Living Potential

Winter Newsletter

2025/26

Welcome to Living Potential's Winter Newsletter

Christmas at the Farm

Our Member's had a stall at Wetherby Market in December selling produce from the Community Gardens. A great day was had by all!

On Thursday, 5th February we had our 2025 AGM at the Wetherby Brew Co, followed by our member AGM and Imbolc Party at the Engine Shed. It was a great evening and a wonderful chance to get together away from the farm and share our 5-year strategy, run through the 2025 Annual Review and ask for member and supporter input on what they would like to see in 2026. There was yummy food and entertainment by the wonderful local band, The Band with no Name.

Weekly Young Onset Dementia Group

After a very successful pilot in 2025, the Young Onset Dementia Group is restarting from Tuesday 17th March, 10 am - 2 pm.

These weekly sessions include supported therapeutic gardening and animal care for people living with/awaiting a diagnosis of young-onset dementia. The sessions take place in our beautiful Community Gardens.

For further information contact Sarah on sarah@livingpotentialcarefarming.org.uk/ 07521219254

Grief Garden Group

Growing through grief. In 2026, come and help us design, grow and care for the grief garden. A dedicated place for people experiencing grief to get close to nature, get active and connect with others to co-create something beautiful.

Thursday evenings 5 - 7.30 pm
Between 9th April and 25th June 2026
Register by scanning the QR code:
Or email
thegriefgardencic@gmail.com
https://www.eventbrite.com/o/120734

Heritage Construction

A group of students from Leeds College of Building will be visiting us weekly from March 2026 to learn about heritage construction, and help us start to repair sections of the Victorian walls of our Community Gardens. Exciting times!

Share your stories

Do you have any stories of the Walled Gardens you would like to share as part of the oral history strand of the project, or pictures/maps/artefacts? Please contact Sarah our Heritage Project Lead via email at sarah@livingpotentialcarefarming.org.uk or phone on: 07521219254

National Lottery Heritage Fund

The latest workshops in the Community Gardens, made possible by the National Lottery Heritage Fund, were Wreath-Making and Winter Fruit Tree Pruning. The latter was hosted by our neighbour *Fruitworks*. Attendees enjoyed learning about how to tend to their own fruit trees at the end of the winter season. Scan this QR code to see what workshops we have planned for 2026.

You can also click here for more information on upcoming workshops: https://www.livingpotentialcarefarming.org.uk/community-gardens/national-lottery-heritage-fund

Run Rob Run

Rob's brother, William, is a member at Living Potential, and recently Rob ran a gruelling marathon to raise money for the Care Farm. He managed to raise over £500 which we are going to use to repair the alpaca enclosure, particularly the roof which is leaking.

Rob will join us for an alpaca walk in March - thank you so much Rob!

Will it ever stop raining?

It's been a tough winter for our animals, with feathers and fur rarely dry and fresh grass in scarce supply. We've been ensuring every animal has fresh hay and extra feed if required.

Anticipating (and dreaming of!) warmer days, we sowed tomato seeds in the allotment, which will no doubt end up in pasta sauces across Yorkshire this summer!