



North Tyneside
ageUK

Love Later Life Goes Green

Garden

Pottering

Age UK North Tyneside Allotment, access via Eustace Avenue,
North Shields, NE29 7AQ

Tuesday 10am-12.30pm

For more
information or further
directions

Contact Kay

Bradshaw:

0191

2808480

**All tools,
equipment &
a cuppa
provided!**

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Bags of Help



North Tyneside
ageUK

Let's get
growing.
We can do this
together, no
experience
needed!

Our garden is
about..
Shared Knowledge,
Shared Skills,
Shared Harvest.

Whether you
'dig
for victory' or drink
tea and listen
to the birds – being
outside with friends
IS good for you.

Gardening
can improve
both your
physical and
mental
wellbeing.

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