

ORGANIC GARDENING FOR HEALTH

JOIN IN! S.O.F.I. invites you to experience the health benefits of growing and eating Organic food. Come and visit our lovely local allotment gardens. Learn all about growing organic food with a friendly group of local people.

THURSDAY AFTERNOONS:

WOMENS' COMMUNITY ORGANIC ALLOTMENTS

Meet at 1 p.m. at Walkley Library

TELEPHONE: 2853364 / 07771 777858

FRIDAYS all day:

SHEFFIELD ORGANIC FOOD INITIATIVE

10 ALLOTMENTS in Crookes

**Meet at 10 a.m. at the Healthy Living Centre /
outside Upperthorpe Library**

TELEPHONE: 2686727 / 07771 832759

We can pay your Transport and Childcare expenses.

The Green Gym is funded by the NUCA Community Chest & is part of the Healthy Living Centre's Energize programme.



Yorkshire & Humber Regional Development Agency



We welcome visits from

local community groups.

Come along and harvest

fresh fruit and vegetables.