



WHAT'S ON 2018



Grow



Cook



Eat

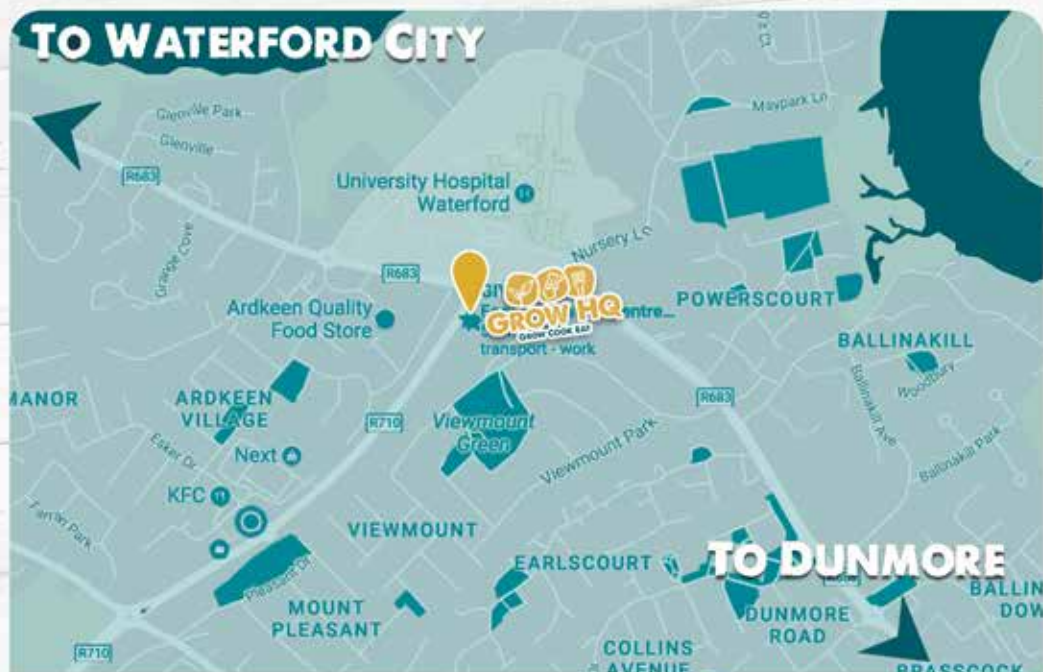
CAFÉ - BISTRO - GARDENS - SHOP
COOKERY & GROWING CLASSES



WWW.GROWHQ.ORG



TO WATERFORD CITY



OPEN 7 DAYS A WEEK

BREAKFAST: 9AM - 12PM DAILY

LUNCH: 12PM - 5PM DAILY

BISTRO: 5PM - 9PM (THURS, FRI, SAT) 12PM - 5PM (SUN)

GIY IS A MOVEMENT OF PEOPLE WHO GROW SOME OF THEIR OWN FOOD. WE ARE A NOT-FOR-PROFIT SOCIAL ENTERPRISE DEDICATED TO SUPPORTING PEOPLE TO GROW SOME OF THEIR OWN FOOD AT HOME, SCHOOL, WORK OR IN THE COMMUNITY. **GROW HQ** IS A PLACE WHERE THERE ARE NO BARRIERS BETWEEN WHERE FOOD IS GROWN, COOKED AND EATEN. IT IS THE HOME OF GIY, THE MOTHERSHIP AND A PLACE OF JOY, HEALING AND GREAT FOOD THAT EMBODIES ALL THINGS GIY.

CALL US ON 051 584422 OR EMAIL US HELLO@GROWHQ.ORG
FARRONSHONEEN, ARDKEEN, WATERFORD CITY

EDUCATION TEAM



MICHAEL KELLY: GIY FOUNDER

#KALETOTHECHIEF

Author, grower and founder of GIY. He will be on our screens presenting GROW COOK EAT on RTE 1 this year and was named Local Food Hero at the Irish Restaurant Awards.



JB DUBOIS: HEAD CHEF

#DICE DICE BABY

JB has a wealth of experience in boutique hotels, 4 star hotels and prestigious restaurants. He has a strong focus on fresh, local, seasonal products of impeccable quality.



RICHARD MEE BSC MSC: HEAD GROWER

#WEEDEMANDREAP

Now leading the garden team at HQ, Richard has grown veg all over the world including Central America and Africa. Previously he worked as a commercial organic grower, a trainer in horticulture, an organic inspector and consultant.



