

HORTICULTURAL THERAPY

TRUST



Gardening for Growth

*Supporting improved mental health, well-being and personal growth through gardening as a therapy.

*Including each person's unique abilities, while supporting individual needs.

*At RHS Award winning HTT Gardens and Community Projects



www.horticultural-therapy-trust.org

Horticultural Therapy Trust support people of all ages who experience mental/physical disability or disadvantage, through gardening, food growing, wildlife conservation, art, woodwork, etc. Something for everyone.



Adults

Wednesday-Thursday
10am to 3pm at HTT Gardens, Milehouse.
Friday gardening in the community 10am-3pm



Elderly/Physical Disability in residential homes and at HTT Allotment with seated tasks and light-weight tools, as needed.



Children Therapy sessions in schools, creating wildlife gardens and food and flower gardens. Also visits to HTT Allotment and community sessions. **All small groups.**



SEEDS of CHANGE; young people's well being

Young People At HTT Gardens and projects in the community. Working with groups of young people who have emotional and social needs; experience mental health issues; physical disabilities; learning needs; exclusion from school; homelessness.



ART SHED



Inner City; Inner Space for Change;

Various projects supporting groups of people experiencing homelessness through gardening, wildlife conservation and mindfulness. Also a few spaces available for Counselling.



Horticultural Therapy Trust are:



Dennis Trewin
07908 107 145



Deb Hoskin
07507 675 344



Some projects, group sessions, or single person placements are *FREE* due to Grants; please ask.

Adults and Young People supported through Adult or Children's Services ; £50 per full day—£30 per half day
Community and group sessions from £15 to £35 per hour .

Please ring or email Deb or Dennis for an informal chat or informal visit . We are happy to try to meet your needs.

Thank you to all Trusts, Funding Bodies, Local People and Companies, who have donated much needed funds to support HTT's charity work. There's not space to show each one, but all are much appreciated and well used.



*Creates beautiful cultivated and wildlife gardens within a calm, empathic, social, educational, fulfilling and active environment.

* Is participant -led, with full choice of activities.

*Supports people towards recoveries unique and meaningful to them; meeting their needs.

* Provides a space to 'Be and Enjoy', as well as to meet and work with others.

* Is a space to discover, reach potentials and grow in feelings of value and self -esteem.

* Supports individual achievements, vocational skills, or skills towards employment or returning to work.

* Provides something for everyone of all abilities and needs to enjoy, learn and to share skills together from Gardening to Woodwork or Art.

*Produce is shared to take home, or to be sold.

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Registered Charity number; 1147927