

What's happening at The Hub?

*Join our weekly volunteer sessions between
10am–3pm
every Monday and Wednesday at
Bowthorpe Community Hub*



We're still welcoming **enthusiastic volunteers** with a keen interest in gardening and basic woodwork skills. In February we revisited our landscape plan for the garden and we'd love to engage local people to help realise our ambition! We've also been busy with indoor tasks including making bee homes, bird fat balls and pot decoration.



As we move into the Spring, we're looking for:

- **People** – helping hands make light work!
- **Materials** – garden hand tools – wood to make raised beds, wooden posts and postcrete for lento – trellising – vegetable/flower seeds – large wicker or wooden trays – plants specifically for the sensory/discovery area such as marigolds, curry plants, calendula, lavender, lovage, horse radish, fennel, camomile, bergamot, lambs ear, rosemary lemon balm, thyme...

The Hub is a centre with mental health prevention and recovery at its heart. Sessions are friendly and open to all who seek a safe and nurturing space in which to get outdoors, improve levels of physical activity and make new friends. If you are a local business or an individual who has some free time or materials to donate, please do contact us.

Activities at Bowthorpe Community Hub

Veterans' Drop-in every Thursday 10am-1.30pm

A **warm, welcoming and friendly space** to meet likeminded individuals. We welcome military veterans and emergency services personnel from across Norfolk, offering hot drinks, bacon butties and other light refreshments. Bring your family! Bring your dog! Thank you to East of England Co-op Funeral Services for supporting our Drop-in sessions.

Friday Social Group every week from 10am-12pm

Join us for a friendly get together. Activities include arts, crafts, poems, storytelling, table-top games and knitting. All served alongside hot tea and coffee, biscuits and cake.

Located right next door to Bowthorpe Church – bus 21 or 22 bus runs every 15 minutes to Bowthorpe Shopping Centre. Limited onsite parking, please use free all day parking in the Shopping Centre

**Contact us on 01603 740107, pop into the office or email
hub@thegroworganisation.org Online: www.thegroworganisation.org Twitter:
@GrowCentre Facebook: @TheGrowOrg**