



Gardening for Wellbeing Online



A **free 3 week 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!

By the end of the course you will:

- Understand 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.

COURSE INFORMATION

This course takes place online using Zoom on **Tuesdays** and **Thursdays** from **13:00 - 15:00** for **3** weeks.

WHO?

This course is designed for anyone who wants to learn how about basic gardening and make the most of the space they have to grow plants at home homes.

Participants **must** have:

- A valid email address
- Access to the internet
- Access to a laptop, phone or tablet that can connect to Zoom

BOOKING

Please contact us to book a place for our next available start date!

 academy@noahenterprise.org

 01582 726152



Central Bedfordshire Council
and Bedford Borough Council
working together



Apprenticeship



Education & Skills
Funding Agency



NOAH Academy, 20-22 High Town Road, Luton LU2 0DD.

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