Growing Ability

A Social Therapeutic Horticulture Project for Adults with Support Needs

Focusing on the abilities and support needs of each individual

What is Growing Ability?

It's a gardening project to help adults with support needs.

Each person has goals – things they want to improve about their lives.

How does Growing Ability help people?

At Growing Ability we ask **you** what you want to do.

You tell us how you'd like to improve and we help you.

www.trianglegarden.org

The Triangle Community Garden is a Registered Charity (No 1145243) and Company Limited by Guarantee (No 07676360) whose projects include Growing Ability, New Shoots, Friday Garden Club, Triangle Tribe and Family Forest School.
Based at Ransoms Pavilion and allotments, Ransoms Recreation Ground, Alexandra Road, Hitchin. SG5 1RB
Web: www.trianglegarden.org Tel: 07887 725 962 Email: info@trianglegarden.org

Coming to Growing Ability can help you improve lots of things:

Feeling confident

Feeling good about yourself

Skills for work

Health and fitness

Team skills

Friendships and social skills

www.trianglegarden.org

The Triangle Community Garden is a Registered Charity (No 1145243) and Company Limited by Guarantee (No 07676360)
whose projects include Growing Ability, New Shoots, Friday Garden Club, Triangle Tribe and Family Forest School.
Based at Ransoms Pavilion and allotments, Ransoms Recreation Ground, Alexandra Road, Hitchin. SG5 1RB
Web: www.trianglegarden.org Tel: 07887 725 962 Email: info@trianglegarden.org

What do we do at Growing Ability?

Plan what to grow

Grow veg fruit and flowers

Look after our plants together

Learn about healthy eating

Eat what we grow!

www.trianglegarden.org

The Triangle Community Garden is a Registered Charity (No 1145243) and Company Limited by Guarantee (No 07676360)
whose projects include Growing Ability, New Shoots, Friday Garden Club, Triangle Tribe and Family Forest School.
Based at Ransoms Pavilion and allotments, Ransoms Recreation Ground, Alexandra Road, Hitchin. SG5 1RB
Web: www.trianglegarden.org Tel: 07887 725 962 Email: info@trianglegarden.org

Where is Growing Ability?

We meet at outdoors at our allotments and at the Triangle Community Garden in Ransom's Recreation Ground. Our indoor base is the park Pavilion SG5 1RB

When is it?

- **Tuesday mornings**
- **Thursday mornings**
- **Wednesday afternoons**
- **Thursday afternoons**

How many people come?

Six to **eight** adults with support needs, two staff and one volunteer

6

Who can join?

Adults with learning disabilities, autism, brain injury, mental ill health or a disability

How can I join?

Phone **Hayley Lanfear**
On **07887 725 962**
or email her at
hayley@trianglegarden.org

Hayley will set up a free visit to see if you like Growing Ability

www.trianglegarden.org

The Triangle Community Garden is a Registered Charity (No 1145243) and Company Limited by Guarantee (No 07676360)
whose projects include Growing Ability, New Shoots, Friday Garden Club, Triangle Tribe and Family Forest School.
Based at Ransoms Pavilion and allotments, Ransoms Recreation Ground, Alexandra Road, Hitchin. SG5 1RB
Web: www.trianglegarden.org Tel: 07887 725 962 Email: info@trianglegarden.org