



**Grow your own medicine!**  
**Please Adopt a plant for Herstmonceux surgery herb garden in the waiting room! They are free!**

Julia Behrens Medical herbalist has designed a herb garden fuelled by the celebration of honouring 100 years of women getting the right to vote. The long lady of Hailsham /Herstmonceux is designed in the shape of a woman lying in the land, in contrast to 'The Long man of Wilmington'. The garden's petticoat will be home to many medicinal plants and a living educational tool, which can support our overall health and wellbeing.

**Adopt a plant and return plant to surgery before or on  
on 23<sup>rd</sup> June . 10am-1pm HIHC Family OPEN DAY!**

**8<sup>th</sup> May next planting and herb workshop  
learning about medicinal plants  
Free! At 10.30am-12.30pm.**

Thank you for showing interest and supporting the If you wish to come to any of the above events or need further information or have any skills you can offer please contact.

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