La Salle Kitchen Garden

WHAT'S ON?

Next door to De La Salle Academy at the Former Brothers' House Carr Lane East, L11 4SF

Free: Nature4Health 12-week programme

Want to learn about **growing** and **cooking** your own fresh food?

We'll spend time working outdoors and preparing and eating a meal together. This sessions ideal for people wanting to **get active** and **feel better** in the new year! (Participants must be aged 18 or over)

Every Monday 11.30 - 2.30 at the Kitchen Garden starting 21st February

To sign up or find out more contact:
rachel@faiths4change.org.uk / 07715 087655.

Grow

Nurture

Free: City & Guilds Horticulture Skills Course

Level 1 & 2 Horticulture Skills Course delivered in partnership with Myerscough College.

The classes cover a variety of **gardening skills** - suitable for **absolute beginners** or anyone who would like to gain a **formal qualification**. The course is available to adults aged 19 or over.

Level 1 Wednesdays 1pm - 3pm

Level 2 Wednesdays 10am - 12pm (suitable for learners who have already completed level1)

To sign up or find out more contact:
proctorgerry@hotmail.com / 07742 804243

Harvest

Eat

Follow us on social media:

Twitter: **@lasalle_hotel** / Facebook: **La Salle Hotel School, Liverpool**

Visit our website to find out how you can help: **www.lasallehotelschool.co.uk/get-involved**

Faiths4Change · La Salle Hotel School Liverpool · Nature 4 Health · Community Fund · Myerscough College

Faiths4Change Company number: 7201450. Charity number: 1138834 **La Salle Hotel School** CIC No12003889