## **Growing Works**

**Nurturing Healthy Lives Outdoors** 



## Activities for Adults (18+)

Contact Rachel on 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 Wakefield Road Allotments, Dalton, HD5 9XN

## Activity Open to all the Community

**Dalton Community Garden** next to Rawthorpe and Dalton Library Every Monday 1pm – 3pm, help grow a productive and beautiful space for the community to use, enjoy outdoors and socialise. Open to all, children to be supervised.

Growing Works are attending the Wellbeing and Volunteering Fair, Moldgreen United Reform Church, 26<sup>th</sup> June 1 – 4.30pm

## Activities for Families and Young People

Contact Jess on info@growingworks.org.uk or 07883905899

**Sprout at Crow Nest Park - For SEND/SEMH families** Outdoor fun in relaxed, accessible environment for children (age 12 and under). No diagnosis required. Saturdays 10am - 12pm Crow Nest Park, Dewsbury WF13 2SG

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



www.growingworks.org.uk Registered charity 1160003