

# Are you 16-24?

## Need support getting into work?

NEXT PROGRAMME

Monday 13th  
April 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



Make new friends



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**”