

project profile

Horticultural Therapy

What is it?

Horticultural therapy involves the use of plants for physical, social and mental health benefits such as:

- team building & social skills
- increased independence & confidence
- sense of pride & achievement
- relaxation



Iver Nature Study Centre

Groundwork's Iver Nature Study Centre runs a horticultural therapy programme that supports over 200 people a year from groups across Slough, Hillingdon and other parts of the Thames Valley

The centre provides a two-acre sanctuary of peace and tranquillity with a range of different environments.

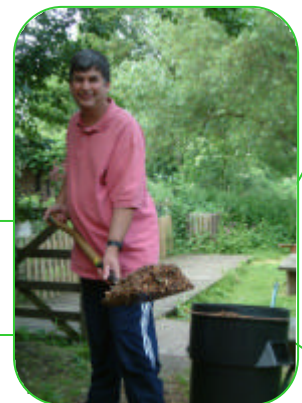


services provided

Thanks to support from Hillingdon Primary Care Trust the centre offers a full time horticultural therapist.

We run programmes of special events and regular support to groups & individuals.

We focus on small groups (maximum 10 people) to ensure dedicated high levels of support.



quotes

Craig is from a group in Slough that visits the centre every week.

"I enjoy to learn about all the different plants, meeting people and working as a team....but without taking sides."



about groundwork

GROUNDWORK IS A LOCAL ENVIRONMENTAL CHARITY THAT AIMS TO HELP PEOPLE TO CHANGE PLACES AND CHANGE LIVES.

For more information please contact us:

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