JIM 'JUICIE JIM' BRINDLEY: LIVING FOOD INSTRUCTOR

#PUMPUPTHEBEET

Juicie Jim has a wealth of growing knowledge gleaned from years of growing on his allotment and studying with some of Ireland and Europe's best known food growers.



CAITRIONA KELLY: SOCIAL & THERAPEUTIC HORTICULTURIST

#GROWTHELOVAGE

Caitriona has a BA in Natural Science and a H Dip in Community and Youth Work. She also holds an MA in Education, and a Diploma in Social and Therapeutic Horticulture.



MARTINA AVERY: YOGA INSTRUCTOR

#DROPANDGIVEMEZEN

Martina teaches a Hatha style yoga here at GROW HQ. She believes everyone can do yoga. Her classes are friendly and welcoming. You will leave her classes feeling energised, balanced and relaxed.

THE FRUIT & VEGETABLE GARDEN THROUGH THE YEAR WITH RICHARD MEE

BRAND NEW

A HANDS ON OPPORTUNITY TO LEARN ABOUT GROWING THROUGH THE SEASONS IN THE FRUIT AND VEGETABLE GARDEN, THE GLASS HOUSE & THE TUNNEL. WHILE EACH COURSE STANDS ALONE IN TERMS OF LEARNINGS, THEY CAN BE COMBINED TO ENABLE YOU GET THE VERY MOST FROM YOUR GARDEN ALL YEAR ROUND. RICHARD HAS GROWN FOOD COMMERCIALY ALL OVER THE WORLD AND IS OUR HORTICULTURAL GENIUS (DON'T TELL MICK). **BOOK ALL FIVE COURSES FOR A SPECIAL BUNDLE PRICE OF €295.**



PLANT UP THE GARDEN

Gardens take lots of planning. Learn how and what to plan for the seasons ahead on this full day comprehensive course. Topics covered include: Planning your garden; Preparing the soil; Sowing in trays & early crops outside; Planting & pruning fruit; Preparing the tunnel for summer crops.

TIME: 10am - 4pm
PRICE: €65 (including a delicious HQ lunch)
DATE: February 10th



SPRING IN THE GARDEN

There is always plenty to be done in the food garden in spring to set your garden up for plentiful harvests later in the year. Topics covered include: Making up beds; Transplanting; Sowing summer crops; Managing fruit sets; Planting up the tunnel.

TIME: 10am - 4pm
PRICE: €65 (including a delicious HQ lunch)
DATE: March 31st

KEEP THE GARDEN GROWING

Learn how to keep on top of your garden and manage it throughout the summer. Topics covered include: Managing pests & diseases; Keeping on top of the weeds; Watering; Pruning and training tomatoes and cucumbers; Looking after fruit into the summer.

TIME: 10am - 4pm
PRICE: €65 (including a delicious HQ lunch)
DATE: May 26th



ENJOY THE HARVEST

Reap the rewards of plentiful harvests well into Autumn. Topics covered include: Maximising your summer harvest, tunnel and fruit garden; Keeping on top of pests, diseases and weeds; Sowing late crops; Managing the tunnel into the Autumn.

TIME: 10am - 4pm
PRICE: €65 (including a delicious HQ lunch)
DATE: August 18th



PREPARE FOR WINTER

Protect your garden from the elements and rejuvenate the soil with green manures. Topics covered include: Sowing overwintered crops in the garden and tunnel; Sowing green manures; Getting the garden ready for next year; Looking after the fruit garden into the winter.

TIME: 10am - 4pm
PRICE: €65 (including a delicious HQ lunch)
DATE: October 27th



GROWING CLASSES FOR BEGINNERS



GROW COOK EAT WITH MICHAEL AND KAREN

From Spring 2018, GROW HQ is the set for a brand new 7-part GIY TV series (called GROW COOK EAT), to be aired on RTE 1 television. Presented by our own Michael Kelly and Karen O'Donohoe the series brings viewers on a plot-to-plate journey through the growing year.

On these two very special GROW COOK EAT days at HQ, go behind the scenes on the show, joining hosts Michael and Karen for an inspiring day focussed on the 7 veg that feature in the series. There will be plenty of growing advice for complete beginners, a focus on container and urban growing, lots of banter, and a delicious HQ lunch. We guarantee you will leave HQ fired up and ready to start GIYing.

