

## SOUTH EAST ESSEX ORGANIC GARDENERS

A Local Group of...



Supporting and Working With...



***“How Regenerating Soil & Plant Health Can Create 'Buffers' Against Climatic Changes”, presented by John Metcalf: Founder of Sow & Grow Regenerative, Regional & Grow Your Own Ambassador for People's Food & Farming Alliance***

**Monday, 20 January, 8pm**  
**Trust Links Rochford, Trust Links House,**  
**College Gardens, Rochford, SS4 1YL**

- Parking available at Trust Links House -  
Non-Members: Donation £2 (suggested min)  
<https://seeog.org.uk>



You can join SEEOG for only £8 per annum; or £12 per family.  
For further details, contact Carole Shorney: 07967 851521