GROW is a project that promotes the benefits of engaging in horticultural activities to improve mental wellbeing of an individual.

Working within our beautifully designed Art Garden by landscape garden designer Sarah Price and within Whitworth Park, participants have the opportunity to learn a variety of horticultural techniques and engage with our collections. The aim of this project is to help individuals to acquire new skills, rebuild confidence and to provide opportunities to engage with others socially in a safe and culturally inspiring environment.

To make a referral please contact Francine Hayfron, Cultural Park Keeper.
francine.hayfron@manchester.ac.uk
07795 128868

Dates:
Tuesday 23 April
Tuesday 30 April
Tuesday 7 May
Tuesday 14 May

Time:
10.30am-12.30pm

Location:
The Whitworth,
The Art Garden