

Thyme & Space

at PLOT 22 community allotment

Registered charity. No. 1165624



"I normally find group things difficult but wanted to stay for longer as it's so peaceful there."



"All the anxiety and bad feelings disappeared as soon as I walked into the peaceful plot"



"No pressure to talk or do anything that makes me feel uncomfortable."

Replenishing gardening for female Survivors

Want to spend time outdoors in a safe, nurturing space?

We invite you to join us in a gorgeous allotment garden in the company of other Survivors and supportive PLOT 22 garden facilitators. Tending plants, observing wildlife, sharing vegetarian food together or simply taking time to relax.

No previous experience of gardening is needed and a Survivor's Network member of staff will be on site if you want some extra support.

Wondering if these sessions will be suitable for you? Get in touch by texting Alison and Yvonne on the number below and we will call you back for a chat.

07925 882473 | info@plot22.org | www.plot22.org

When?

11.00am - 3.00pm

21 June

19 July

9 August

13 September

11 October

+ further dates to follow

Where?

PLOT 22

Weald Allotments,

Weald Avenue,

Hove,

BN3 7JN

directions & map on website

www.plot22.org

THYME AND SPACE

Information Pack



SUPPORTING SURVIVORS
IN SUSSEX FOR 25 YEARS

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.

To discuss anything specific please contact Caitlin or Fabia at Survivors' Network on:
admin@survivorsnetwork.org.uk /
01273 203380. To book a place on these sessions please send a text with your name and the date of the session you would like to attend to 07925 882473.

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

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.

You are welcome to arrive to the site at 10.45am to settle in before the sessions begin.

The gates are usually locked but Alison or Yvonne will wait beside them from 10.45 onwards to welcome you in. If you are late then text or phone 07925 882473 and we will let you in. Plot 22 is around 50 metres on the left and a sign should be visible on the day.

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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.