TIME: 10am - 4pm

PRICE: €65 (including a delicious HQ lunch)

DATE: April 21st & July 7th

BEGINNERS GUIDE TO GROWING WITH GIY FOUNDER MICHAEL KELLY

Have you always wanted to grow your own food, but don't know where to start? Do you get confused by all those weird horticulture terms and Latin names for plants? This course for beginners with GIY Founder Michael Kelly will get you started on your GIY journey. Learn how to make a simple yearly plan for your veg patch, the most common veg to grow, and how and when to sow a variety of seeds as well as lots of tips on keeping your plants and soil healthy, managing pests and disease, and simple techniques to get the most out of your veg patch. Take home a variety of veg growing guides, and lots of other information to get you growing.

TIME: 10am - 4pm

PRICE: €65 (including a delicious HQ lunch)

DATE: Jan 20th, Feb 24th, Mar 24th, May 19th, Jun 16th, Sept 15th, Oct 13th





NO DIG GROWING WITH CHARLES DOWLING

Join renowned grower Charles Dowling as he takes you through easy bed preparation, sowing dates and methods, tips on harvesting and pest control. In summer months, time is always short and precious. Charles gives advice on fast ways to prepare ground for new plantings using the no dig method. Participants will leave with a range of methods to extend their season and improve cropping, even from small areas of ground. Charles Dowling is recognized worldwide for his long experience of growing great food, he gardens in Somerset, UK, writes and teaches.

TIME: 10am - 4pm

PRICE: €75 (including a delicious HQ lunch)

DATE: May 6th

SPROUTING, MICROGREENS & FORAGING WITH JUICIE JIM



SPROUTING & MICROGREENS

Sprouts are the tender shoots of young plants grown without soil. These nutritional power houses are grown in a matter of days - the ultimate 'fast food'. They are packed with protein, vitamins, enzymes and minerals. Every participant gets to take away a sprouter and a pot of microgreens so that they can continue growing at home.

TIME: 10am - 12pm

PRICE: €30

DATE: May 12th



FORAGING WALK **BRAND NEW**

Explore the HQ foraging walk and learn to identify and use many plants that grow all around us in fields, woods and hedgerows. Use these plants as food and medicine with Jim who has many years' experience of using them. Get out into the great outdoors and see the bounty that surrounds us all.

TIME: 10am - 12pm (excluding Jul 26th)

PRICE: €30

DATE: May 20th, Jul 26th (6pm - 8pm), Oct 14th

LEARN TO COOK THE GIY WAY WITH GROW HQ'S HEAD CHEF JB DUBOIS



HEALTHY VEGETARIAN DISHES

Vegetarian cooking skills are a great way to bring delicious, healthy dishes in to your cooking. This demo will focus on sweet and savoury vegetarian and vegan recipes, the importance of using seasonal vegetables for flavour. There will be plenty of tasting and audience participation.

TIME: 6.30pm - 8pm **PRICE:** €25 **DATE:** Jan 18th



FISH SKILLS

In this double header with local fish expert Tony Kelly and HQ Head Chef JB, learn about our amazing local and sustainable fish, how to fillet like a pro, and different ways to prep the ultimate fast food. Face your fish fears and learn to make the most of this affordable superfood.

TIME: 10am - 12.30pm **PRICE:** €30 **DATE:** Jan 27th



VEGAN PASTRIES, SWEETS & DESSERTS

It's a myth that vegan cooking has to be bland. Join JB as shows you the tricks of the trade and how to make delicious sweets and pastries without eggs and butter. Satisfying, healthy and incredibly tasty, vegan cookery can be enjoyed by anyone.

TIME: 6.30pm - 8pm **PRICE:** €25 **DATE:** Feb 8th



BRUNCHES

Brunch is an increasingly essential part of any restaurant's repertoire. Learn how to create delicious eggy brunch wonders with the chef behind Ireland's best omelette! Explore a variety of cooking techniques from poached, omelettes and baked.

TIME: 6.30pm - 8pm **PRICE:** €25 **DATE:** Mar 15th

PASTA

Considering he's French, GROW HQ Head Chef, JB has a surprising passion for pasta. In this evening course, learn how to make your own fresh pasta from scratch. Then, the best part, learn how to create delicious, traditional Italian sauces using the simplest home-grown ingredients. Turn pasta night into the favourite meal of the week with a little know how and only a few staple ingredients.

