

Growing Together



FREE FAMILY ESOL & WELLBEING SUMMER PROGRAMME

Learn. Grow. Connect. Thrive.

Join us for a fun, friendly programme where families can learn English, grow together and enjoy nature, recipes, healthy eating and using home grown ingredients in our beautiful Wellbeing Garden.



IMPROVE YOUR ENGLISH

Through conversation, practical communication and fun activities.



GARDENING & GROWING FOOD

Grow herbs, vegetables and flowers while learning together



RECIPES, HEALTHY EATING & USING HOME GROWN INGREDIENTS

Share recipes, eat well and make the most of what we grow



WELLBEING & FRIENDSHIP

Build confidence, make new friends and spend time outdoors



NATURE FUN FOR CHILDREN

Explore nature, insects and outdoor learning through play.



SKILLS FOR THE FUTURE

Pathways into ESOL training, volunteering and employment

WHO IS IT FOR?

Families, parents and carers who would like to improve their English in a friendly, informal environment.
Children are welcome.



WHAT TO EXPECT

- ✓ ESOL learning in everyday situations
- ✓ Gardening, growing and nature activities
- ✓ Recipes, healthy eating and using home grown ingredients
- ✓ Stories, songs, games and crafts
- ✓ Time outdoors for wellbeing
- ✓ Children's activities alongside parents
- ✓ Supportive, welcoming environment



WHY JOIN?

- ♥ Build confidence in English
- ♥ Meet new people
- ♥ Improve wellbeing
- ♥ Learn practical life skills
- ♥ Share cultures and ideas
- ♥ Have fun as a family
- ♥ Pathways to further learning and opportunities



WHEN?



Starting Tuesday
4 August 2026

Every Tuesday & Thursday
until 27 August



2.30pm – 4.30pm

WHERE?



Lead by Example
Wellbeing Garden

Johh Buddle Work Village
Buddle Road, Newcastle
NE4 8AW



PLACES ARE LIMITED!

Creche facilities are available – ask for more information.

0191 226 7979

info@rhwe.org

www.rhwe.org



A safe, welcoming space to learn, grow and connect.

Together we grow brighter futures

