



SEEDING THE CHANGE CIC

Seeding the Change C.I.C provides a social and well-being programme for participants through increasing access to green space and horticultural based therapy.

Led by a General Practitioner Dr Aimee Priestman and Registered Mental Health Nurse Gemma Carroll with 40 years combined clinical experience, a passion for both gardening and a sustainable approach to health care.

Green prescribing is evidenced based and known to reduce anxiety, depression, social isolation and reduce the medication burden of many health conditions such as hypertension, obesity and Type 2 diabetes through exercise and a connection with nature.

The sessions will be based at Webb Lane Allotments, it is a working allotment and therefore may not be appropriate for anyone who has significant mobility issues.

We have access to indoor space so sessions will not be affected by bad weather.

Gardening sessions will be adapted to meet individual needs - we understand that for some simply sitting in a green space and having a hot drink and a chat is therapy in itself and for others an active approach such as creating new beds for fruit and vegetables is also beneficial. In addition we will be facilitating creative workshops such as willow weaving and wreath making to engage individuals and help them develop new skills whilst helping to enhance social connections.

Taking referrals for Horticultural therapy sessions based at Webb Lane allotments, Webb Lane, Offerton SK1 4EL

Term time- starting October 9th, 2023

- **Monday 10am-12pm for people seeking asylum/refugees.**
- **Monday 12.45-2.45 pm for people with social isolation/low level anxiety and or depression.**

Please make all referrals by completing and submitting the referral form [here](#).

Any queries, you can email us seedingthechangereferrals@gmail.com but please only submit personal and identifiable information on the form linked above.