TIME: 6.30pm - 8pm **PRICE:** €25 **DATE:** Apr 12th

FAMILY MENU PLANNER

Do you struggle to come up with ideas for meals every evening? Join JB as he helps you take the hassle out of meal times, taking you through two weeks of meal planning and demoing some of the dishes. Plenty of tips on how to get organised and get the most from your ingredients to save you time and money.

TIME: 6.30pm - 8pm **PRICE:** €25 **DATE:** May 10th

SUMMER PICNIC: SALADS, PESTOS, DRESSINGS, & HUMMUS

In this summer evening course, JB will take you through how to think outside the salad bowl and create delicious salads using oriental greens, lettuce and more. We will also look at seasonal pesto recipes and cracking dressings to make every salad amazing.

TIME: 6.30pm - 8pm **PRICE:** €25 **DATE:** Jun 7th

BBQING: MEATS, SLAWS & SAUCES

Put the days of charred meat and a limp salad behind you. Learn the secrets to a great barbecue and wow your family and friends with amazing food. If you want to be a barbecue hero this summer, then come along and learn the slow cooking and barbecue techniques to bring the flavour out in meats and fish.

TIME: 10am - 12.30pm **PRICE:** €30 **DATE:** Jun 30th





PIZZA NIGHT

It's summer time, and perfect for a pizza themed evening around our outdoor oven on the terrace at HQ. Learn how easy it is to make fresh pizza dough and try a variety of toppings before baking your pizza in our own wood fired oven. Have a beer and relax!

TIME: 6.30pm - 8pm **PRICE:** €30 **DATE:** Jul 26th



HEALTHY FOOD ON THE GO

The lazy days of summer are nearly done and in a few weeks we will be back to the grind of daily packed lunches for school and work. That doesn't need to mean boring sambos! Learn how to create delicious, fun and healthy packed lunches, and plan out a week to make the most of your ingredients.

TIME: 6.30pm - 8pm **PRICE:** €25 **DATE:** Aug 16th



MEZZE DINNER PARTY **BRAND NEW**

Mezze eating is all about a variety of small dishes with big tastes and the ultimate shared eating experience. Little wonder the mezze plate is one of the HQ Cafe's top sellers. Learn how to create a showstopper of a night for friends with mezze plates of local, seasonal meat, fish and veggies.

TIME: 6.30pm - 8pm **PRICE:** €30 **DATE:** Aug 25th



KETCHUPS, CHUTNEYS, RELISHES & PRESERVES

We're in peak harvesting time when the veg patch is heaving, and its time to throw on the chef's apron and get cooking so you get to savour every last ounce of produce! Learn how to create your own larder of ketchups, chutneys, relishes and pickles and make the season's harvest go much, much further.

TIME: 10am - 12.30pm **PRICE:** €30 **DATE:** Sept 13th

SOUPS, BROTHS & BREAD

The evenings are closing in and thoughts are turning to warming bowls of deliciousness. Learn how easy it is to make tasty soups, nourishing broths and your own stocks, always with seasonal and wholefood ingredients. You will also learn how easy and rewarding it is to make your own breads.

TIME: 6.30pm - 8pm **PRICE:** €25 **DATE:** Oct 10th

FERMENTATION & PICKLING

We're all a little more interested in how fermented foods can help our guts to heal and perform a little better. This introductory course will take the fear out of creating your own krauts, pickles and vinegars. A fab way to preserve gluts of food and bring some fermented health in to your life.

TIME: 10.30am - 12pm **PRICE:** €30 **DATE:** Oct 20th

TOUR DE FRANCE

Our French Head Chef JB is proficient in many cuisines like Italian and even vegan cooking, but this class allows him to bring it all back home. Expect a tour of his favourite French regional dishes, and plenty of cream, cheese and other French favourites.

TIME: 6.30pm - 8pm **PRICE:** €25 **DATE:** Nov 8th

EDIBLE CHRISTMAS GIFTS

Home made gifts are always appreciated, especially when its food. This vinegars, syrups, chutneys, flavoured salt, biscuits and bakes demo includes tips on how to package them beautifully with our in-house knowledge - there is nothing we can't do with some hessian and a jam jar.

TIME: 6.30pm - 8.30pm **PRICE:** €30 **DATE:** Dec 6th



LIVING FOOD WITH JUICIE JIM



JUICING & BLENDING

Making delicious and nutritious juices and smoothies from the best mostly local ingredients.

TIME: 10am - 12pm **PRICE:** €30 **DATE:** Jan 14th

FERMENTED & CULTURED DRINKS

Watch how easy it is to make your own kombucha, water kefir, milk kefir, coconut kefir and fermented ginger drinks.

TIME: 2pm - 4pm **PRICE:** €30 **DATE:** Jan 28th

SPRING CLEAN - DETOXING DRINKS

From herbal teas to dandelion coffee Jim will show you how to make tasty detoxing drinks.

TIME: 10am - 12pm **PRICE:** €30 **DATE:** Apr 8th

RAW FOOD DEHYDRATION **BRAND NEW**

A master class in making crackers, breads, crisps and other savoury snacks from home grown veg & fruit especially great in preserving the inevitable gluts.

TIME: 10am - 12pm **PRICE:** €30 **DATE:** Sept 16th

FROM FERMENTATION TO FERMENTISTAS: IMPROVE YOUR GUT HEALTH WITH FERMENTED AND CULTURED FOODS AND DRINKS

Join Gaby & Hans Weiland from The Organic Centre for this 2-day course. You will learn why fermentation is not only one of the oldest food preserving methods, but probably the best when it comes to keeping the nutrients. You make some ferments yourself to take home and will leave inspired, infected and confident to start life as a newly promoted Fermentista.

TIME: 10am - 4pm **PRICE:** €130 **DATE:** Apr 28th & 29th

BEST
SELLER

GROW HQ SEASONAL FEASTS

THIS VERY SPECIAL SEASONAL EVENT TELLS THE STORY OF THE BEST THAT OUR GROW HQ GARDEN AND LOCAL PRODUCERS HAVE TO OFFER. EACH FEAST INCLUDES 3 COURSE MEAL, TEA/COFFEE & WELCOME DRINK ON ARRIVAL.

THE HUNGRY GAP

A challenging time of the year in the veg patch requires extra ingenuity in the kitchen. Our team are up for the challenge and have created an incredible meal using the new shoots of 2018, the delicious preserved produce from last year and no small amount of imagination and talent.

TIME: 6.30pm **PRICE:** €40 **DATE:** March 18th

SUMMERTIME FEAST

Summer is here and the energy of the sun and the warmth of the soil, with a little bit of growing talent and kitchen alchemy, have created a feast of freshness and vibrancy. Enjoy the tastiest, most colourful food of the year in a delicious meal that celebrates the very best of the season.

TIME: 6.30pm **PRICE:** €40 **DATE:** June 3rd

HARVEST FEAST

This time of year is the traditional celebration of earth's bounty. With an abundance of tasty, autumn fare now available, and plenty of summer's boon still there to enjoy, the autumn offering is truly the most varied and generous. Enjoy a true feast with us this Harvest.

TIME: 6.30pm **PRICE:** €40 **DATE:** Oct 28th

FESTIVE FEAST

This is the season to come together with family and friends to celebrate the year that's passed, and welcome the one to come. What better way to do this than with a fabulous, festive feast in the beautifully bedecked surrounds of GROW HQ?

TIME: 6.30pm **PRICE:** €40 **DATE:** Dec 30th

CELEBRITY DEMO & DINE

Join our celebrity guest chefs as they demonstrate their favourite menus in the warm surrounds of the HQ bistro. After the demo you will dine on the meal you have just seen prepared in front of you. Enjoy a glass of wine on arrival and relax during a special evening up close and personal with Ireland's favourite chefs. Check GROWHQ.org for updates.

TIME: 6.30pm **PRICE:** €65 **DATE:** Feb 22nd, Apr 19th, Jul 12th, Sept 7th

JUNIOR COOKERY CLUB



GIVE YOUR KIDS KITCHEN CONFIDENCE AT GROW HQ

On the last Sunday of every month kids between 6 and 12yrs get the best introduction to cooking with fresh, seasonal, home grown ingredients. Taught by our in house kitchen team, they will learn to cook the GIY way, starting with understanding ingredients, flavours and textures. They will then learn how to prepare simple tasty dishes they can easily recreate at home. Each child leaves with an understanding of the processes, techniques and tastes that go into each dish, and the importance of using fresh, seasonal ingredients. The theme of each class will focus around what is in season and will vary each month. With lots of activities and loads of (fun) learning your little ones will absolutely love their time learning to cook in GROW HQ. They eat what they have cooked and always take a little bit home for parents. Cooking techniques and recipes are age-appropriate.

