sup>st</sup> Tuesday of the month thereafter)**

**NB: only wear clothes you don't mind getting dirty!**

**What we'll be doing:** weeding, watering, planning and planting up veg beds, connecting with new people, enjoying the changing seasons.

**To express your interest,** please contact 01483 510570 or  
[receptionfc@guildfordnscc.surrey.sch.uk](mailto:receptionfc@guildfordnscc.surrey.sch.uk)

