

Gardening on Prescription in Manchester

Spring 2022 Sessions



What is the new Sow the City Nature for Health service?

The Sow the City Nature for Health service aims to tackle and prevent mental ill health by providing Social and Therapeutic Horticulture on prescription for Manchester residents. Our service is funded by NHS England as part of a national pilot and is delivered in partnership with 7 community gardens across the city. Social and Therapeutic horticulture is the process of using plants and gardens to improve physical and mental health, as well as communication and thinking skills.

When and where are sessions taking place?

Garden	Date and time
Southern Allotments, Chorlton Park	Wednesday afternoons, commencing 2nd March
Platt Fields Market Garden, Fallowfield / Rusholme	Wednesday afternoons, commencing April 6th
Cornbrook Medical Practice, Hulme	Wednesday mornings, commencing 2nd March
Ryder Brow Community Allotments, Gorton	Tuesday afternoons, commencing 12th April
Lalley Centre, Collyhurst	Thursday afternoons, commencing 3rd March
Grange Community Garden, Beswick	Wednesdays mornings, from 16th March
Crumpsall Park Community Garden	Thursday mornings, commencing 3rd March

All participants will attend 6 x weekly 2 hour sessions run by staff trained in providing Social and Therapeutic Horticulture. The location of gardens is shown overleaf.

Who is eligible for the service?

The service is available for residents of Manchester, targeting those people most disproportionately impacted by Covid-19 with a focus on mental health and who are registered with a GP. The eligibility criteria are:

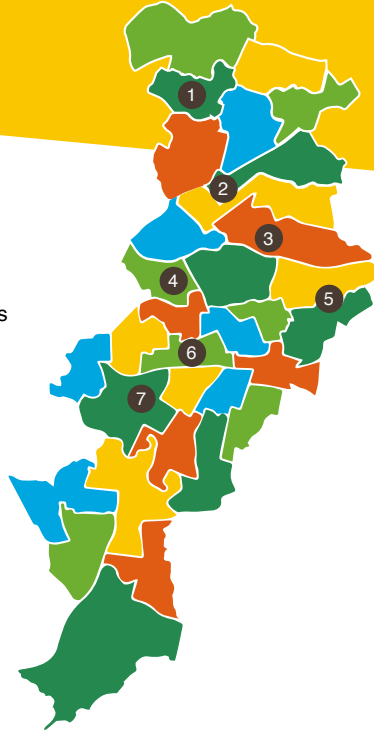
People with emotional and mental health needs for example loneliness, worry and low mood, as well as those with diagnosed mental health conditions such as depression, anxiety and severe and enduring mental health conditions.



Map of gardens

Sessions are taking place at 7 community gardens in the Manchester locality.

- 1 Crumpsall Park Community Gardens
- 2 The Lalley Centre
- 3 The Grange Community Garden
- 4 Cornbrook Medical Practice
- 5 Ryder Brow Community Allotment
- 6 Platt Fields Market Garden
- 7 Manchester Mind Allotments



How can I refer someone to the service?

We accept self-referrals or referrals from health professionals (GPs, community mental health teams), social care teams, supported accommodation providers and other mental health support workers. The service is available for Manchester residents. It aims to support people with emotional and mental health needs for example loneliness, worry and low mood, as well as those with diagnosed mental health conditions such as depression, anxiety and severe and enduring mental health conditions.

Please use Sow the City's online referral form [here](#) to refer someone to the service. We will review the referral for eligibility and contact the participant directly to provide support and arrange suitable sessions to attend. For more information about making referrals, please contact Laura Weaver: Phone: 0161 465 6954 or Email: laura@sowthecity.org