TIME: 10am - 12pm

PRICE: €20

DATE: Jan 28th, Feb 25th, Mar 25th, Apr 29th, May 27th, Jun 24th, Jul 29th, Aug 26th, Sept 30th, Oct 28th, Nov 25th

GROW COOK EAT CAMPS

A BRILLIANT PLOT-TO-PLATE EXPERIENCE FOR CHILDREN

Children will learn to grow in our veg garden and then cook up the harvest in a seasonal cookery demo. They could make tasty soups, savoury scones, veggie pizza and so much more. Each day they will eat delicious, seasonal food that they've harvested and cooked themselves. We offer your child a week of fun, creativity and connection to food and nature, while you can be sure they have an unforgettable experience in a safe, healthy environment with plenty of fresh air and great food. Always fun, educational and tasty with lots of goodies to take home. Suitable for children aged 6-12. Bring appropriate footwear and clothing, it might get messy!

EASTER GROW COOK EAT CAMP (4 DAYS)

TIME: 9am - 1pm

PRICE: €85

DATE: March 26th - 29th

SUMMER GROW COOK EAT CAMPS (5 DAYS)

TIME: 9am - 1pm

PRICE: €100

DATE: July 16th - 20th
July 30th - August 3rd





YOGA WITH MARTINA AVERY

ABSOLUTE BEGINNERS YOGA

This class is suitable for anyone new to yoga or who hasn't been on the mat for a while. You are introduced to yoga poses and the practice of breath work and meditation.

TIME: 7pm - 8pm

PRICE: €12 (or 5 classes for €50)

DATE: Monday evenings (see website as some exclusions apply)

GENTLE YOGA FOR BEGINNERS

A lovely class of gentle yoga poses and breath practice for the mind and body.

TIME: 11am - 12pm

PRICE: €12 (or 5 classes for €50)

DATE: Tuesday mornings (see website as some exclusions apply)

LUNCHTIME YOGA

Suitable for all levels. This class will set you up for the afternoon. It will help prevent that afternoon slump, reduce sugar cravings, clear the mind and revitalise you for the afternoon.

TIME: 12.30pm - 1.10pm

PRICE: €15 (includes soup, sandwich or salad to take away)

DATE: Tuesday lunchtimes (see website as some exclusions apply)

ACTIVE BEGINNERS LEVEL 1

Is for the student who would like to progress from absolute beginners and want a more active and stronger practice.

TIME: 7pm - 8pm

PRICE: €12 (or 5 classes for €50)

DATE: Wednesday evenings (see website as some exclusions apply)



SOCIAL AND THERAPEUTIC HORTICULTURE AT GROW HQ WITH CAITRIONA KELLY

AT GIY WE HAVE SEEN THE DIFFERENCE A FOOD GROWING WORKSHOP OR PROGRAMME CAN MAKE TO PEOPLE'S HEALTH AND WELLBEING. THANKS TO THE COMMUNITY FOUNDATION FOR IRELAND WE HAVE BEEN ABLE TO IMPLEMENT AN INCREDIBLE SOCIAL AND THERAPEUTIC HORTICULTURE PROGRAMME IN 2018. WE HAVE A RANGE OF CLASSES, PROGRAMMES AND COURSES TAKING PLACE IN GROW HQ OVER THE NEXT THREE YEARS. OUR DEDICATED FULL TIME THERAPEUTIC HORTICULTURIST, CAITRIONA KELLY, IS DELIVERING THERAPEUTIC PROGRAMMES TO VULNERABLE GROUPS AS WELL AS DELIVERING TRAINING TO THOSE WHO WISH TO INCLUDE HORTICULTURAL THERAPY IN THEIR OWN WORK OR LIVES. ALL OF OUR SOCIAL AND THERAPEUTIC HORTICULTURE COURSES ARE CERTIFIED BY THRIVE.

STEP INTO SOCIAL THERAPEUTIC HORTICULTURE

A beginner's guide to using horticulture as a therapeutic activity. THRIVE's Step into Social and Therapeutic Horticulture (STH) workshops offer volunteers, people who are new to STH, and people who are thinking of a career change the opportunity to access an introductory course at a great price.

