

The Flower of Flo's

Flo's is a flower that stretches out wide,
to embrace everyone, every day, side by side.

Flo's flower was planted
with hope and with care,
with calm and with love,
to support and to share.

Flo's leaves enfold families - it's open to all:
to mums, dads and grandparents,
big people and small.
Flo's welcomes people of all backgrounds and ages,
it hosts groups and events,
it holds fast through life's changes.

Flo's generous roots hold us deep down below.
Its petals are the power
to help us all grow:

Flo's nursery is a haven with nature in mind,
where well being
 and play
 and care
 intertwine.

Flo's friendly *café* serves up food that's delicious,
for fuel, treats and comfort:
tasty, local, nutritious.

Flo's hosts *Isis midwives*;
its *refill shop* thrives.
It launched *OX4 Food Crew*.
Flo's changes lives.

Flo's is a *hub* to work, learn and meet,
to create and connect, to play and to eat.
Flo's offers courses in a beautiful place;
it gives freelancers, writers and artists some space.
Flo's plants the seeds: it nurtures and grows,
it celebrates, nourishes, harvests and sows.

Flo's is indoors and outdoors,
it's the light in the dark.
It's the nectar in the centre
of our own Florence Park.

Flo's shows us the blossom, the plants and the trees:
the scents and the sensory
to excite, dream and ease.

With volunteer strength and a dynamic team,
Flo's is owned by community; run by trustees.
Flo's is passion, commitment;
pride in what we've become.
It's resilience, confidence,
new paths to come.

For Flo's is the spirit that binds us together,
that connects and supports us -
that makes us feel better.

Flo's is our home
and our hearth
and our heart,

held together
in Flo's – the Place in the Park.

with love and thanks from Teresa Heapy