

# ***NEW ROOTS GARDEN***

***A PROJECT FROM OTR BRISTOL'S NATURE WORKS***



***AT NATURE WORKS WE BELIEVE THAT CONNECTING TO PEOPLE, PLACE AND PLANET IS ESSENTIAL IN SUPPORTING YOUR EMOTIONAL HEALTH.***

***AT THE NEW ROOTS GARDEN SESSIONS, ACTIVITIES YOU CAN EXPECT WILL BE AS VARIED AS PIZZA MAKING AND NATURAL BUILDING TO MINDFULNESS PRACTICES AND VEGETABLE GROWING, PICKLING AND PRESERVING. EQUALLY JUST BEING IN THE OUTDOORS, AROUND A FIRE, WITH A CUPPA, IS ALSO VERY MUCH ENCOURAGED.***

***NO PREVIOUS EXPERIENCE NEEDED WHATSOEVER!  
FREE FOR YOUNG PEOPLE AGED 13-25!***

***TUESDAYS 4-7PM (RAIN OR SHINE!)  
AT NEW ROOTS GARDEN, SPEEDWELL ROAD BS5 7SB  
MEET AT OTR, OLD MARKET***

***FIND OUT MORE & SIGN UP AT [OTRBRISTOL.ORG.UK](http://OTRBRISTOL.ORG.UK)  
(FIND THE NATURE WORKS PAGE UNDER 'WHAT WE DO'!)***