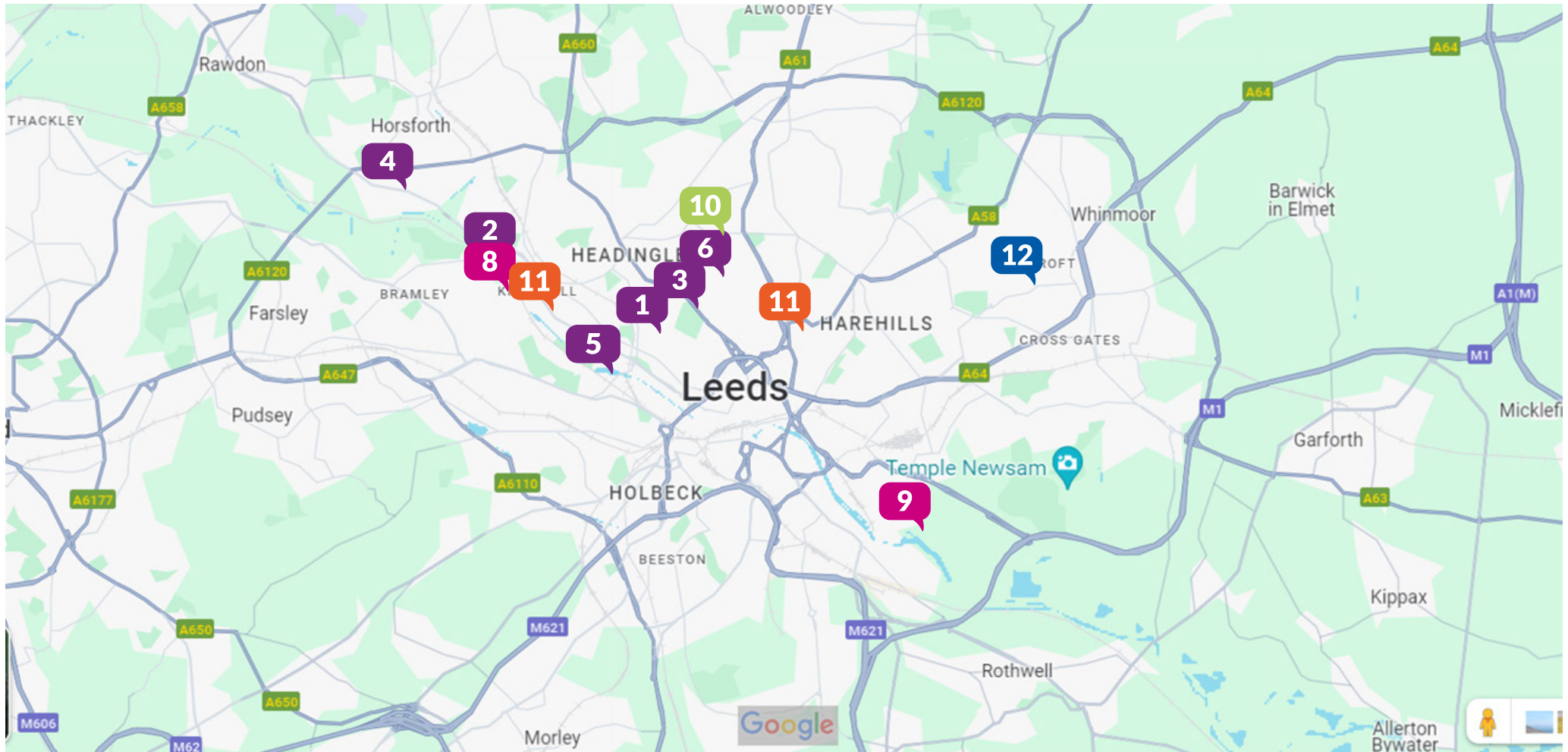


SOME OF THE CENTRES OF GREEN ACTIVITIES FOR HEALTH AND WELLBEING IN LEEDS



Numerous studies have shown that nature, being outdoors and gardening can have a positive impact on mental health and well-being, as well as improving physical health. It can be really beneficial for people with issues around alcohol and other drugs to channel their energy into more positive directions, providing a welcome distraction from cravings and negative thoughts. Even casual gardening can help in the ongoing journey of recovery.

Last updated 7 August 2024

- 1 **Hyde Park Source** work with local communities to improve their surroundings, designing and creating attractive, exciting, safe and useful places for people to live, work and play. They run environmental and gardening groups and courses across Leeds.
Hyde Park Source, 2 Rosebank Road, Leeds, LS3 1H, 0113 245 8863, info@hydeparksource.org www.hydeparksource.org
- 2 **Hyde Park Source** run the Kirkstall Abbey garden group - Wednesdays 1pm - 3pm
- 3 **Hyde Park Source** Lost Plot allotment on Woodhouse Moor - Tuesdays 1pm - 3pm
- 4 **Hyde Park Source** Weekly Gardening Group at Clarence House - Thursdays 11.30am - 1.30pm
- 5 **Hyde Park Source** Weekly Gardening Group at Armley Mills - Thursdays 1pm - 3pm
- 6 **Hyde Park Source** Weekly Group at Pennington Street Garden Woodhouse - Fridays 10.30am to 1pm
- 7 **Hyde Park Source** Weekly St Marys Rooftop Garden Group - Fridays 2.30pm - 4.30pm
- 8 **TCV Hollybush Conservation Centre** Hollybush is an environmental volunteering centre that has been running for over 40 years. Volunteers help to manage green spaces across Leeds and beyond. Speak to them about local activities near you.
TCV Hollybush Conservation Centre, Broad Lane, Kirkstall, Leeds, LS5 3BP, 0113 274 2335, hollybush@tcv.org.uk tcv.org.uk/hollybush/about/
- 9 **TCV Skelton Grange Environment Centre** offer educational visits for schools and groups, education outreach sessions, support people to volunteer in conservation and education, and run lots of training and fun events.
Skelton Grange Environment Ctr, Skelton Grange Rd, Stourton, LS10 1RS, 0113 243 0815 skelton@tcv.org.uk tcv.org.uk/skeltongrange/
- 10 **Meanwood Valley Urban Farm** is a working farm and a major Centre for community and environmental work in Leeds. They are open seven days a week for the public to visit our animals, gardens and flourishing woodland.
Meanwood Valley Urban Farm, Sugar Well Road, Meanwood, Leeds, LS7 2QG, 0113 262 9759 admin@mvuf.org.uk www.mvuf.org.uk
- 11 **Kirkstall Valley Farm** is a community farm. Volunteers support with the upkeep – from building infrastructure, working the land, planting and harvesting, organise and staffing community events, to looking after the wildlife.
Kirkstall Valley Farm, Kirkstall Road, Leeds, LS4 2QD, 07900 986570, kvf.admin@kvdt.org.uk, kirkstallvalleyfarm.org.uk
- 12 **Seacroft Forest Garden** Seacroft residents are growing a garden full of fruit and nut trees, fruit bushes, shrubs, herbs and vegetables, which can feed the community. They are always looking for volunteers.
Between South Parkway and St James Approach, LS14 6EZ. 1st and 3rd Sunday, 10.30-12.00, weareseacroft.org.uk/seacroft-forest-garden

In addition to the above the **Leeds Green Activity Provider Network** provide an up-to-date and interactive map of nature-based activities in Leeds to improve health and well-being. You can access their map through their website lgap.co.uk