

Growing Works



Formally the Holme Valley Gardening Network, founded in 2009 by Elaine Thelier and Helen Scott, Growing Works became a charity in 2015.

With a mission to Nurture Healthy Lives Outdoors, Growing Works continues to deliver sessions across Kirklees, providing supported access to the natural environment, growing and sharing food and making mindful connections.

Contact us for further information via
Email: info@growingworks.org.uk



Bud



Bud is a regular session for adults. A supportive group where everyone is welcome to come and improve their health and wellbeing through gardening and spending time outdoors.

Bud sessions are delivered at the Wakefield Road Allotment Site all year round, and in the growing season Bud also runs as outreach in communities.



Bud: Developing the Growing Works therapeutic site

Bud participants codesigned the development and took on most tasks. The space has better accessibility, more polytunnels, raised beds and shelters. It reduces barriers for many differing needs and provides a space for everyone to connect with nature at a deeper level.

"It was very therapeutic; it's an amazing Zen garden" and "a wonderful and peaceful place"



Bud: Growing, Cooking and Eating

Eating together nurtures a sense of community, provides inspiration and encourages bonding over shared food and gains confidence to cooking for themselves at home.

"I'm enjoying eating good food here! I love eating the gooseberries straight from the bush, they are my favourite"

"I didn't know you could eat peas straight from the plant' I enjoyed eating them on the way home feeling very healthy instead of eating sweets"



Bud Participant Feedback

“It's a pleasant and relaxing experience in the type of environment that not all people have access to, people can learn new skills and be supported by others”

“Would be on the computer if didn't come along, don't get out much. Good to have a task, something to focus on and I feel I've achieved something.”

"I have found it easier to communicate with others after getting used to it here in an open welcoming environment."

90% gained from socialising with others, 90% enjoyed being in an outdoor environment, 80% gain from learning new skills, 70% gain improved mental wellbeing



Sprout

Strong Parents Reaching Out



Sprout is a weekly session that provides a therapeutic, social group for SEND families that enables engagement in seasonal, outdoor activities centred around nature connection. Sprout sessions provide weekly respite to families through nature, games, crafts, gardening, cooking and guided walks.

Sprout is all about:

- SEND families
- Family time outdoors
- Peer support networks
- A place to be yourself
- A place to learn new skills



Sprout

“Sprout is a much-needed resource and a lifeline to my family”

“It is the long-term access of Sprout that is very valuable in a general landscape of short-term intervention. I have seen significant growth in my child's social skills and confidence through attending over many years and experiencing new things.

It has been challenging at times yet worked through and supported in a way that feels precious, unusual, very healing and accepting for both of us”

“At Sprout, my kids get outdoors in a safe environment and allows them to follow their own individual interests and be themselves. As a family with 4 very different kids this is important to us”

