



## **Grow Your Own Food!**

Make new friends

Have fun

Would you like to grow your own food? Sotheby Mews can offer the chance to get digging! Volunteers (aged 50+) are required to join their **Food-Growing and Allotment project**, funded by Groundwork. No experience is required – just an active interest in gardening.

**Come along to a Coffee Morning to find out more:**

**When: 10.30 – 11.30am, Tuesday 23 February 2010**

**Where: Sotheby Mews Centre, Sotheby Road, N5**

Tel: 020 7226 1421 for more information.

**AGE** Islington  
*Concern*