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**The Community Garden network extends a welcome to Ukrainians**

It is well known that gardening is good for your physical and mental wellbeing! Are you interested in volunteering at a community food growing project and meeting new people? There’s a network of community gardens around the island of Ireland – most are run by volunteers and welcome new members all the time.

To find out more about community gardening or to locate the one nearest to where you are living, check out the maps on the websites of Dublin Community Growers for gardens in Dublin, and Community Gardens Ireland for gardens anywhere in Ireland. If you require more information you can email dublincommunitygrowers@gmail.com, or email info@cgireland.org if you are living outside of Dublin

<https://www.facebook.com/DublinCommunityGrowers>; <https://www.facebook.com/cgireland.org>

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**Community Gardens in Ireland**

It is well known that gardening is good for your physical and mental wellbeing! Are you interested in volunteering at a community food growing project and meeting new people? There’s a network of community gardens around the island of Ireland – most are run by volunteers and welcome new members all the time.

To find out more about community gardening in Ireland you can check out the websites of Dublin Community Growers and Community Gardens Ireland. If you live in Dublin and you require more information, email dublincommunitygrowers@gmail.com. If you live outside Dublin email info@cgireland.org.

<https://www.facebook.com/DublinCommunityGrowers>; <https://www.facebook.com/cgireland.org>

Your local community garden is:

Name:

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Opening Hours: