



“On your marks, get set, grow!”



New Allotment Group

Healthy Minds have acquired a small plot at the Pye Nest Allotment in Sowerby Bridge for people who are interested in: -

- Improving and maintaining their mental, emotional and physical wellbeing
- Meeting new people in a friendly and safe environment
- Learning more about the benefits of growing (and eating) a variety of fruit, vegetables and herbs

Starting up at Pye Nest
Sowerby Bridge

For more information

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