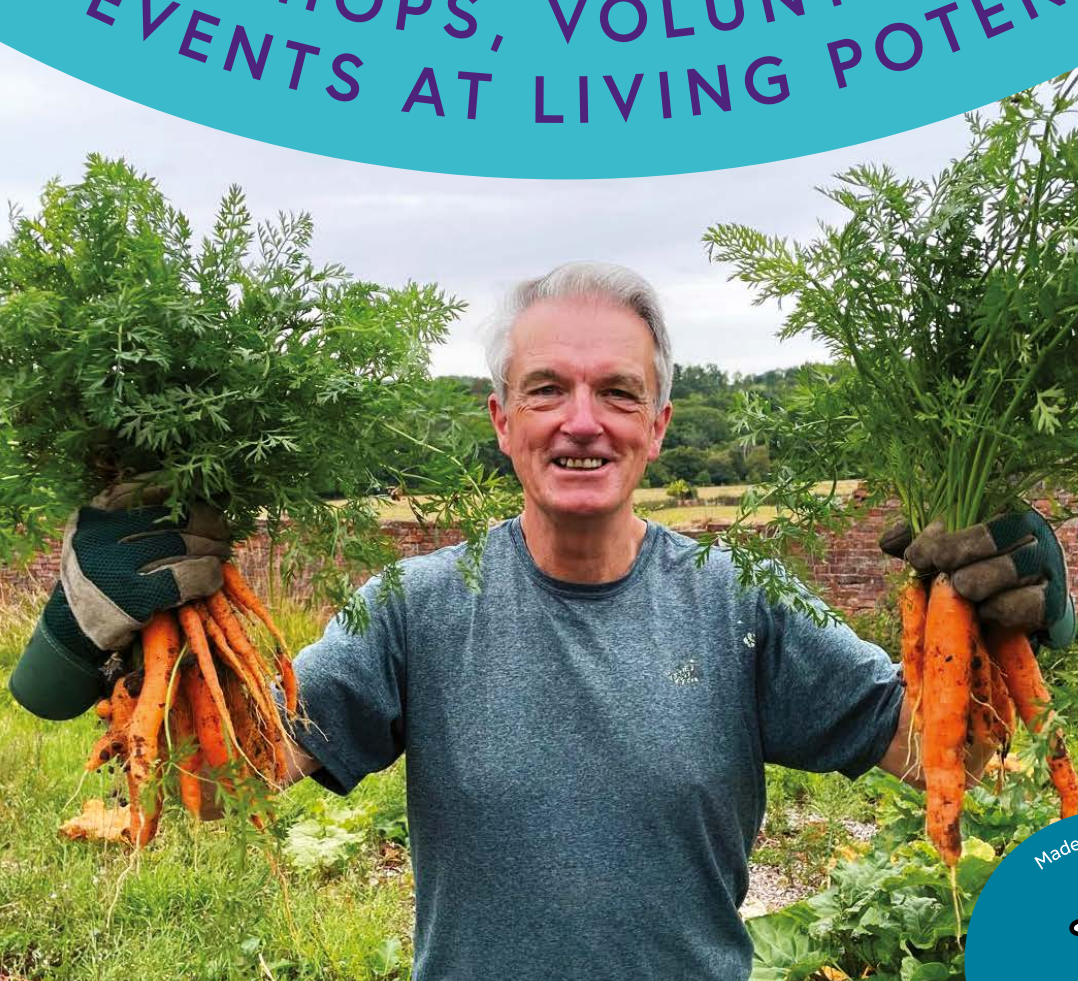




Living Potential

YOUR LOCAL COMMUNITY FARM AND GARDENS
CARLSTON HILL FARM, SICKLINGHALL

WORKSHOPS, VOLUNTEERING
AND EVENTS AT LIVING POTENTIAL



Made possible with



Heritage Fund

CELEBRATING YEAR 1, AND PLANS FOR YEAR 2!

In 2025 we were proud and excited to announce that Living Potential had been awarded nearly £200,000 for our two year project "From roots to shoots and bricks to candlesticks - showcasing heritage learning experiences within a Victorian walled garden setting".

This was made possible with **The National Lottery Heritage Fund**. Thanks to the National Lottery players, alongside our long standing Care Farm provision, we continued the transformation of our neglected 1850's walled kitchen garden, formerly part of the Grade II listed Wood Hall estate, into a thriving Community Gardens space.

