



Winter 25/26

At Sunnyside, we have been taking the time to appreciate the changing seasons, even the colder, wetter ones! This is an important period to slow down, reflect, and look forward to the New Year. We've enjoyed Christmas parties, started new training courses, and we have exciting updates in our cafés. Thank you for supporting our charity, and we hope you love reading our Winter Newsletter!

Our Winter and festive season was full of events and activities. We loved hosting our Christmas Pudding Workshop, Wreath Making Workshops and Santa's Grotto. It is always a pleasure to invite people to our sites, bringing our community together and spreading the joy!

Trainee Christmas Party

This year, our annual **Trainee Christmas Party** was hosted by **The Grove**. Celebrating the festive season together was the perfect way to wrap up a busy year.

The event was **made extra special** with a photo booth and table magic! Not forgetting **our resident DJ, DJ Aggy**, whose excellent mix of tunes kept us all dancing.

To our cherished staff and volunteers, **thank you for creating a fun, safe, and supportive space** for our trainees. You are all wonderful, and we couldn't do it without you.



Learning and education

We offer learning opportunities for our trainees through a variety of activities and courses.

Hospitality course

To mark the end of a wonderful hospitality course, **our team visited Nando's** for a day of hands-on work experience!

The participants went behind the scenes, gaining insights into restaurant preparation and kitchen operations before **diving into work**.



Vehicle maintenance course

In January, we started the first cohort in a new **"introduction to vehicle maintenance"** course.

Across 12 weeks, trainees learn the day-to-day and **ongoing maintenance checks** that we perform on our fleet of vehicles. This gives them a **real-world feel** of the checks that all drivers should perform regularly on their own cars.

The engagement has been great so far. **Don't be surprised if a trainee on the course stops you in your tracks to check your bulbs!**



Events and market training

In February, we introduced an **events training course**, focusing on hands-on learning to enhance confidence and **develop real work skills!**

Our trainees will learn how to **set up a stall, serve customers, manage money**, and represent Sunnyside at local events. This opportunity helps develop employability skills and **empowers trainees to engage with their communities**.



Cafés & farm shops

Our cafés provide valuable opportunities for adults with learning disabilities to develop hospitality skills. This means that each cup of coffee or slice of cake you buy contributes to creating meaningful and supportive workplace experiences for our trainees

Our Locations:

Cafés and Farm Shops:

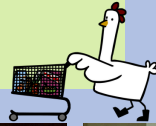
Sunnyside Up, Hemel Food Garden, HP3 9BY
Open 9 am - 3 pm, Mon - Sat

Northchurch, HP4 1NJ

Open 9 am - 3 pm, Mon - Fri

Partnership Café:

with DENS, at The Forum, HP1 1DN
Open 8 am - 3 pm, Mon - Fri



We offer a wide range of **seasonal meals** at our cafes, from soups and toasties to our famous **crispy jacket potatoes** - using **locally sourced** ingredients and **ethical produce** only! Whether you're a regular or a first-time visitor, we hope you **feel at home**.

**Follow our cafés and
farm shops on
Instagram for the latest
deals and updates!**

Seasonal growing

We grow a wide range of plants and produce throughout the year. All our produce is grown without chemicals, using environmentally friendly methods.

Cut Flowers

The Activity Centre is renowned for its delicious fruit, but did you know we also boast a **stunning cut flower** range? Every Thursday, you can **visit our market** on Berkhamsted High Street to **explore a beautiful array** of annuals, perennials, and grasses, including verbenas, bonariensis, echinacea, amaranthus, tulips, and dahlias. **See below!**



Annuals and Perennials

We are growing approximately **15,000 perennials, shrubs and grasses** to add to our existing plant collection. All of our plants are peat-free and are **lovingly cared for** by our teams of trainees and staff!

A **full-colour palette** will be available to buy from Hemel Food Garden from early April and beyond. By mid-May, we will have a full-colour range of bedding plants for sale too.

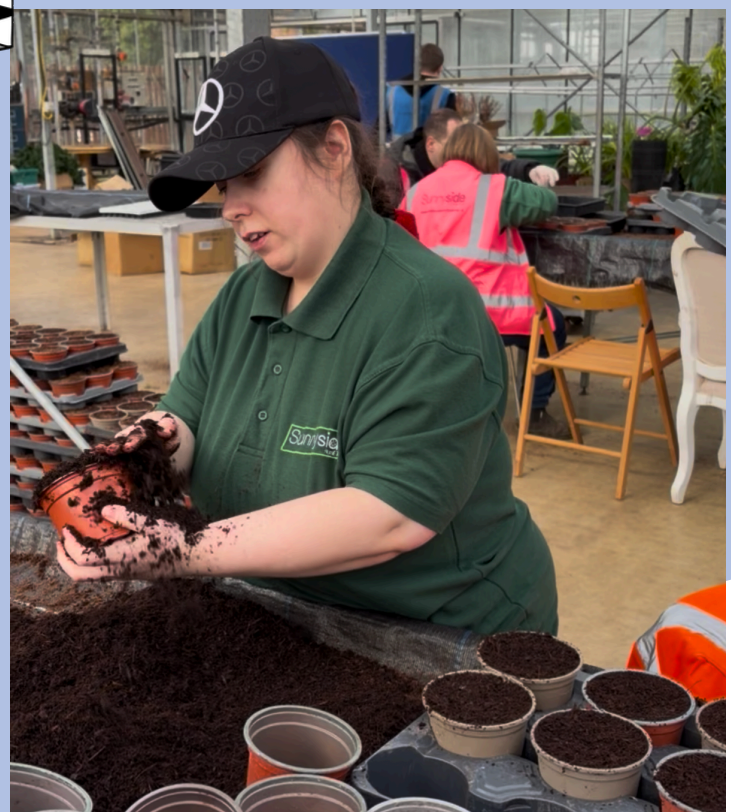
Visit us Monday - Saturday, 9 am-3 pm at Sunnyside Up Café & Farm shop. Two Waters Road, Hemel Hempstead, HP3 9BY



Fruit and Veg

We have some new crops on the horizon this year, including **baby corn, pak choy, and blueberries**. We'll continue supplying the cafés and are **increasing our production** to meet growing demand. Thanks to our **succession seed sowing methods**, we ensure a continuous and abundant harvest throughout the year, **fulfilling our produce stalls and veg boxes!**

Did you know? Each year, our Northchurch team sows over a million seeds!



**Did you catch our growing
series on social media?
Watch here!**



**Click here
for our full
list of events!**



Events 2026

We love being part of a **wide range of events** throughout the year, including **plant fairs, National Garden Schemes, community markets, art fairs,** and many more! **Connecting with our community** is super important to us, so we're always excited to get out there, **spread the word about Sunnyside,** and sell our awesome plants and produce.





We hope you enjoyed catching up with us! See you in May for all things Spring!