

project profile

Healing Gardens

introduction

In 1997 Groundwork Thames Valley secured National Charities Lottery Board 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 working towards becoming an independent, "grass-roots" charity, creating an organisation closely in touch with the needs of its beneficiaries.



project

SRB funding from the Hayes and West Drayton Partnership enabled "Healing Gardens" to develop its work in the most deserving areas of Hillingdon.

Through the volunteer programme Healing Gardens provides challenges, and opportunities for healthy recreation for the early retired, the disabled, and unemployed by helping others in the local community.

In April 2001 Hillingdon Primary Care Trust commenced a three year programme of funding, supporting a co-ordinator for two days a week.



services provided

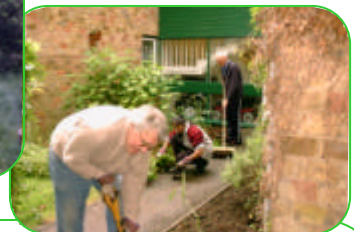
The Healing Gardens project is run purely through dedicated volunteers, known as the 'Garden Squad' overseen by Groundwork Thames Valley, providing advice, information and valuable practical support. Assistance is provided with gardening work that clients cannot manage or afford to pay for.

The volunteers work with the client to modify their garden into one 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 raising planting beds.

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



Before & After



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**

Mrs Taylor comments *"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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