

WELCOME TO THE WILLOW FIELD



Naturally
seful

WELCOMING ADULTS WITH ADDITIONAL
SUPPORT NEEDS TO OUR GARDENING
AND CRAFTING GROUPS ON
THE WILLOW FIELD





WHERE WE ARE
THE WILLOW FIELD, NATURALLY USEFUL
MARCASSIE FARM, RAFFORD, BY FORRES

WE MEET ON TUESDAYS
FROM 10.30AM TO 3PM



WE SPEND THE
MORNINGS
GARDENING AND
GROWING IN OUR
FIELD AND
POLYTUNNELS



IN THE AFTERNOONS WE MAKE CRAFTS TO SELL, LIKE WILLOW BIRD FEEDERS, RAG RUGS AND PAPER



THERE WILL BE AN EXHIBITION OF OUR WORK AT THE END OF THE YEAR

WE EAT OUR PACKED LUNCHES
TOGETHER AT 12.30PM

WE ENJOY TEA BREAKS
IN THE MORNINGS
AND AFTERNOONS






MAKE NEW FRIENDS,
LEARN AND GROW TOGETHER
IN A SAFE AND INCLUSIVE,
CREATIVE ENVIRONMENT

TRAVEL WITH US ON THE OSPREY BUS
OR MAKE YOUR OWN WAY HERE.
WE MEET ON THE FIELD FOR A 10.30AM START



BUS SCHEDULE

LOCATION	PICK UP TIME	DROP OFF TIME	COST (RETURN)
FORRES LEYS ROAD CAR PARK	10.20AM	3.10PM	£5
ALVES RECYCLING POINT	10.10AM	3.20PM	£7
ELGIN LOSSIE GREEN CAR PARK	10AM	3.30PM	£10



KIT LIST

PLEASE BRING:

- PACKED LUNCH
- WATER BOTTLE
- GARDENING GLOVES
- WATERPROOF JACKET
- WATERPROOF TROUSERS
- WARM CLOTHING & HAT
- WATERPROOF, STURDY FOOTWEAR
- ANY MEDICATION YOU NEED

MEET THE TEAM

FRANCESCA SPENDS ALL DAY WITH THE GROUP.

SOME OF HER FAVOURITE THINGS TO DO ARE SPENDING TIME OUTDOORS, BEING CREATIVE AND GETTING TO KNOW PEOPLE.



MEET THE TEAM

EMILY IS OUR
HEALTH &
WELLBEING
COORDINATOR

SHE SPENDS THE
MORNINGS
GARDENING WITH
THE GROUPS



EMILY LOVES MUSIC,
DANCING AND BEING
PLAYFUL IN NATURE

MEET THE TEAM

AMY IS A MAKER, TUTOR AND DIRECTOR AT NATURALLY USEFUL.

SHE TEACHES CRAFTS TO THE GROUPS IN THE AFTERNOONS.

SHE LOVES TO GARDEN, DANCE AND SING.





MEET THE WIDER NATURALLY USEFUL TEAM

OTHER FACES YOU MIGHT SEE AROUND:

KAREN IS THE FOUNDER OF NATURALLY USEFUL.
SHE IS ALSO A MAKER, TUTOR AND DIRECTOR.
SHE LOVES TO MAKE, GARDEN AND SHARE HER SKILLS
WITH OTHERS.

IF YOU SEE KAREN, HER FOUR-LEGGED FRIEND,
SALLY, IS SURE TO BE CLOSE BY.



MEET THE MAKERS AT NATURALLY USEFUL



HELENA



HANNAH

MEET THE MAKERS AT NATURALLY USEFUL



KATIE



JODIE

REDISCOVER THE JOY OF NATURE,
CREATIVITY, AND CONNECTION WITH
OUR FRIENDLY TEAM, HERE TO SUPPORT
YOU EVERY STEP OF THE WAY



COST



WE ARE HAPPY TO OFFER THE FIRST SESSION FOR FREE SO YOU CAN DECIDE IF YOU WANT TO JOIN.

EACH SESSION THEN COSTS £65 PER PERSON, PAYABLE VIA SDS OPTION 1. WE RUN IN SIX-WEEK BLOCKS WITH A PAUSE EACH SEVENTH WEEK.

PLEASE DON'T LET MONEY BE A BARRIER – WE ARE HAPPY TO DISCUSS PAYMENT OPTIONS.

FOR MORE INFORMATION, VISIT
[WWW.NATURALLYUSEFUL.CO.UK/
HEALTH-AND-WELLBEING](http://WWW.NATURALLYUSEFUL.CO.UK/HEALTH-AND-WELLBEING)

IF YOU OR SOMEONE YOU KNOW
WOULD LIKE TO JOIN OUR GROUP,
PLEASE CONTACT EMILY AT
CARE@NATURALLYUSEFUL.CO.UK
OR CALL 01309 675052
WE LOOK FORWARD TO HEARING
FROM YOU!