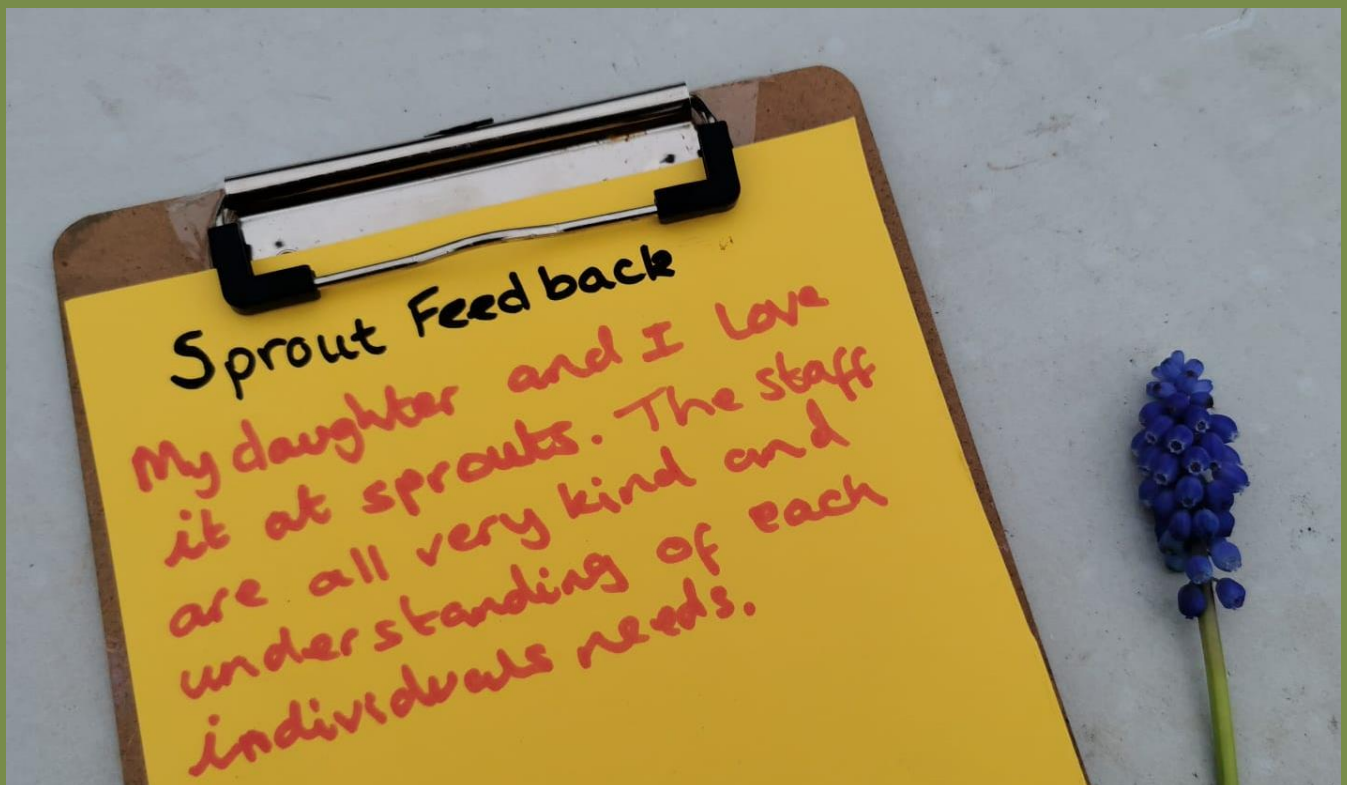


Sprout Family Feedback

"Sprout is the only place where our son who has Autism is most comfortable being himself."

"Attending Sprout helps us build confidence as we struggle to go outside as a SEND family and used to spend a lot of time at home"

"I am a lone parent with no support and Sprout gives me time to relax and make friends as well as improving my child's confidence and communication skills. We look forward to attending Sprout each week, it is important for both of us."



Young Shoots

Young Shoots is for young people aged 13 and over to build confidence, independence and through outdoor activities.

Sessions provide new experiences in small supportive groups and build transferable skills and increased self-belief in abilities.

Course themes are designed to encourage nature connection and skill building such as campfire cooking, bushcraft skills, nature exploration, crafts and construction.



Young Shoots

Parents comment on improved life skills and improved self esteem after attending Young Shoots “Young shoots is always fantastic. We know our son is in safe hands having fun and learning new skills and making new friends. He comes away feeling so proud of his achievements, as are we. The skills help him in everyday life and remind him what he is capable of”.



Learning about safe tool use and PPE, pushing yourself to try new things “I cant believe I did that, it was really hard but I kept trying and now I have my own wooden round”



Young Shoots construction project – transformation into a mud kitchen for future sessions. “This is the biggest project I’ve ever worked on, I’ve enjoyed using things such as the hammer for the first time to make the sign”



Young Shoots



Learning about safe fire practice, fire lighting and using tools. "I really want to try lighting the fire on my own again next week, it was really fun. I have never used a fire steel or made my own kindling before"



Cooking courses "Chopping all these vegetables feels easier now I get to practice. The bridge and the claw make it easier to control and I am more confident"

