

Are you 16-24?

Need support getting into work?

NEXT PROGRAMME
Monday 9th
February 2026

Grow
389 Manor Lane
Sheffield
S2 1UL

Join Grow Training

-  4 week programme
-  3 afternoons per week
1-3:30pm
-  Guaranteed interview for one of our 10-week paid work placement programme

-  Boost confidence
-  Gain work experience
-  Get out in nature
-  CV workshops
-  Develop skills
-  Build resilience



What do we do at Grow?

Being in nature is good for us, that's why everything we do is based in nature! Through horticulture-based projects, you'll develop transferable skills that are key ingredients to thriving in life and at work, such as working well with others, good communication and managing your motivation.

Want to build your confidence?

Many of our trainees want to develop their confidence. If you've hit challenges in life and need support to move forward and find a job that works for you, we can help.



Find out more:



“...it's brought me a bit out of my comfort zone. It's helped a lot with my home life - my routine's got a lot better. I'm sleeping a lot better; I'm looking forward to getting up now in the morning and it's helped take a lot of stuff off my mind. - **Darren, trainee**