

# Growing Works

Nurturing Healthy Lives Outdoor

January 2024



## Activities for Adults (18+)

Contact Rachel on [info@growingworks.org.uk](mailto:info@growingworks.org.uk) or 07845 415289

### **Bud Volunteer Sessions – Open to all adults**

Gardening, maintenance, enjoy being outdoors, food provided  
Tuesdays & Thursdays 10am – 1pm from 4<sup>th</sup> January  
Wakefield Road Allotments, Dalton, HD5 9XN

## Activities for Families and Young People

Contact Jess on [info@growingworks.org.uk](mailto:info@growingworks.org.uk) or 07883905899

### **Sprout at Crow Nest Park - For SEND/SEMH families**

Outdoor fun in relaxed, accessible environment for children up to and including age 12. No diagnosis is required.

Saturdays 10am - 12pm at Crow Nest Park, Dewsbury WF13 2SG

### **Date for the Diary**

#### **Young Shoots 6 weeks Forest School Course**

For young people age 13 – 19 with SEND and SEMH

Saturdays 2pm – 4pm 10<sup>th</sup> February to 16<sup>th</sup> March

Wakefield Road Allotments, Dalton, HD5 9XN

### **Booking is required for all family and young people sessions**

Please use the QR to view our session times  
and access PDF versions of our flyers.

