

Gardening for good health in Gateshead

If you're looking to improve your health and fitness and would like to know more about growing foods for good health, then why not join Thrive in Saltwell Park this Spring?

This project is FREE and open to anyone who wants to improve their health and wellbeing and who live in the wards around Saltwell Park including Bridges, Deckham, Lobley Hill & Bensham, Low Fell and Saltwell.

Thrive is the leading charity in the UK using gardening to bring about positive changes to peoples' lives in a process called social and therapeutic horticulture.



To find out more contact:

Thrive

The Stable Block

East Park Road

Saltwell Park

Gateshead

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Working with Thrive you will

- Learn new gardening skills
- Find out about healthy eating
- Improve fitness levels
- Make new friends

Thrive is a registered charity (277570) and a limited company (1415700).

 **Thrive**
using gardening to change lives