

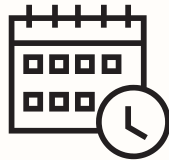
# GROW FORWARD

## SUPPORTED VOLUNTEERING AT OUSEBURN FARM

A place for growing plants, fruit and veg, animals,  
but most of all, people.



4 weeks, starting on  
16<sup>th</sup> October 2025



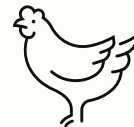
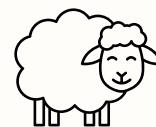
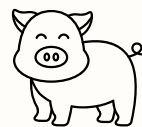
Thursdays



10am-2pm



group volunteering in animal care and  
horticulture



employment and wellbeing workshops



If you are not working and live in North Tyneside, Newcastle or  
Northumberland and would like support to get into volunteering, work or  
to gain experience in a new area



get in touch with Volunteer Lead, Sarah, to apply or find out  
more information on [sarah.smith@ouseburnfarm.org.uk](mailto:sarah.smith@ouseburnfarm.org.uk)  
or call 0191 232 3698

