



SEED2PLATE WAREHAM

Wareham Youth Hub



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BH20 4PH

**A gardening & wellbeing project for young people
aged 16-19 (19-24 if SEN or suffer with poor mental health)**

The project will cover the following:

- how to plant, grow, care for and harvest fresh fruit and vegetables
- how to eat healthier
- using nature for positive mental health
- teamwork, confidence building and communication
- engaging with the community
- embedded volunteering and employment based skills



Where: Northmoor Allotments, off Northmoor Way, BH20 4EU

When: starting Thursday 9th October

Time: first session 10am-12.30pm

second session: 1.00pm-3.30pm

pop in at either session, or stay all day!

For more info:

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