

The Comfrey Project

The Comfrey Project works with refugees and asylum seekers on allotment sites across Newcastle and Gateshead with the aim of improving their conditions of life and general wellbeing.

Community Garden Sessions, using nature-based activities to improve people's wellbeing.

Language and Skills Café, people have the opportunity to practice their language and communication skills

CultureHub drop-in sessions where people take part in a diverse range of creative activities.

Grounding Programme a 6 week group programme focusing on nature, gardening, confidence building and wellbeing.

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Opening Hours: By appointment

Cost: Free

Address:

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Chester Place
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Gardening and Health

Health information for families with children aged between 0-19 years old

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