# **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

#### Food and Fire at the Allotment

Socialise and enjoy food around the fire food Wednesdays 10am – 12pm on 23<sup>rd</sup> April,21<sup>st</sup> May Wakefield Road Allotments, Dalton, HD5 9XN

## **Activity Open to all the Community**

**Dalton Community Garden** next to Rawthorpe and Dalton Library starting Monday 7<sup>th</sup> April, 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.

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



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## **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

#### **Outdoor SEND sessions at Oakwell Hall**

SEND sessions for families (age 12 and under) for nature, play and exploration Wednesday 9<sup>th</sup> and 16<sup>th</sup> April 10am – 2pm Oakwell Hall Country Park, Birstall, WF17 9LF

### Young Shoots 10-week course – theme to be confirmed

Saturday afternoons starting 26<sup>th</sup> April
Building skills and independence for teenagers with SEND
Wakefield Road Allotments, Dalton, HD5 9XN
Contact Jess for more details

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