Between October 2025
and May 2026 we have:

- Run 6 Heritage Craft workshops including mosaics, Christmas wreath making, pruning/grafting of fruit trees, meet the bees, and willow weaving, with amazing feedback from participants
- Completed the training, paperwork and started the interviews for the Oral History collection part of the project.
- Started work on repairing the walls of our Victorian Walled Garden with the help of students from Leeds College of Building, who are gaining rare and highly sought after heritage masonry skills.

We are continuing to use this unusual and unique setting of our Walled Garden to showcase heritage learning experiences and help to reconnect people of all ages and abilities to the heritage of their walled garden, traditional skills / crafts, and the land.

HOW YOU CAN GET INVOLVED

1. Attend one of our Open Days

We have 2 open days per year where you will find live music, various stalls and food / drink at the main farm site, with further activities at the Community Gardens where you can follow our progress.

Please book a place via the QR codes below so we can manage capacity on site.

OPEN DAYS 2026

Please note: Sadly our previously advertised June 2026 Summer Fair will no longer be open to the public.

2027

Sunday 20th September 2026

2026 APPLE AND HARVEST FESTIVAL AND 10 YEAR CELEBRATION

Time: 11am - 3pm

BOOK YOUR FREE TICKET HERE



WHAT'S ON IN THE COMMUNITY GARDENS

Showcasing our progress in Year 1 of the project, along with whittling and spoon carving workshops run by Sylvankin.



Saturday 19th June 2027

2027 SUMMER FAIR

Time: 12pm - 4pm

BOOK YOUR FREE TICKET HERE



WHAT'S ON IN THE COMMUNITY GARDENS

Willow weaving taster sessions – join Sylvankin to make your own dragonfly or boat.



Sunday 19th September 2027

2027 APPLE AND HARVEST FESTIVAL

Time: 11am - 3pm

BOOK YOUR FREE TICKET HERE



WHAT'S ON IN THE COMMUNITY GARDENS

Our end of Project celebration event, showcasing our learning and achievements over the 2 year National Lottery Heritage project.

2. Attend a Heritage Craft Workshop

Our workshops are open to all, on a pay as you feel (PAYF) basis - we just ask that you book your place (we will confirm all bookings via email) and help us with some simple evaluation after each session.

Please book via the QR code to the right or contact Sarah on 07521 219254 or sarah@livingpotentialcarefarming.org.uk

NB should workshops be oversubscribed, priority may be given to new workshop participants.

SCAN TO BOOK



2026

Saturday 26th September 2026

INTRODUCTION TO SEED SAVING

Join Ben from Leeds Seed Savers to learn about why seed saving is important, and how it helps build a community. You'll learn about some easy plants to start with, and look at some simple equipment for home scale seed processing.

Time: 10am - 1pm
Light lunch provided



Saturday 31st October 2026*

APPLE TASTING AND IDENTIFICATION

Learn how to identify apple varieties by their shape, colour, taste, and season in this hands-on, beginner-friendly course.

*Please note new date for this workshop from the previous leaflet

Time: 10am - 12pm
Light lunch provided



Saturday 28th November 2026

CHRISTMAS WREATH MAKING

Join us for mince pies and mulled wine while we guide you in creating a festive wreath, using resources from within and around the Community Gardens.

Time: 10am - 12pm
or 1.30pm - 3.30pm



2027

Saturday 30th Jan 2027

NATURAL PIGMENT WORKSHOP

Join Steph to see how foraged materials and waste products can be used to create natural dyes, paints and pastels. Take away your own self made pastels!

Time: 9.30am – 1pm
Light lunch provided

Steph Cunningham

Saturday 27th Feb 2027

BLACKSMITHING

Join SylvanKin for a taste of Blacksmithing, hand-forging your very own unique trinket to take home with you! Using traditional blacksmithing skills and tools you will learn how to bend and shape metal to your will, crafting a bracelet / hairpin / pendant to take home with you as proof of your newfound abilities.

Time: 9.30am - 11am
or 12.30pm – 2pm



Saturday 20th March 2027

HELP US PLANT A DYE GARDEN

Join us to sow some dye seeds in our community garden and establish vibrant dye plants which we will use for future sessions.

Learn about annual and perennial dye plants and find out about what plants can be grown and foraged to create natural colour.

