

Gardening for Wellbeing Information

Every Monday Morning from 10.30am - 12.30pm, starting on Monday 22nd September

8 sessions of 'Social and Therapeutic Horticulture' for a small group of participants.

Research shows that gardening is good for you. As well as providing physical exercise, being outside in nature can benefit us mentally, helping to reduce anxiety and make us feel better about ourselves. Social and Therapeutic Horticulture uses gardening to build self-esteem and confidence, improve social connections and develop new skills.

What is Gardening for Wellbeing?

Each two hour session is led by one of our trained and experienced Horticultural Therapists, assisted by our fabulous volunteers. They will support all participants to connect with our beautiful, secure garden and with each other. Everyone will be encouraged to enjoy a series of interesting, engaging and stimulating seasonal gardening activities. There's always so much to choose from! How about seed sowing, propagating new plants or harvesting crops? Or weeding, watering or observing nature? Seed saving, lawn mowing or bulb planting? We have raised beds and table-top activities for the less physically able. We have a greenhouse and polytunnel plus a warm, dry classroom to use for craft activities in cold or wet weather.

There is a 'social' part of 'social and therapeutic horticulture' so the sessions also encourage participants to make social connections, working together in small groups and listening and chatting together at break time.

Who is it for?

Gardening for Wellbeing is for adults over 19 who enjoy being outside and want to engage with nature, enjoy some time in the garden and connect with others. (No gardening experience is necessary!) These sessions are designed for those with mild mental health conditions and for those who are anxious, lonely and/or isolated.

Please note that our staff and volunteers are not trained counsellors so we are unable to support those in mental health crisis, nor are they carers so those who require personal care will be required to bring a carer with them.

How to apply?

If you think it's for you, you can self-refer or be guided to the opportunity by your Social Prescriber or other referral agency

Please complete the attached referral form and email it to admin@ridgelinetrust.org.uk or by post to Ridgeline Therapeutic Garden, 25 Whiteknights Road, RG6 7BY