



ABBEY PHYSIC
COMMUNITY GARDEN
GROWING A HEALTHY COMMUNITY

A guide to our Activities

Grab Life by the Roots

Community Kitchen

- *Grab Life by the Roots.*

Do you want to eat well but limited by motivation, budget or lack of skills?

Sometimes, eating properly is often the last thing on our minds, so let us inspire you and ignite your spark.

Come and join our cookery session to get you skilled up and motivated.

We will show you the simplicity of preparing and cooking easy, nutritious meals on a budget, without fuss.

Wednesdays, Thursdays & Fridays 10.30 – 1.30



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Faversham Community Kitchen.



Healthy eating cookery workshops
in the heart of Faversham, organic and home
grown produce, when available.



Don't delay! Book
a Free Workshop and
grab healthy eating by
the ROOTS.....
Wednesdays, Thursdays
and Fridays.



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cooking skills?

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Ground Force Action Team (GFAT)

Greening up neglected community spaces

- The GFAT provides engagement in a community outreach project, by helping to care for neglected and overgrown green public spaces.
- As well as friendly interaction with Physic Garden staff and fellow volunteers, it helps decrease loneliness and social isolation, as well as improve individuals' wellbeing.



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GFAT 2019

St Mary's Churchyard

- In the Abbey Physic Community Garden's 25th anniversary year, the Ground Force Action Team (GFAT) community outreach project in St. Mary's Churchyard, will be moving on to a whole new level.
- Building on our existing work of clearing and maintenance, we will soon be entering the most exciting phase: introducing dozens of new plant and animal species.
- Our many regular volunteers will soon be sowing seeds, planting bulbs, assisting in establishing and caring for beehives, building bird boxes and more!
- The introduction of pollinator-friendly plant species (not to mention a few thousand pollinators themselves!), is a key feature of this conservation and biodiversity drive. This project will bring the experience of beekeeping to volunteers, and a greater awareness of the need to protect and encourage wildlife to a wider audience through outreach and education.



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Silver at Hampton Court



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NOCN Level 1 Award in Horticulture
NOCN Level 1 Certificate in Horticulture

About the qualifications

These qualifications will provide learners with horticultural skills and knowledge that will enable

them to progress to:

- higher level related qualifications in the qualifications framework;
- apprenticeships;
- employment in this field.

Who the qualifications are for

The NOCN Level 1 Award in Horticulture and the Level 1 Certificate in Horticulture are aimed at

learners wishing to pursue a career in horticulture. The target audience is wide ranging and

includes school and college students, apprentices, adults returning to work and those considering or engaging in a career change.

For more information call Paul 01795 539915 or email paul@abbeyphysic.org



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Art & Crafts

- For many people, focusing on creative work is a crucial way to improve overall well-being. Making something, art, or drawing on nature as a source of inspiration – these things have been described over and over as relaxing and calming.

People talk about art helping them “*gain control of how they feel*” or “*the only thing that makes me relax*”

Jan notes that the art group has provided an automatic community, which prevented her from being isolated and more depressed.



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Faversham Men's Shed

- Everyone is given a warm welcome at our Shed... We always look forward to meeting new members and making new friends. From lathe work to recycling pallets, making bird boxes and bug houses but there is always lots of chat, laughter and coffee!



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- Come on down anytime the Shed is open...
Mon, Wed, Thu, Fri 9:00-2:00 and Sat 11:00-3:00...
- You will be warmly welcomed.

