

## **Northallerton Secret Garden**

Northallerton United Reformed Church is supporting the development of a garden for the community next to their own land in the centre of the town.

### **Our vision for the Secret Garden is:**

- To provide a therapeutic space for individuals or groups from our community who may find the garden a helpful place to be
- To increase wildlife and biodiversity within the heart of the town
- To provide sustainably grown fresh fruit and vegetables which we can share with the Volunteers, their families, and users of the Food Bank, women's refuge or others as the need arises.

We aim to provide a safe, supportive, inclusive and enjoyable environment in which groups or individuals can participate. This may include those living with mental or physical health problems, learning difficulties or simply suffering from loneliness, but we also seek to remain open to respond to other's needs if appropriate.

This project can offer benefits for the physical, emotional and spiritual well-being of all involved.

There are many ways to contribute in the development of this garden, from hard physical digging to lighter gardening tasks, sharing ideas, skills or plants, or just simply sitting and "being"!

### **Sessions**

We currently work in the garden every Monday and Thursday afternoon from 2pm (except for bank holidays), and also open for people to enjoy the peace and tranquility on Wednesday and Saturday mornings.

### **Volunteers**

If you think volunteering in the garden may be just what you, or someone you know, is looking for, then please do get in touch with Liz Styan on 07902348850 or on [ntonsecretgarden@gmail.com](mailto:ntonsecretgarden@gmail.com) or simply come down when we are open for a chat.

### **Location**

The garden can be accessed from the High Street through the alleyway next to Kitsons the butchers or through the church's back gate from the Applegarth. The Secret Garden gate is to the south side of the church building.