



## GROW

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