Suitable for:

Beginners, career changers and volunteers

What you will learn:

- An insight into social and therapeutic horticulture and how gardening can be beneficial for peoples' physical health and emotional well-being.
- Experience the role of the therapist, and gain an insight into how to work with individuals with a range of support needs.
- Discover how to break gardening tasks down into component parts and make these tasks inclusive.
- How to become involved in social and therapeutic horticulture and career pathways available.

TIME: Registration and tea/coffee 9.30am, 10am start 4pm finish

PRICE: €80 (light lunch and refreshments included)

DATE: Mar 10th, Aug 18th



USING SOCIAL AND THERAPEUTIC HORTICULTURE TO BENEFIT PEOPLE WITH MENTAL HEALTH SUPPORT NEEDS (2 DAY COURSE)

This 2-day course provides information, skills and techniques in using social and therapeutic horticulture when working in the areas of rehabilitation, recovery, social inclusion, training and employment.

Suitable for:

Practitioners - including volunteers and allied professionals

What you will learn:

- To understand and know how to apply the principles and practice of social and therapeutic horticulture to benefit people who have mental health support needs.
- To gain an insight into the role of a horticultural therapist working with people who have mental health support needs.
- To begin to design a client centred social and therapeutic horticulture programme.
- To understand the importance of assessment, monitoring, evaluation, horticultural programming and planning for garden projects and for the individuals attending a garden project.

TIME: Registration and tea/coffee 9.30am, 10am start 4pm finish

PRICE: €230 (light lunch and refreshments included)

DATE: July 14th & 15th

OUTCOME MEASUREMENTS AND QUALITY STANDARDS - DEMONSTRATE YOUR IMPACT

This one-day course explores the different means of using outcome measurements and quality standards, their potential to demonstrate impact in STH settings, along with evaluating impact of STH in other service provision.

Suitable for:

Practitioners - including volunteers and allied professionals

What you will learn:

- Explore different outcome frameworks appropriate to STH.
- Discover how to improve services through quality standards.
- Explore different methods of reporting upon the impact of STH.

TIME: Registration and tea/coffee 9.30am, 10am start 4pm finish

PRICE: €150 (light lunch and refreshments included)

DATE: August 19th

USING SOCIAL AND THERAPEUTIC HORTICULTURE WITH CHILDREN AND YOUNG PEOPLE (2 DAY COURSE)

In an age of increasing awareness about the importance of children's mental well-being, the use of social and therapeutic horticulture with young people can improve self-esteem and confidence, highlight the importance of connecting with Nature and promote healthy living.

Participants on this course will learn:

- How to apply the theory of social and therapeutic horticulture in working with children.
- Practical approaches to using gardens for engagement and well-being.
- How to create therapeutic programmes aimed at addressing individual and group needs.
- About using assessment in social and therapeutic horticulture with children in diverse settings.

TIME: Registration and tea/coffee 9.30am, 10am start 4pm finish

PRICE: €230 (light lunch and refreshments included)

DATE: Nov 10th & 11th



EMPLOYEE WELL BEING TEAM BUILDING CORPORATE EVENTS

WE OFFER A RANGE OF CORPORATE WELLNESS PROGRAMMES AND AWAY DAYS TO ENERGISE AND INSPIRE YOUR TEAM. GIY@WORK PROGRAMMES ARE TAILORED TO SUIT YOUR TEAM, YOUR WORKPLACE AND YOUR BUDGET.

FOR MORE INFORMATION ON GIY@WORK
CALL URSULA ON 086 0440417
OR EMAIL URSULA@GIY.IE



FAMILY FUN DAYS



At GROW HQ we love throwing open the doors and inviting in the community. For our Family Fun Days, we invite you to bring the whole family along and enjoy the fun and activities that we've laid on. Arts and crafts, face-painting, games, garden tours and cookery demos are all part of the fun. We have plenty of activities free of charge and also some that can be booked and paid for in advance. Check out GROWHQ.ORG to choose and book your favourite activities and plan your day.

