



# HERBSPACE

## AFTER SCHOOL GATHERINGS STARTING MAY 2023

### WEDNESDAY

**3.30-5pm**

**CONCERNED ABOUT  
THE PLANET AND WANT  
TO DO SOMETHING  
ABOUT IT?**



**Join us on a Wednesday to talk about worries and take action.**

HerbSpace is off-grid, plastic free and committed to protecting wildlife and fighting climate change. From growing your own food to protecting biodiversity, discover ways to help our environment.

### THURSDAY

**3.30-5pm**

**FEELING STRESSED AND  
ANXIOUS? IT DOESN'T HAVE  
TO BE OVERWHELMING**



**Join us on a Thursday for some relaxation time**

HerbSpace is a safe space situated in peaceful gardens - perfect for chilling out and learning some ways to relax.

### FRIDAY

**12.30-2.30pm**



**Join us on a Friday for lunch around the fire**

Followed by gardening, upcycling and environmental art activities in the yurt and garden.

**Activities are for 11-18 year olds and take place in North Berwick  
Sessions will run weekly or monthly depending on demand  
Spaces are limited so booking is essential**

**For more information and to book: email [kathy@herbpace.co.uk](mailto:kathy@herbpace.co.uk)  
text/ring 07966 033926 or visit [www.herbpace.co.uk](http://www.herbpace.co.uk)**