

## The Elderberries - Gentle Gardening Sessions

The Elderberries are a group of adults aged 55+ who enjoy getting outside and gardening in a social setting.

The group take part in weekly drop-in gentle gardening sessions where they undertake conservation and horticulture tasks such as growing vegetables and maintaining wildlife habitats. You can stay for as little or as long as you like.

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**Organiser:** Scotswood Natural Community Garden

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### Useful Organisations

#### Scotswood Garden

**Email:** [leanne@sncg.org.uk](mailto:leanne@sncg.org.uk)

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