TIME: 10am - 4pm

PRICE: Free with some activities priced

DATE: Feb 11th, Jun 24th,
Aug 12th, Oct 29th



@ GROW HQ



FOOD MATTERS

#GIYFOODMATTERS

SEPTEMBER 7TH - 9TH 2018

Our annual series of panel discussions about all things food-related. From growing to nutrition, supermarkets to social media, fermenting to farming we cover any and all food topics. With a whole host of visiting experts from the world of science, technology, journalism and horticulture. Full details and line up including speakers, cookery and growing demos and guest chefs will be announced closer to the event – check out GROWHQ.org for updates.

PLAN YOUR VISIT TO HQ

KEEP TRACK OF YOUR BOOKINGS

COURSE	DATE	TIME
NOTES:		

JANUARY

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY

Su	Mo	Tu	We	Th	Fr	Sa
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MARCH

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APRIL

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29	30					

MAY

Su	Mo	Tu	We	Th	Fr	Sa
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27	28	29	30	31		

JUNE

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17	18	19	20	21	22	23
24	25	26	27	28	29	30

JULY

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22	23	24	25	26	27	28
29	30	31				

AUGUST

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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SEPTEMBER

Su	Mo	Tu	We	Th	Fr	Sa
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16	17	18	19	20	21	22
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OCTOBER

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NOVEMBER

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DECEMBER

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LETTUCE THROW YOU A PARTY

IF YOU LIKE WHAT WE DO AND FANCY HOLDING AN EVENT AT GROW HQ, GET IN TOUCH AND LET US KNOW. WE LOVE TO HELP OUR VISITORS TO CELEBRATE. WHAT WE DO BEST IS CREATE A BESPOKE EVENT TAILORED TO YOU. THERE'S NO SUCH THING AS A STANDARD EVENT BECAUSE THERE'S NO SUCH THING AS A STANDARD PERSON!

WE CAN TAILOR ANY EVENT TO MATCH YOUR GROUP, NEEDS AND BUDGET WHETHER IT'S A PRIVATE DINING EXPERIENCE, A CORPORATE TEAM BUILDING DAY OR A UNIQUE HEN PARTY. YOU CAN TAKE A COOKERY COURSE, LEARN HOW TO GROW SOME FOOD OR SIMPLY NOURISH YOURSELVES WITH A CELEBRATORY, HOME-GROWN, DELICIOUS MEAL.

GIVE URSULA A CALL ON 086 0440417 OR EMAIL URSULA@GIY.IE AND HAVE A CHAT.

OTHER SERVICES AT HQ

OFF-SITE MEETINGS

We have a quiet, well equipped meeting room upstairs at GROW HQ, perfect for a productive meeting when a busy office just won't do. We will cater your meeting with organic scones, pastries and beverages or you could enjoy a full breakfast or lunch from our café.

CHRISTMAS PARTIES

Tired of the same old Christmas party? Put delicious home-grown, seasonal food at the centre of your Christmas celebrations this year with a very special party at GROW HQ. Our long-table, seasonal Christmas party feasts run from mid-November until mid December, or you can book out the full restaurant for a very special private dining event.

OUTSIDE CATERING

Perk up your meeting, training or presentations with a delivery of the very best, local, seasonal and organic food to keep your team alert and content. Only available in Waterford.

BREAKFAST, LUNCH OR TAKEAWAY

Join us in HQ café from 9am, 7 days a week, for a delicious, nutritious breakfast. Have an informal meeting over organic scones and great coffee in our bright, sunny café. Enjoy a healthy, tasty, home-grown lunch with the team from 12 pm daily. You can always pick up a takeaway to bring back to the office a nourishing soup, hearty sourdough sandwich or a fresh, crunchy salad. Feeling a bit drained? Recharge your batteries and bring some HQ nutrition back to your desk.

**FOR MORE INFORMATION ON GIY PROGRAMMES
AT YOUR WORKPLACE, OR AT GROW HQ,
CONTACT URSULA ON 086 0440417
OR URSULA@GIY.IE**



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|  GIYGROWHQ |  GROWHQ.ORG |
|  GROW_HQ |  FARRINGTONHILL,
DUNMORE ROAD,
WATERFORD CITY |
|  GROW_HQ |  HELLO@GROWHQ.ORG |



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|  GIYIRELAND |  GIY.IE |
|  GIYIRELAND |  FLOOR 2,
WILLIAMSTOWN CENTRE, ARBKEEN,
WATERFORD |
|  GIYIRELAND |  HQ@GIY.IE |

**LESS THAN 2 HOURS
FROM CORK/DUBLIN**