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**“On your marks, get set, grow!”**



**New Allotment Group**

Healthy Minds have acquired a small plot at the Pye Nest Allotment in Sowerby Bridge for people who are interested in: -

* Improving and maintaining their mental, emotional and physical wellbeing
* Meeting new people in a friendly and safe environment
* Learning more about the benefits of growing (and eating) a variety of fruit, vegetables and herbs

Starting up at Pye Nest

Sowerby Bridge

For more information

Ring Nicola on 01422 345 154 or 07985750592

**nicola@healthymindscalderdale.co.uk**

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**New Allotment Group**