



# Wild Cat Wilderness presents

# Wild Helpers

*Grow, create, learn and volunteer outdoors and indoors in the polytunnel for adults of all ages and abilities at our community green space.*

Fridays at Wild Cat Wilderness 10am – 12.30pm starting March 22nd

- Gardening, planting & growing food and flowers
- Looking after nature
- Nature-based arts and crafts

Bring a phone to ring to gain entry. We have a toilet and when cold or wet we will be in the polytunnel. Please make sure you wear outdoor clothing and sensible footwear. Bring snacks and a drink.

**Fridays 10am—12.30pm**  
(last entry 10.30am)

**Gates at the allotments next to 53  
Riverview Park Rd, Catford, SE6 4PL.**



TIME BANK

This is an initiative of Rushey Green Time Bank, Registered Charity No 1101616 A company limited by guarantee, registered in England and Wales  
Company registration number 4681564

