



## SOCIAL AND THERAPUTIC PLACEMENTS IN SUTTON

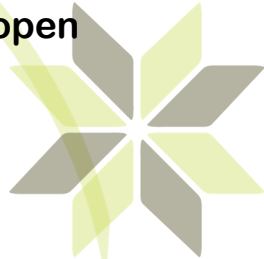
**Social and Therapeutic Horticulture - the process of using gardening, plants and horticulture to help individuals develop.**

**Horticulture and Gardening has a fantastic track record in helping to improve people's lives. It offers benefits and opportunities for everybody regardless of age or disability or background.**

**The benefits of taking a placement on our gardening projects include:**

- **A sense of inclusion, community integration, achievement and purpose which are all key factors in developing a sense of well-being.**
- **Get active without strenuous exercise and improve your physical health and mobility in a natural calm setting.**
- **Improve your mental health gaining a sense of purpose and achievement in a range of horticulture activities.**
- **A chance to meet, make friends and connect with others – reducing feelings of isolation or exclusion.**

**Acquire new skills in a low pressure environment and improve your chances of finding employment and open up pathways.**





yourspace Sutton

your place to grow

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Therapeutic Activities



A unique place where everyone can grow!

Offering a wide range of social and therapeutic activities in a safe, inclusive calm horticultural environment. Come and be a part of our inclusive community garden project which:

- recognises the needs and abilities of each individual
- enables people of all abilities to get active and improve physical health in a natural setting
- creates opportunities to acquire new skills so that each person can develop and reach their full potential
- offers a place to make new friends and encourage a sense of inclusion and community integration
- provides a range of stimulating horticulture activities to improve mental health, well-being and motor skills

supports young adults, children and people of all ages to engage with nature and horticultural pursuits

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