

Ridgeline Trust Therapeutic Garden

At Ridgeline, we use
gardening and connecting with nature to
improve mental health and wellbeing



Horticultural therapy sessions at our beautiful garden can benefit people with mental health issues, physical disabilities, learning difficulties and more

Contact us to find out how we can help you



Ridgeline Trust
25 Whiteknights Road Reading RG6 7BY
Email admin@ridgeline-trust.org.uk
Website www.ridgeline-trust.org.uk
Phone 07535 636 018

