The Therapy Garden
Growing together

# Gardening for Wellbeing

Gardening for Wellbeing offers social and therapeutic horticulture for adults who may feel socially isolated, lonely or anxious.

Our 6-week programme offers individuals the opportunity to be part of a small group, enabling them to experience the positive impact gardening can have on mental and physical wellbeing.

Set in our beautiful and tranquil garden, the programme provides access to the outdoors, time away from life's many challenges and an opportunity to connect with others whilst carrying out light gardening activities tailored to individual needs and experience.

Led by our team of experienced horticulturists and volunteers, activities include seasonal tasks like sowing seeds and planting containers, as well as arts and crafts using resources gathered from the garden.

This relaxing experience provides social interaction and light physical exercise whilst promoting self-confidence and reducing isolation.

Our sessions run on **Thursdays**

**Complete an application online at**
**www.thetherapygarden.org**
**or call 01483 813846**

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## About Us

The Therapy Garden works to have a positive and significant impact on the lives of people facing challenges in life, through the power of gardening and by connecting with nature. Clients are offered an inclusive and person-centred experience, with activities tailored to suit the individual. Our supportive team of horticulturists and volunteers work in small, informal groups and are always on hand to offer guidance.

## Our Gardens

Our tranquil gardens have been designed with accessibility in mind and include wheelchair friendly pathways alongside raised vegetable and flowerbeds. The garden offers quiet spaces for clients to enjoy the beauty of nature to the full. Activities can be undertaken in poly tunnels or in our purpose-built centre, which provides a classroom and refreshment area. The Therapy Garden carries all necessary public liability insurance and all staff and volunteers have an enhanced DBS check.

## Graham's Story

With early onset dementia Graham has cognitive limitations but physically is very able and willing. He loves working outside and is very practical. Joining The Therapy Garden has enabled Graham to feel productive and feel like he is making a valued contribution.

**"The Therapy Garden is massively welcoming, supportive and inclusive for both the client and the person accompanying them, who can also get involved in the activities. It's wonderful to have a change of scenery and spend the day in lovely surroundings"**

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The Queen's Award for Voluntary Service
The MBE for volunteer groups