



Living Potential

YOUR LOCAL COMMUNITY FARM AND GARDENS
CARLSTON HILL FARM, SICKLINGHALL

WORKSHOPS, VOLUNTEERING AND EVENTS AT LIVING POTENTIAL



Made possible with



Heritage
Fund

EXCITING HERITAGE NEWS!

We are proud to announce that Living Potential has 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."

It is made possible with The National Lottery Heritage Fund. Thanks to the National Lottery players, alongside our long standing Care Farm provision, we will be able to continue our 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. Through this project we will use this unusual and unique setting 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

Year 1 Heritage Workshops

Our workshops are open to all, on a pay as you feel (PAYF) basis – we just ask that you book (if applicable) and help us with some simple evaluation after each session.

We aim to provide lunch/refreshments with most stand alone workshops so you can continue to socialise and enjoy the beautiful surroundings.

Please book via the booking form available on our website or contact Sarah on 07521 219254 or sarah@livingpotentialcarefarming.org.uk



SCAN TO BOOK



2025

2026

Thursday 20th November 2025

MOSAIC COURSE

Help us create a mosaic sign to celebrate our National Lottery Heritage Fund success.

Time: Various slots between 10am - 4pm

Light lunch provided

Need to book: Yes

Mary Goodwin

Saturday 29th November 2025

CHRISTMAS WREATH MAKING

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

Time: 10am - 12pm

Light lunch provided

Need to book: Yes

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Thursday 29th January 2026

WINTER PRUNING

Learn how to prune apple trees in winter to improve their health, structure and productivity.

Time: 10am - 12pm

Light lunch provided

Need to book: Yes



Thursday 26th February 2026

GRAFTING

Learn how to create apple trees to the size and variety you want using traditional grafting techniques.

Time: 10am - 12.30pm

Light lunch provided

Need to book: Yes



Thursday 26th March 2026

INTRODUCTION TO DROP-SPINDLING

This workshop covers different carding and drafting methods for different yarns and their uses, drop-spindling and plying singles – leave with your own finished ball of yarn.

Time: 10am - 1pm

Light lunch provided

Need to book: Yes

Anna Marshall

Thursday 23rd April 2026

MEET THE BEES

Introduction to honey bees, and roll your own beeswax candle to take home.

Time: 9.30am - 12pm

Light lunch provided

Need to book: Yes

Wetherbee

Thursday 21st May 2026

WILLOW WEAVING

Learn the basics of willow weaving in this hands-on workshop with SylvanKin, taking you from total beginner to completing your first handmade mini-basket, entirely crafted by you!

Time: 9am - 12pm

Light lunch provided

Need to book: Yes



Saturday 20th June 2026

LIVING POTENTIAL SUMMER FAIR

Featuring Charcoal Making with Leeds Coppice Workers.

Time: 12pm - 4pm



Thursday 30th July 2026

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

Need to book: Yes



Thursday 27th August 2026

MEET THE BEES

Introduction to honey bees, and roll your own beeswax candle to take home.

Time: 9.30am - 12pm

Light lunch provided

Need to book: Yes

Wetherbee

Sunday 20th September 2026

LIVING POTENTIAL APPLE AND HARVEST FESTIVAL

Featuring whittling drop ins and bookable (on the day) spoon carving workshops with SylvanKin.

Time: 11am - 3pm



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Thursday 8th 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.

Time: 10am - 12pm

Light lunch provided

Need to book: Yes



VOLUNTEER WITH US

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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.



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

OTHER WAYS YOU CAN GET INVOLVED WITH LIVING POTENTIAL:

- **Donate** – Help us fund our current work, and raise funds to help buy our farm so we can create a farm for the future, expanding 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 our website for outlets, with veg boxes to come
- Events – Come to one of our open days or workshops
- Spread the word – Tell your family, friends and neighbours about us

ACTIVITY SPOTLIGHTS:

OUR YOUNG ONSET DEMENTIA SUPPORT GROUP



This is a supported therapeutic gardening, maintenance, cooking and animal care group for people living with Young Onset Dementia at our beautiful Community Gardens. Our 6 week pilot has now started, running every Tuesday, 10am - 2.30pm, until Tuesday 28th October 2025, then will restart in Spring 2026. For further information contact Sarah on 07521 219254 or email sarah@livingpotentialcarefarming.org.uk

CALM@THEFARM

This is a purposefully small, calm group currently for young people aged 10 - 16 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



tanya@livingpotentialcarefarming.org.uk

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

www.livingpotentialcarefarming.org.uk



A farm for
the future

Where people and nature thrive together

