



# Diggin' It

## Community Day

Every Monday: Pick up next to the Olympic Pool in Coff Street, Coffs Harbour (opposite the CHESSE Employment office) @ 9am. Back in town: 2.30pm

The Innovation farm is a unique community garden, located in Bonville, open to the public on Mondays. (excluding Public Holidays)

The Innovation Farm is welcoming volunteers to come and experience the joys of organic farming for one day a week. The farm is open to anyone with an interest in organic farming:

- ☯ Learn to grow and harvest organic vegies with support from a trained horticulturist
- ☯ Improve physical and emotional wellbeing
- ☯ Meet new people and support others
- ☯ Improve work skills or just get out in the sunshine!



### What you will need on the day:

- ☯ Solid workboots or shoes
- ☯ Workclothes – you're guaranteed to get dirty!
- ☯ Your own water bottle and any snacks
- ☯ A hat
- ☯ Enthusiasm!!!

### We will provide:

- ☯ A sausage sizzle for lunch
- ☯ Tea and coffee
- ☯ Sunscreen
- ☯ Transport from Coffs Harbour



If you are with a Job Services Australia agency or involved in any community welfare group speak to your case manager about coming out for the day. If you would like to volunteer to mentor less fortunate members of the community or are not sure how to find your way here call Cath, Jim or Linda at the Farm House on 6699 3694.