



South London
and Maudsley
NHS Foundation Trust

BANKSIDE
OPEN SPACES
TRUST



ROOTED MINDS

**THERAPEUTIC HORTICULTURE AT THE
ECOHOUSE, SE1 1ES**

The Rooted Minds programme at The EcoHouse in SE1 1ES offers a safe, trauma-informed therapeutic horticulture service for those accessing CMHT in Southwark.

Please note this is a referral only service. If you think a client might benefit consider referring them here:

www.bost.org.uk/slam

*Delivered by Bankside Open Spaces Trust in
partnership with the South London and Maudsley
NHS Foundation Trust*

ROOTED MINDS

**THERAPEUTIC HORTICULTURE IN
SOUTHWARK, SE1**

WE OFFER:



*Supportive, person-centred
facilitation, with a 1:5 staff ratio*



*Predictable weekly rhythm, with
refreshments and activities*



*Year-round Gardening hosted at
our Green Wellbeing Hub in SE1*



*An opportunity to meet supportive
peers and share gardening joy*



*Our community programmes have
consistent evaluation scores*