

project profile

Healing Gardens

introduction

In 1997 Groundwork Thames Valley secured Lottery funding to establish 'Healing Gardens' in Hillingdon.

Healing Gardens aims to improve the everyday quality of life for people with a long-term disability, a terminal illness or those recovering from a serious operation, by focusing on their immediate outside world - their gardens. This helps many people rediscover and find new enjoyment in life through gardening.

Healing Gardens is a "grass-roots" charity, closely in touch with the needs of its beneficiaries.



project

Healing Gardens since its inception has received grants from the National Lottery, Hillingdon Primary Care NHS Trust, London Borough of Hillingdon Social Care and Housing; Metropolitan Police; Waitrose; BAA Heathrow; Grassroots Partnership; Garfield Weston Foundation; Gannett Foundation & many donations & bequests from individuals.

services provided

Healing Gardens is run purely through dedicated volunteers, known as the 'Garden Squad', overseen by Groundwork Thames Valley providing advice, information and valuable practical support. Assistance is provided with gardening work that clients cannot manage or afford to pay for.

The volunteers work with the client to modify their garden, making it more easily accessible and manageable, within their physical limitations. This may involve the clever use of materials to minimise weed growth, planting shrubs that require little watering or raised planting beds.

Group trips are arranged for disabled clients to local garden centres and sites of gardening interest around London.



quotes

"It is excellent that the therapeutic value of a pleasant garden is now realised. Bringing people back in touch with their garden, fresh air and light exercise is so important." **Barry Watson, Groundwork**

Client comment *"It has given me peace of mind to be able to enjoy the outdoors again with my grandchildren. The Garden Squad were very welcoming and friendly."*

about groundwork

Groundwork is a local regeneration charity that specialises in community based environmental improvement projects. The Trust works with partners from the local community, local authorities, business & government on projects that engage & motivate local people to improve their quality of life by using & improving their local environment. Please contact us at:

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