

Horticultural Therapy Trust

Registered Charity Number 1147927



*Supports children, young people and adults, of all ages, towards emotional, social, physical and mental health well being.

- * Provides a safe, empathic, calm, nurturing, enjoyable and empowering environment.
- * Supports recovery unique and meaningful to each individual.
- * Focuses on abilities, while recognising needs and disabilities.
- * Values each person and creates opportunities to find, develop and reach personal potential.

‘Gardening for Growth’

‘There is always choice’ * ‘There is freedom from pressure’.



Horticultural Therapy Trust is a service provider, providing the best service we can to suit individual needs and abilities.

We have various inclusive projects supporting well being; for those who suffer mental health issues, illness, exclusion or disadvantage

- * Adult mental health well being projects.
- * School's, children's and young people's projects.
- * Community projects.

CONTACT;

Mon to Fri, 9 a.m.- 5 p.m.

Deb Hoskin 07507 675 344

Dennis Trewin 07908 107 145



Or email; deb@horticultural-therapy-trust.org
dennis@horticultural-therapy-trust.org

Deb or Dennis will arrange an informal chat and visit.

All staff have CRB's;
Full Enhanced checks

Within the **Horticultural Therapy Trust**

Opportunities are to grow flowers and vegetables, from cuttings or seed, design flower beds, colour schemes, wildlife habitat, digging and weeding, building raised beds, woodwork, photography, willow domes and sculptures and wild art.

There is something to suit everyone and daily there is always a choice of tasks depending on how you feel on the day.

'This is where I relax, it is my own piece of Freedom' (Anon)



'It is a social, I make friends, people accept me here. I learn new skills, do something, my memory is better, I am stronger!' Helen.N.



'I like being outdoors, it's calm, it's something to do, I like the challenges. (young person)

