

Growing Ability



Want to learn how to grow your own food and flowers? Improve your fitness and stamina? Get out and meet new people?

Growing Ability is a social therapeutic horticulture project for adults with learning disabilities, on weekday afternoons at the Triangle Community Garden's Pavilion, Hitchin SG5. Please contact Liz McElroy on 07887 725 962 or via liz@trianglegarden.org for more details or visit

www.trianglegarden.org/growing-ability