

# Horticultural Therapy Trust

Registered Charity Number 1147927



- \* Supports people with mental health issues and/or acquired brain injury
- \* Provides an empathic, calm, nurturing, enjoyable and empowering environment
- \* Supports recovery unique and meaningful to each individual
- \* Focussing on people's abilities, while recognising disabilities
  - \* 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 your needs and abilities.

There are three ways to join the **Horticultural Therapy Trust**:

- Through self referral.
- Through family or carers
- Through mental health service/agency referral

This can be through a phone call:

**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](mailto:deb@horticultural-therapy-trust.org)

[dennis@horticultural-therapy-trust.org](mailto:dennis@horticultural-therapy-trust.org)

Deb or Dennis will arrange an opportunity for a informal chat and visit to the project, with any support workers, family, carers, friends or on your own.

### Within the **Horticultural Therapy Trust**

Opportunities are to grow flowers and vegetables, from seed or cuttings, design flower beds, colour schemes, wildlife habitat, digging and weeding, building raised beds, woodwork, creating seating etc. 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.**

**Costs are:**

**£50 per day ( 10am to 3pm)**

**£30 per half day (times to suit your needs)**

**[www.horticultural-therapy-trust.org](http://www.horticultural-therapy-trust.org)**