

THE YOUNG AT HEART PROJECT WOULD  
LIKE TO PRESENT TO YOU:

*THE MEN'S OUTREACH PROJECT  
WORKING WITH ROOT 'N' FRUIT  
COMMUNITY FOOD INITIATIVE.*

We welcome any men aged 55 and over to join  
our community allotment scheme, no experience  
needed.



**Trubshawe Cross  
Allotments  
Mott Place  
Middleport  
ST6 3RH**

**Wednesdays,  
12.30 until 2.30pm.**

**INITIAL START DATE:**

**WEDNESDAY 6th MARCH  
2019**

**WEDNESDAY 13TH MARCH  
2019**

**WEDNESDAY 20TH MARCH  
2019**

**WEDNESDAY 27TH MARCH  
2019**

**If you have any questions  
please contact Rob Kellett:  
07587034299**

- ◆ **Are you green fingered?**
- ◆ **Would you like to help the Young at Heart Project?**
- ◆ **Do you have the experience to benefit other members?**
- ◆ **Some of the produce that you help to grow will be used at the Young at Heart Luncheon clubs and will help towards them being self sustained.**

