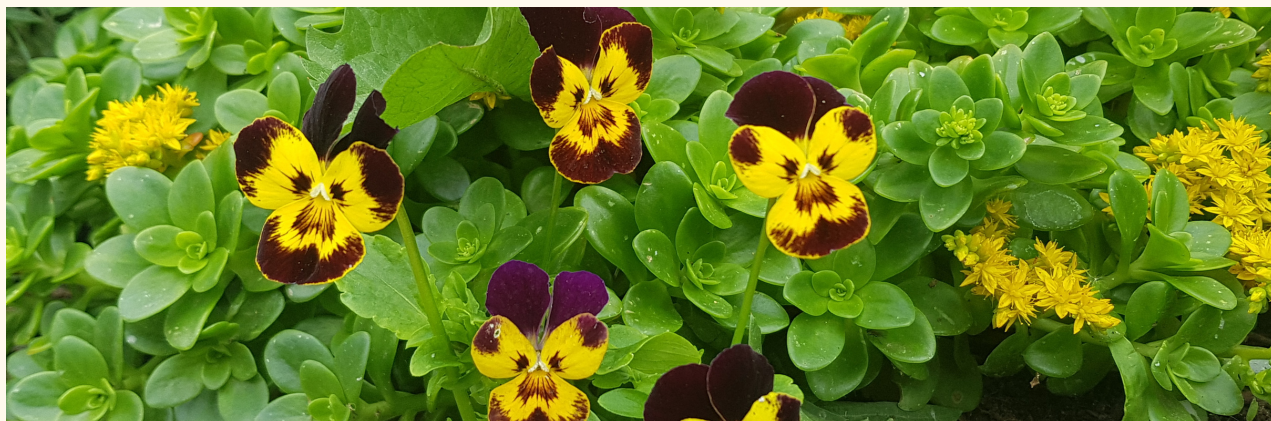


CALTHORPE COMMUNITY GARDEN

JUNE 2021 NEWSLETTER



Dear Members and Garden Users,

If you haven't visited the garden lately, you really must come to see the beautiful flowers that are blooming in the summer sunshine! We also have 100's of plants for sale grown with love by our volunteers only £2 each of 3 for £5.

We have a number of indoor classes and workshops taking place throughout the week. Monday is a good day to get arty with drawing and card making 11:00-13:00 and textiles in the afternoon 12:45-15:15. On Tuesday we have walking football 10:30-12:30 then cooking & preserving 14:00-16:00. Wednesday and Friday is food growing for ages 55+ with shared lunch 10:30-15:00.

Yoga with Shirley Jacobs starts Monday 18:30-19:30 from July 5th, £42 for a 6 week course.

We are committed to putting the health and safety of everyone first so we still ask that everyone keep a safe distance away from each other and wear masks inside. All of our garden tools are cleaned after every use to ensure no cross contamination.

We're still looking for volunteers and can take groups of up to 6 people from separate households. Please call or email Gaven Duffy: gaven@calthorpecommunitygarden.org.uk
Tel : 020 7837 8019

COVID 19 SELF TEST KITS

Rapid antigen test kits for home testing are available from the office.

CONTACT US

Website: <http://calthorpecommunitygarden.org.uk>

Emails: info@calthorpecommunitygarden.org.uk

Address: 258-274 Gray's Inn Road London WC1X8LH

Phone: 0207 837 8019



TOMATO WORKSHOP - FROM SEEDLING TO SPOON -

FRIDAY 25TH JUNE 4.30PM-6PM

This workshop is for anyone interested in growing their own tomatoes and want to learn about the process of growing from seedling to plate. This is a hands on workshop and you will get the chance to plant your own tomatoes and take one home with you at the end.

The cost of this workshop is £10 per person . Please contact us via email at - info@calthorpecommunitygarden.org.uk to book.

COMPOST BASICS AND INTRODUCTION TO CALTHORPE'S COMPOST SCHEME

SATURDAY 3RD JULY- 10.30AM-12.00PM

In this workshop we will teach you the process of making compost. At the Calthorpe Community Garden we have 5 types of composting methods, all of which we will discuss in detail. At the end of the workshop you can take a bag of compost home with you. please bring your own bag to collect.

The cost of this workshop is £10 per person . Please get in touch with us via email at - info@calthorpecommunitygarden.org.uk to book your place.



BIO-DYNAMIC AGRICULTURE + FOOD GROWING -

FRIDAY 9TH JULY 4PM- 5.30PM

Biodynamic Agriculture's roots are ecological, ethical, social, spiritual and metaphysical.

Introduced by polymath Rudolf Steiner in the 1920's, it is a system that aims to regenerate the health and vitality of soils, restore the integrity of food, and promote the health and wholeness of communities.

In this workshop you will learn about the special growing calendar which focuses on the movement of the sun and the moon. This course will inspire you to get in touch with the rhythms and seasons of the natural world, and how to work with nature to grow food and plants.

The cost of this workshop is £10 per person . Please contact us via email at - info@calthorpecommunitygarden.org.uk to book your place.

SUMMER TERM SPORTS PROGRAMME

Contact ray@calthorpecommunitygarden.org.uk for more details

MONDAY - 16-21yr old Football drop in- 3pm-4pm

TUESDAY - Walking Football and Meditation- 10.30am-12.30pm

WEDNESDAY-Family Football Freeplay- 3pm-4pm

THURSDAY- Women's Football - 6.30pm-7.30pm

FRIDAY- 16yr old Football drop in 3pm-4pm

SATURDAY-

7-8 yr old Football drop in 1pm-2pm

9-10 yr old Football drop in 2pm-3pm

Family Football Freeplay - 3.30pm-5.30pm

SUNDAY-

8-9 yr Olds Drop in -1pm-2pm

Tennis/ Hockey- 2pm-3pm

Family Football Free play -3.30pm - 5.30pm

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