

# GREEN PRESCRIPTION

## GROWING PLANTS FOR WELLBEING

Thursdays 9, 16, 23, 30 March 2023, 1:30-4PM



# CASTLEHAVEN

heart of your community



Gardening is a source of relaxation, comfort and enjoyment for many people.

A connection with plants and the environment can help people on a natural route to wellbeing, improving their quality of life, sense of achievement and community belonging.

In this course we will explore how gardening can give us something to look forward to and how it helps to build resilience. Through learning practical tips and skills for gardening we aim to create something new to celebrate in our lives. This course also provides a safe space to take risks and to learn from your efforts. If a plant fails, you find out why and start again.

The course aims to provide opportunities for people to connect to their environment and to their community.

How to enrol

Register online

[www.candi.nhs.uk/recoverycollege](http://www.candi.nhs.uk/recoverycollege)

Find out more

0203 317 6904

[recovery.college@candi.nhs.uk](mailto:recovery.college@candi.nhs.uk)