



*Discovering Plants, Enriching Lives, Sustaining the Future*

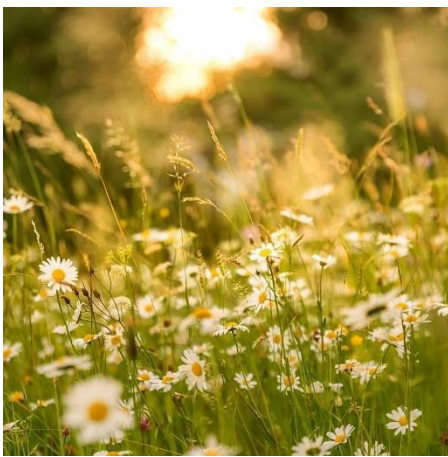
## Grow with Gipsy Hill

The South London Botanical Institute, supported by Norwood Forum and Lambeth Public Health, will be running a series of gardening and plant related activities and workshops in collaboration with The Friends of Gipsy Hill, Central Hill Estate Residents Association and Christ Church Gipsy Hill.

It has been proven that time and activity spent outside and in nature is good for our health and wellbeing, reduces stress and improves mood. In each of our sessions we aim to spend time together indoors or outdoors, learning, working with and talking about plants, to create new memories and connections.

With The Friends of Gipsy Hill we will create, with the help of local volunteers, new Mediterranean planters that will add a fragrant, sensory and peaceful green space for visitors to enjoy. At Central Hill Estate there will be three separate activities planned for local children and their families to join in with, and at Christ Church we plan to run workshops with both Playpen and the Magnolia Club church groups.

Our workshops will run from May to October 2022. To find out more about any of these sessions, please contact Sarah Webley at the address below.



This project is funded by Lambeth Public Health in partnership with Norwood Forum to bring new Health and Wellbeing projects to the residents of Gipsy Hill



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