



Therapy Through Nature

Enjoy gardening and nature-based activities in a friendly setting, all while learning new skills and socialising! Activities may include:

- Potting a herb
- Sowing windowsill greens
- Creating mini planters and vegetable pots
- Making bird feeders
- Taking nature pictures

 The Garden Room at Little Common Lane

Thursday
1.30pm
-3.00pm



How can I access Occupational Therapy?

If you are interested, please speak to a member of the St Luke's Clinical Team who can refer you.