

Gardening for Wellbeing Group Sessions at RHS Garden Bridgewater

Our accessible 154 acre site at RHS Garden Bridgewater has the community & wellbeing at its core and is uniquely placed to support the residents of Salford, and beyond, who wish to improve their physical, mental and social health through gardening.

Our sessions focus on all-year round **gardening activities** from planting, tending to plants and maintaining growing areas in our Wellbeing garden and the Spinney (our woodland workshop garden). Our activities may also include relaxation in nature including mindful walking and forest bathing and nature-based arts & crafts.

2-hour sessions are available for community groups and organisations from Salford and Greater Manchester. Each group may book up to 6 sessions per year (sessions booked between Nov-Feb are not included in this and can be booked as additional sessions) with a recommended maximum group size of 12-15 per session.

Sessions are on a **Tuesday or Thursday** morning 10-12pm or in the afternoon 1.30-3.30pm on either day – all subject to availability.

Please contact bridgewaterwellbeing@rhs.org.uk for more information and to register as a wellbeing group.

The Wellbeing Garden



The 'Spinney', Polytunnel & Activity Room

