



Growing Ability

Social and therapeutic horticulture for adults with learning difficulties
Focusing on the abilities and development needs of each individual

Open Day

Thursday 26th May 2011, 9am to 5pm

Refreshments available

Come along and find out more - just drop in
or contact John Cliff for more details

Based in Hitchin and serving North Herts and Stevenage,
we help individuals:

- * Learn about gardening
- * Improve self confidence
- * Improve social & work skills
- * Improve literacy and numeracy
- * Improve stamina and fitness

Directions: Please park in the free car park between the Esso Garage and the gates to Ransom's Recreation Ground in Nightingale Road, Hitchin. The pavilion, where we will be based, is half way into the park on the left hand side. There is also 2 hour restricted parking in Alexandra Road (postcode SG5 1RB). Disabled drivers please contact John re access arrangements. We are also five minutes walk from Hitchin Station.

Contact: John Cliff
john.cliff@talktalk.net
07764 940812



This project is run jointly by
Triangle Community Garden
and Growing People