

PUMPKIN PARTY @ PULROSS CENTRE

Thursday 31ST October 2019

Join us for pumpkin soup & bread in the garden from 11-12!



Welcoming patients, staff, and visitors of all ages and levels of gardening experience. Get involved in weekly gardening sessions to:

- Improve your health and wellbeing
- Stay physically active
- Join the Pulross gardening community
- Grow your own produce

To join the sessions, please feel free to come along in person on any Thursday at 10:30am. The Pulross Centre contact is Rommel Javier rommel.javier@gstt.nhs.uk. For general information on the Lambeth GP Food Co-op and other projects across Lambeth, please visit the website at Lambeth.gpfoodcoop.org.uk or email gpfoodcoop@gmail.com



Essentia is part of Guy's and St Thomas' NHS Foundation Trust

