



Green prescription

Growing plants for wellbeing



4 week course

Thursdays, 5, 12, 19, 26 May 2025, 1:30-4pm

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. Engaging with gardening can be a great way to accept a new start in life. Through learning practical tips and skills for gardening we aim to create something new to celebrate in our lives.

Enrol: <https://www.northlondonmentalhealth.nhs.uk/recoverycollege>

Find out more: 0203 317 6904 NLFT.recoverycollege@nhs.net



Better Mental Health. Better Lives. Better Communities.

