

# THYME AND SPACE

## Gardening Sessions

WHERE: PLOT 22

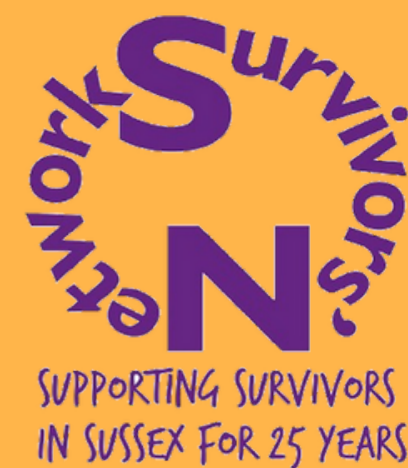
WHO: FEMALE SURVIVORS (AGE 16+)

WHEN: 11AM - 3PM, MONTHLY WEDNESDAYS:  
15TH MARCH, 19TH APRIL, 10TH MAY,  
21ST JUNE, 12TH JULY, 9TH AUGUST  
& 13TH SEPTEMBER

WHAT: AN OPPORTUNITY TO SPEND TIME  
OUTDOORS WITH OTHER SURVIVORS AND  
TO PREPARE & ENJOY A SEASONAL MEAL  
TOGETHER.



# THYME AND SPACE



## Information Pack

Plot 22 and Survivors' Network will be running Thyme and Space, a gardening project for Survivors' Network users.

The sessions will be led by Yvonne and Alison who are experienced gardeners at Plot 22, along with the support of a Survivors' Network staff member.

The sessions will provide a safe, facilitated female only space for self-identifying women over the age of 16.

If you would like to attend some or all of these sessions please contact Emma at Survivors'

Network to book on:

[emma@survivorsnetwork.org.uk](mailto:emma@survivorsnetwork.org.uk) /  
01273 203380

No previous gardening or cooking experience necessary.

Meals cooked and food consumed on site will be vegetarian.

The site is flat and accessible, with a compost toilet and hand washing facilities.

Wellies are not necessary for most gardening tasks

# PLOT 22

## Information Pack



Plot 22 is a non-judgemental space with care given to how we 'be' with each other rather than on the tasks achieved.

We invite you to take care of yourself by choosing activities that suit you, choosing how you contribute to a meal, choosing what you talk about and choosing how sociable you want to be.

# **PLOT 22**

## **Information Pack**

### **Directions for PLOT 22**

Weald Allotments,  
Weald Ave, Hove,  
BN3 7JN  
01273 772684

#### **By Train:**

Aldrington Rail Station is 5 mins walk from PLOT 22. Exit north under the tunnel and turn left into Amherst Crescent. Take the first right into Lullington Avenue and cross the Old Shoreham Rd — the allotment gates can be seen straight ahead in Weald Avenue.

#### **By Bus:**

Bus Number 5 and 5a stops on the Old Shoreham Road near to Weald Avenue (on the north side). Weald Allotments are 1 minute walk from bus stop.

#### **By Car:**

There is some limited on-site parking and free street parking nearby.