



Living Potential

Working and learning with nature for a better life

YOUR LOCAL COMMUNITY FARM AND GARDENS

OUT AND ACTIVE MEN

Life is tough, but you don't have to be.

If you want to maintain or improve your mental health, why not join our 15 month 'Out and Active Men' programme.

We won't promise you therapy, but we promise you fresh air, support, greenery and the chance to get your hands dirty.

We are developing the Victorian Walled Garden into our glorious Community Gardens and you will be helping with planting, DIY and animal care in a low/no pressure, supportive environment.

© **COME JOIN US!** ©

WHEN & WHERE

- Fridays - starting summer 2026
- 10am – 3pm
- Living Potential Community Gardens, off Trip Lane, near Wetherby, LS22 4HZ



WHO

- A fully inclusive group, welcoming of all men / masculine identifying people regardless of ethnicity, birth gender or sexuality
- Aged over 18
- Living in North Yorkshire
- Good to moderate mobility and able to navigate uneven ground in our Community Gardens (although we do have plans to improve accessibility)



Please contact Andy, our Head Grower for more information and to arrange a visit on 07724 544359, or have a look at our website here:



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