Time: 10am - 1pm
Light lunch provided



Saturday 24th April 2027

COOKING LIKE WE USED TO, WITH SEASON WELL

Make the most of this season's veg from the walled garden. Using recipes inspired by the past, learn how to cook with nettles so you can eat your weeds!

Time: 10am - 1pm
Light lunch provided



Saturday 22nd May 2027

MEDICINAL USE OF PLANTS AND FLOWERS

An introduction to the medicinal properties of common plants and flowers, with the opportunity to create a product to take home.

Time: 10am - 12pm
Light lunch provided



Saturday 31st July 2027

INTRO TO NATURAL DYEING

Join local Textile Artist and Printmaker Kirstie Williams to explore how to make your own natural dyes from plants and vegetables.

This session will explore how to make a dye from natural resources, how to alter colours using mordants and modifiers and you'll come away with your own colour swatches and dyeing woollen yarn.

Time: 10am - 1pm
Light lunch provided





Living Potential transforms lives by offering a sanctuary where people and nature thrive together.

We provide over 135 opportunities per week for adults and young people with learning and physical disabilities, neurodiversity, dementia and mental health issues to improve their lives through meaningful, nature based work within our Community Farm and Gardens.

Our members thrive from peaceful & purposeful interaction with our animals, including chickens, rabbits, sheep, goats & alpacas, as well as horticultural, DIY, arts and crafts, cooking, and many more work based activities. We aim to create a world in which people look after themselves, each other and the planet.

OTHER WAYS YOU CAN GET INVOLVED WITH LIVING POTENTIAL:

- **Donate** – Help us fund our current work and raise funds so we can expand our work further

- ◆ **VOLUNTEER** – We need help in all areas including in the Community Gardens, with Care Farm members, administration, fundraising, marketing, and any other skills you may be able to share with us

- **Join our mailing list**
- **Buy our fresh produce** – Visit East Keswick Butchers for vegetables, and 1066 Deli 7 Bakery (Collingham), Johnsons (Wetherby) or Neil Smith Quality Butchers (Chapel Allerton) for eggs
- **Spread the word** – Tell your family, friends and neighbours about us

Share your stories

Do you have any stories or photos of our Walled garden that you would like to share?

Perhaps you used to play in or around it as a child, or attended the boys school and played cricket on the cricket pitch? We'd love to know more, please contact sarah@livingpotentialcarefarming.org.uk / 07521219254



ACTIVITY SPOTLIGHTS:

GRIEF GARDEN GROUP



Come and help design, grow and care for The Grief Garden: a place for people experiencing grief to get close to nature, get active, connect with others and co-create something beautiful.

Find out more at www.thegriefgardencic.co.uk

OUT AND ACTIVE MEN

If you are male (aged 18+), living in North Yorkshire, we'd love to welcome you to our new men's mental health group at the Community Gardens, Fridays 10am - 3pm. We don't promise therapy, but we'll promise you fresh air, support, greenery and the chance to get your hands dirty. Please contact Andy, our Head Grower for more information and to arrange a visit on 07724 544359, or scan for further information.



This project is supported by David Skaith, Mayor of York and North Yorkshire and York, and funded by North Yorkshire Combined Authority.

CALM@THEFARM

This is a purposefully small, calm group currently for young people aged 10 - 16 (up to age 18, subject to funding being secured) who identify as neurodiverse. They meet every other Saturday 1.30 - 3.30pm at the farm to spend time outdoors and get involved in animal care, arts, craft, cooking, creating and any other activities they choose to do. For more information contact Corrie on 07802 493188 or email corrie.livingpotential@outlook.com



YOUNG ONSET DEMENTIA GARDEN GROUP



We can provide supported therapeutic gardening, maintenance, and animal care for people living with Young Onset

Dementia (Dementia diagnosed under the age of 65), or more active older people living with Dementia, at our beautiful Community Gardens. We are able to support people on Mondays and Tuesdays. For further information contact Sarah on 07521 219254 or email sarah@livingpotentialcarefarming.org.uk



WETHERBY FLOWER BEDS

You may see some of our staff and members tending to the flower beds in Wetherby as part of partnership work with Wetherby Town Council. Please do come and say hello if you spot us.



Contact: tanya@livingpotentialcarefarming.org.uk

Living Potential, Carlston Hill Farm,
Paddock House Lane, Sicklinghall LS22 4BN

www.livingpotentialcarefarming.org.uk