

How will your garden grow?

Ageing Well, Edinburgh Leisure's successful project promoting healthy lifestyles for older adults in Edinburgh, is launching their allotment programme at Leith Links. It will run weekly from Wednesday, 20 March, from 10.00am-1.00pm

Run by two experienced volunteers, the opportunity is open to any inactive older adults who will be able to come along, enjoy the outdoors, whilst growing fruit, flowers and vegetables in a supportive environment. No gardening experience is necessary. A donation of £2 each week is encouraged.

Ageing Well has over 15 successful years of making a significant difference to the lives of those who regularly attend our activities. The emphasis is on meeting new people and making physical activity accessible and enjoyable.

For more information and sign up, contact: active@edinburghleisure.co.uk or call on 0131 458 2260



Leith Links