

# Groups and Courses

## Gardening Group

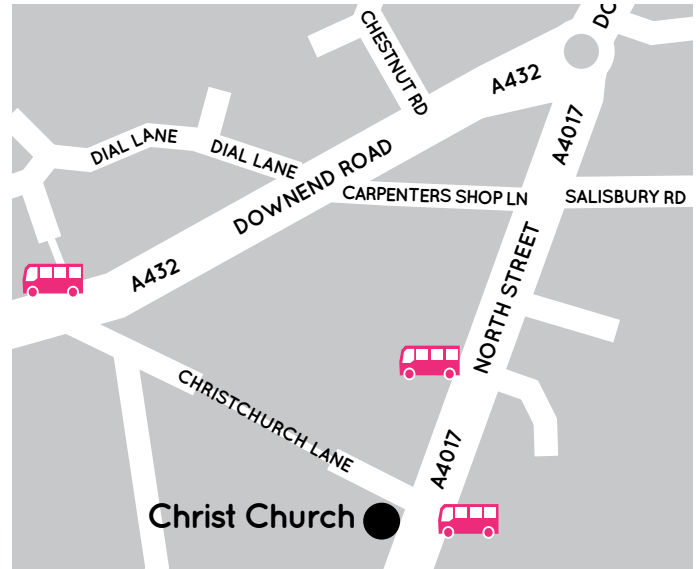
The Gardening Group meets on Wednesday afternoons, and brings together people affected by stroke with a common interest in gardening and all things horticultural.



The group has a programme through the year of activities related to horticulture that include:

- Bulb and seed planting
- Taking cuttings
- Talks and discussions
- Making bug and bird boxes
- Outside gardening when the weather and conditions allow

Assisted by enthusiastic volunteers, the gardening activities are suitable for all abilities. Practical gardening activities can support your rehabilitation and confidence after stroke. The group occasionally sells its produce at Bristol After Stroke events to raise funds for materials and activities.



**Bristol After Stroke  
Gardening Group**

**Wednesday afternoons  
2.00 - 4.00 pm**

**Christ Church  
57 North Street  
Downend BS16 5SG**

**Keep up to date with Bristol After Stroke**

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## Helping local people live well after stroke