

**Grow Your Own Food &
Have a Freshly Cooked Community Lunch
At The Antwerp Arms
EAT NI7 PROJECT**

168 -170 CHURCH ROAD, N17 8AS

EVERY TUESDAY 10.30 - 12.30

PLACES ARE LIMITED SO PLEASE BOOK

**A Sharing Earth - Antwerp Arms Partnership
Project**

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EVERY TUESDAY MEET OTHER LOCAL PEOPLE AT EATN17 COMMUNITY LUNCHES

Alongside the Edible Garden Project, we have brought back the free Antwerp Arms Community Lunches, cooked and served by our AAA Volunteers.

We offer FREE freshly cooked lunches from 12.30 to 2.30pm every Tuesday, as part of the new EATN17 Social Club, funded by the People's Health Trust.

Local people from N17 are welcome to join us in a safe environment, especially if you've been isolated during Covid lockdown. If you would now like to come out and meet others in a safe and welcoming setting for home cooked food, gardening projects and leisure activities, contact us..

Lunch follows the Garden Club every Tuesday (10.30 am to 12pm). These sessions are run by professional trainers from Sharing Earth, a local community garden group and teach you how to grow food and to build productive gardens.

The EAT N17 PROJECT offers local people and families gardening and food growing opportunities and training. Ideal where many people have little access to gardens - or who don't have the necessary expertise to achieve growing success.

If you attend the Edible Gardening Club you can also stay for the Community Lunch and afternoon activities.

We are looking for Volunteers to help this !

**TO REGISTER FOR A PLACE or To VOLUNTEER,
please call Christine on 07572297789**