



# THE NOAH ACADEMY

## TRAINING AND EMPLOYMENT

### Gardening for Wellbeing

A beginners course for those starting out with gardening, learn how to make use of little space in the home to grow fruit, vegetables and herbs while connecting with new people

By the end of the course, you'll be able to -

- Learn new indoor/outdoor gardening techniques
- Explore the benefits of using gardening for positive wellbeing
- Begin to grow your own fruits, vegetables and herbs at home
- Connect with others online during isolation



Central Bedfordshire Council  
and Bedford Borough Council  
working together



Apprenticeship



Education & Skills  
Funding Agency



European Union  
European  
Social Fund

This course is **FREE** and funded through Bedford Borough Council, Central Bedfordshire Council, the Education & Skills Funding Agency and the European Social Fund



The course will run on  
**Tuesdays and Thursdays** from **13:00 - 15:00** for  
**3 weeks.**

**Start Dates:**

**Tuesday 23rd June 2020**

**Tuesday 14th July 2020**

### **Who is this for?**

This course is designed for anyone who would like to learn how about basic gardening and make the most of what space they have in their homes to grow plants

Please contact us you wish to book a place for yourself or a friend.

 [academy@noahenterprise.org](mailto:academy@noahenterprise.org)

 **01234 581108**

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*Charity Registration Number 1059672*

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