# Herbal Craft

## FREE 6-week course



This course is funded by The Big Lottery Fund and the European Social Fund for economically inactive and long term unemployed Black, Asian and Minority Ethnic (BAME) women who have the right to work in the UK.





A practical course that will show you how to use **herbs for wellbeing**. This hands-on course will teach you the history, properties and uses of herbs and how to make **herbal products to take home**.

## **Topics include**

- organic gardening
- using herbs for skincare
- making your own herbal tea
- herbs for first aid
- herbal products for the home
- boosting health with seasonal herbs

### Course details

6 weeks starting on Monday 15th October 2018, 11 - 1pm

Taster session: Monday 8th October 2018, 11 - 1pm

Location: Hackney City Farm, 1a Goldsmiths Row, London E2 8QA

### **REGISTER YOUR INTEREST**

Spaces limited, please book your space by contacting Natalie on <a href="mailto:hello@hackneyherbal.com">hello@hackneyherbal.com</a> or calling 020 8616 0698











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# HACKNEY HERBAL//

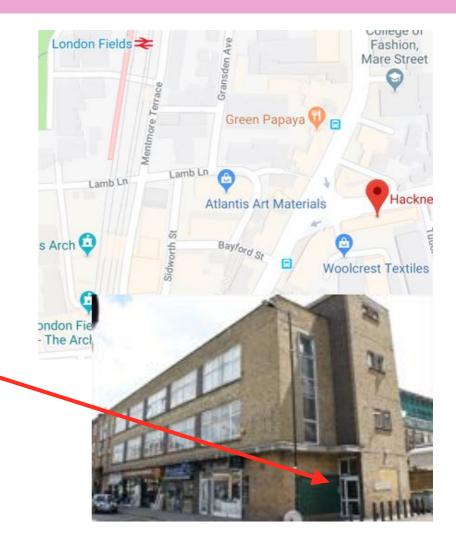
#### **Further Course details**

Come and find out more about the course and complete your registration on

Friday 5th October 10 - 1pm

### Location:

Hackney Herbal Unit 16, 8-20 Well Street, E9 7PX (Ring buzzer no. 16)



### **Course Location**

Hackney City Farm 1a Goldsmiths Row Hackney, E2 8QA

### Course dates

11am - 1.00pm 8th Oct Taster session 15th, 29th Oct 5th, 12th, 19th Nov



### TO FIND OUT MORE

Please contact Natalie on <a href="mailto:hello@hackneyherbal.com">hello@hackneyherbal.com</a> or calling <a href="mailto:020.8616.0698">020.8616.0698</a>