

# Growing Works

Nurturing Healthy Lives Outdoors

September 2025



## 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, site maintenance, enjoy being outdoors, socialising  
Food provided, travel expenses available.

Tuesdays & Thursdays 10am – 1pm

Wakefield Road Allotments, Dalton, HD5 9XN

**St John's Ambulance emergency first aid** session running  
alongside Bud sessions on 9<sup>th</sup> & 11<sup>th</sup> September 10.30 – 12pm

## Activity Open to all the Community

**Dalton Community Garden** next to Rawthorpe and Dalton  
Library Every Monday until end of September

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 Annual Harvest Celebration and AGM**

Saturday 4<sup>th</sup> October, 2pm – 4pm, open to all the community.  
Join us for seasonal food, gardening activities, nature crafts,  
and celebrate our outdoor therapeutic site at Wakefield Road  
Allotments.

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





## Activities for Families and Young People

Contact Jess or Rachel on [info@growingworks.org.uk](mailto: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 - booking essential

Saturdays 10.30am – 12.30pm Wakefield Road Allotments -

### **Young Shoots- 9 Week course in campfire crafts**

Outdoor sessions for young people 13 – 19 with SEND/ SEMH building life skills, confidence and independence.

Saturdays 2pm – 4pm, 3 blocks of 3 weeks

Sept 20<sup>th</sup>, 27<sup>th</sup> and 4<sup>th</sup> October; Oct 18<sup>th</sup>, 25<sup>th</sup>, 1<sup>st</sup> Nov and Nov 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup>

Wakefield Road Allotments, HD5 9XN - Booking essential.

### **Young Shoots Mentors**

Teenagers with SEND supporting Sprout sessions; be a role model, help with activities, have fun and learn new skills

Saturdays 10.30am – 12.30pm

Wakefield Road Allotments, HD5 9XN - Booking essential.

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