



GROWING TOGETHER

A program of Horticultural Therapy for those suffering with Dementia and their carers.

Would you like to be outdoors, getting some physical exercise?

Do you enjoy gardening?

Do you want an opportunity to relax and socialise, together?

Growing People is a registered charity, offering therapy for those with mental health issues through gardening and garden crafts.

We are setting up a special program for those with Dementia who still have lots of physical energy and would benefit from gardening in a safe and secure environment.

We are also offering an opportunity for carers to join in and benefit from the pleasures of working together in the outdoors and being able to relax and enjoy the company of other carers as well as their 'cared for'.

Contact Su on su@growing-people.org.uk or phone 07794 347283 to find out more.

