



La Salle Kitchen Garden

Next door to De La Salle Academy at the Former Brothers' house Carr Lane East, L11 4SF

WHAT'S ON?

Nature4Health 12-week programme

Want to learn about **growing** and **cooking** your own fresh food?

We'll spend time working outdoors and preparing and eating a meal together. **Free session** ideal for people wanting to get active and feel better in the new year!

Every Monday 11.30 - 2.30 at the Kitchen Garden starting 21st February

To sign up or find out more contact: rachel@faiths4change.org.uk / 07715 087655.

City & Guilds Horticulture Skills Course

Level 1 & 2 Horticulture Skills Course delivered in partnership with Myerscough College.

The classes cover a variety of **gardening skills** - suitable for absolute beginners or anyone who would like to gain a **formal qualification**.

Level 1 Wednesdays 1pm - 3pm

Level 2 Wednesdays 10am - 12pm (suitable for learners who have already completed level1)

To sign up or find out more contact: proctorgerry@hotmail.com / 07742 804243

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