

Talk and Grow - Tailored Learning

Course Name	Start Date	End Date	Site	Total Fees
Talk and Grow (Blue Door) - Somervell Road Allotments - Thursday Morning - Tailored Learning	05/03/2026	02/04/2026	ALLOTMENTS, SOMERVELL RD	0.00

Course Description

THIS COURSE IS ONLY AVAILABLE IF YOU HAVE BEEN REFERRED BY THE BLUE DOOR

Content and Overview

This course is designed to offer a welcoming space where individuals who may be experiencing low confidence, reduced resilience, anxiety, or social isolation can connect, grow, and flourish both personally and alongside others. This course will support mental health and emotional wellbeing by building self-esteem, and developing positive coping strategies in a gentle, supportive environment.

During the Talk and Grow course the learners will be planting seeds in a propagator and then planting them out on the allotment as soon as the seedlings start growing.

The learners will develop an understanding of the different growing seasons for vegetables, along with 'complimentary' planting (planting the correct vegetables together so they support growth).

Hopefully, depending on the weather, by the end of the course, the learners will be able to take home vegetables which they have grown from seed. They will also be taking home various herbs which they will have grown from seed.

Sessions are designed to be low-pressure, accessible, and adaptable to a range of needs and abilities, ensuring that every participant feels valued and included to boost their confidence and wellbeing.

Suitable for

Referrals from Blue Door

Delivery Method

Face to face

Progression Route

Further health and wellbeing tailored learning courses

Further qualifications including English, Maths, IT etc

DISCLAIMER:

When applying for this course, you must provide evidence to confirm eligibility for funding, proof of ID and full address. Applying for a course does not mean you are automatically enrolled. You must be 19+ on 31 August 2025 and a UK resident.

Our dedicated team will be happy to help – just call us on 01724 297146 or contact us on

<https://northlincsadulteducation.co.uk/contact/>