

ROOTED MINDS

BANKSIDE
OPEN SPACES
TRUST 

A THERAPEUTIC HORTICULTURE PROGRAMME IN SOUTHWARK

**ACCESSING COMMUNITY MENTAL
HEALTH IN SOUTHWARK?**

**WANT TO EXPLORE GARDENING FOR
WELLBEING?**

We provide safe, supported, and non-clinical gardening sessions at our Green Wellbeing Hub at The EcoHouse in Borough, SE1 1ES.



TRAUMA
INFORMED
SERVICE



WEEKLY
SESSIONS



YEAR-ROUND
GARDENING



SUPPORTIVE
PEERS



HIGH
EVALUATION
SCORE

**Ask your Mental Health Community Team,
Care Coordinators, GP or OT to refer you.**



South London
and Maudsley
NHS Foundation Trust

www.bost.org.uk/slam | Registered Charity No. 1085454