

The Serenity Garden

Volunteers needed to help maintain our garden

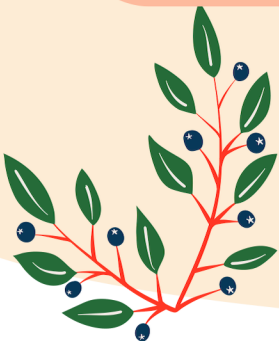


Benefits of gardening:

- Easy physical activity
- Improves wellbeing
- Social activity
- Help improve mobility
- Reduce stress
- Learn a new skill

You can get involved if you are a military veteran registered at:

The Orchard Surgery
Allport Surgery
Eastham group practice
Civic Medical centre
Spital Surgery
Sunlight Group Practice



If you would like to get involved please email:
helen.hale15@nhs.net