



Move more, live more



Grow and Eat need your help in the allotment at Howdon Community Centre!



The project aims to increase community access to healthy food, primarily fruit and vegetables, through local growing/production and distribution.

The project also aims to work in partnership with other organisations to provide knowledge, skills and resources in relation to preparing and cooking healthy, affordable meals.

The emphasis is on engagement of local people and volunteers to develop skills and capacity in communities and secure the sustainability of initiatives.



Are you looking for a hobby where you can meet new people and have some fun; whilst making a difference to the local community?



Call Dave today on 0191 6437444

If he's not there leave a message and he'll get back to you



www.activenorthtyneside.org.uk

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