

**THE**



GIG  
NHS  
Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board



# **GROW WELL PROJECT**

**Mondays at The Dusty Forge**

**Cowbridge Road West, Ely**

**12:30 – 13:30 (Inside)**

**Let's get creative in the Workshop**

**13:30 – 15:00 (Outside)**

**Garden time – preparing the garden for  
Spring!**

**No experience needed!**

**Tea, Talk, Create, Garden.**

For more info contact David:

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