

## Find out how horticultural therapy and community gardening can help improve mental health and wellbeing

Being outside, surrounded by plants and nature, doing physical activity can all help us feel better about ourselves. And the potential benefits for people experiencing mental health difficulties can be even more significant. As part of **Mental Health Awareness Week 13-19 May 2019**, Reading Gardening Health and Wellbeing Network is offering the opportunity to visit local gardening projects and see how they might help your clients. The network is made up of local horticultural therapy and community gardening organisations, and promotes gardening as a means of improving health and wellbeing.

	<p><b>Autangel Allotment Group</b> is an allotment group in East Reading for autistic and non-autistic people.  <b>email</b> christinathegardener@icloud.com  <b>phone</b> 07718 882 792  <b>website</b> www.autangel.org.uk</p>		<p><b>Green Health Thames Valley</b> helps people suffering from or at risk of mental health challenges improve their wellbeing through horticultural therapy.  <b>email</b> sarak@greenhealthreading.org  <b>website</b> greenhealthreading.org</p>
	<p><b>Five a Day Market Garden</b> in Englefield is full of flowers, vegetables and fruit, all grown by volunteers. We welcome people seeking an active role in the garden as part of their recovery from depression and other mental health issues.  <b>email</b> wendy@fiveaday.org.uk  <b>phone</b> 07555 184 343  <b>website</b> www.fiveaday.org.uk</p>		<p><b>Integrated Research and Development Centre</b> can help improve mental health and wellbeing through setting up small gardens in individuals' own garden spaces or any allotments available, and taking them to visit local gardens.  <b>email</b> irdcberks@gmail.com  <b>phone</b> 07939 665 482</p>
	<p><b>Food4families</b> is a community gardening project that has set up food growing spaces around Reading where residents can come together and be supported in growing fruit and vegetables. We run regular tutor led sessions that are free and open to all. The harvest is shared out amongst everyone who contributed to its growth.  <b>email</b> sharon@risc.org.uk  <b>phone</b> 0118 958 6692  <b>website</b> www.food4families.org.uk</p>		<p><b>Ridgeline Trust</b> provides horticultural therapy sessions at our beautiful garden in East Reading. We support people with mental health issues, learning difficulties and physical disabilities. Through our sessions we enable people to rebuild confidence and reduce levels of stress and anxiety.  <b>email</b> admin@ridgelinetrust.org.uk  <b>phone</b> 07535 636 018  <b>website</b> www.ridgelinetrust.org.uk</p>

PTO for details of when organisations are open to visitors



## When organisations are open to visitors

We look forward to welcoming you and showing how our services can improve the mental health of the people you work with. Please contact each organisation directly to book your visit and for further details about the services provided.

date	times	organisation	location
Mon 13 May	10am-2pm	Ridgeline Trust	25 Whiteknights Road RG6 7BY
Tue 14 May	10am-3pm 3.30pm-4.30pm	Ridgeline Trust Food4Families	25 Whiteknights Road RG6 7BY Erleigh Road Community Garden, rear of St Lukes Parish Hall, RG1 5QY
Wed 15 May	10.30am-12.30pm 3.30pm-5.30pm 2pm-4pm 3pm-7pm	Food4Families Food4Families Food4Families Five a Day	The Garden at New Directions, 330 Northumberland Av, Whitley. RG2 8DH Whitley GrowAllot, off Meavy Gardens, Whitley. RG2 7RD Southcote GrowAllot, off Florian Gardens, Southcote. RG30 3QG The Street, Englefield, Theale, RG7 5EL
Thu 16 May	10am-12 noon 10am-12 noon 3pm-7pm	Autangel Green Health Thames Valley Five a Day	Bulmershe allotments, Church Road, Earley, entrance on Mays Close The Well Centre, Dawlish Road, Whitley, RG2 7SD The Street, Englefield, Theale, RG7 5EL
Fri 17 May	10.30am-12.30pm 10.30am-12.30pm	Food4Families Food4Families	The Garden at New Directions, 330 Northumberland Av, Whitley. RG2 8DH Whitley GrowAllot, off Meavy Gardens, Whitley. RG2 7RD
Sat 18 May	10am-12.30pm 10.30am-11.30am	Food4Families Food4Families	Southcote GrowAllot, off Florian Gardens, Southcote. RG30 3QG Erleigh Road Community Garden, rear of St Lukes Parish Hall, RG1 5QY
Sunday 19 May	2pm-4pm 2pm-4pm	Food4Families Ridgeline Trust	Whitley GrowAllot, off Meavy Gardens, Whitley. RG2 7RD 25 Whiteknights Road RG6 7BY

