

# Sow and Grow



**Boost your mental wellbeing, connect with others and share your gardening knowledge**

**Join us every Tuesday  
1.00pm - 2.00pm**

Enjoy the benefits of gardening, while sharing your expertise or learning a new skill, with our community gardening group.

**Exmouth Allotment  
Hamilton Lane  
Exmouth  
EX8 2JT**

For more information please contact us

**0333 241 2340**

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or visit [ageuk.org.uk/devon](https://ageuk.org.uk/devon)

