What is social therapeutic horticulture?

Social Therapeutic Horticulture uses gardening- and horticulture-related activities to help individuals improve different aspects of their lives and thus their overall **quality of life**.

Social Therapeutic Horticulture is a form of occupational therapy. Key objectives are supporting individuals to set and achieve their own goals in a social context, thus building their self-esteem and self-confidence, increasing their health and wellbeing, improving their numeracy/ literacy and work/life skills, and generally helping them to lead more fulfilling independent lives.

www.trianglegarden.org

How can you join?

You can self-refer or local agencies (social services, day centres, support workers etc.) can do this for you – just contact our Project Manager (details below).

A visit will be arranged and if you wish to attend the project a referral pack will be issued. Once complete, you will be placed on a waiting list pending agreement on funding and space available.

During the first few weeks at the project an initial assessment will be carried out; objectives will also be agreed covering what you want to gain from attending.

These could include improving self-confidence, learning new skills, improving personal resilience or aptitude for team work, or extending existing skills. An individual programme is then developed and progress is reviewed regularly.

All enquiries should be directed to:
Hayley Lanfear 07887 725962
Email: hayley@trianglegarden.org

Growing Ability

Social Therapeutic Horticulture for adults with support needs

Focusing on the goals and support needs of each individual

Introduction

Growing Ability seeks to improve the well-being of adults with a range of support needs including learning disabilities, brain injury, autism and mental illness, in North Herts and surrounding areas, through the use of **social therapeutic horticulture.**

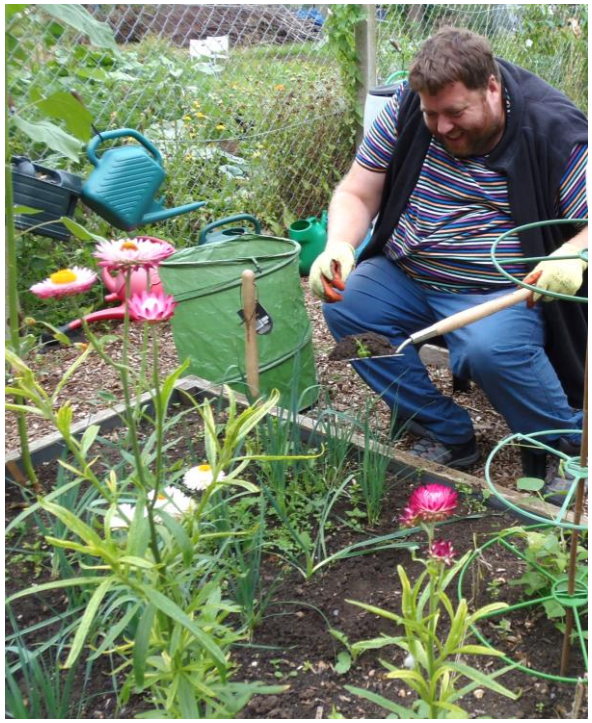
Programme Structure

The project provides a structured programme geared to the support needs, abilities and personal development goals of each individual. Activities include food growing, gardening, cooking, arts and crafts, walking, nature observation, outings.

The project is based at the Triangle Community Garden, Ransom's Recreation Ground, Hitchin. Activities take place at our allotments, in the Triangle Garden and at Ransom's Pavilion. Sessions are 2.5 hours long and the normal group size is 6-8 depending on the support needs of the individuals concerned.

Who is suitable?

With a limited number of places, the project seeks to focus on individuals who will benefit from the structured approach. Placements are not time limited but are reviewed regularly.



Staff

Growing Ability is led by Triangle Garden Project Manager Hayley Lanfear, and Site and Horticulture Manager Steve Granger.

The Growing Ability staff team includes care professionals trained in horticultural therapy, with extensive experience of working in a person-centred-way with adults with a range of complex support needs.

Our staff team for each session is assisted by at least one experienced long term volunteer. New volunteers are always welcome and training is provided.

Cost

New placements are charged according to the level of need:

Low support need	£32.80/session
Medium support need	£49.21/session
High support need	£78.73/session

If you are not self-funding, you will be allocated a place pending approval of your revised personalised budget.

We aim not to turn people away so even if funding may be a problem please come and talk to us. People attending with their own support worker will generally be charged at the low rate.