# **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, site maintenance, enjoy being outdoors, socialising Food provided, travel expenses available. 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 free Family Fun Day at Dram Centre, Dalton, HD5 9QJ on 24<sup>th</sup> July 10am – 2pm

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



www.growingworks.org.uk Registered charity 1160003

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## Activities for Families and Young People

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

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

Date for the Diary: Sprout at Oakwell Hall - Nature exploration for families with children age 12 and under with SEND/SEMH who live in Kirklees or attend Kirklees schools. Wednesday and Fridays from 6<sup>th</sup> to 29<sup>th</sup> August 10:00am – 2:00pm Oakwell Hall Country Park, Nova Ln, Birstall, Batley WF17 9LF Booking essential

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