

Gardening on Prescription in Manchester

Summer 2023 Sessions



What is the 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 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	Start date	Finish date	Week day	Time
Ossory Street Allotments, Rusholme	15th June	20th July	Thursdays	1-3pm
Castlefield Viaduct, Deansgate/Castlefield	20th June	25th July	Tuesdays	10-11.30am
Platt Fields Market Garden, Fallowfield / Rusholme	5th July	9th August	Wednesdays	1-3pm
Ryder Brow Community Allotments, Gorton	19th July	23rd August	Wednesdays	11am-1pm
Lalley Centre, Collyhurst	11th August	15th September	Fridays	2-4pm

All participants will attend 6 x weekly sessions run by staff trained in providing Social and Therapeutic Horticulture. The location of gardens is shown overleaf. If you are interested in future sessions occurring at one of the other partner gardens shown on the map, please let us know.

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:

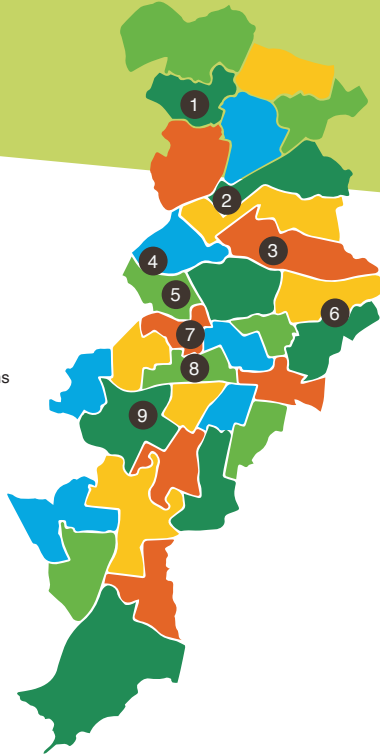
People with emotional and mental health needs for example loneliness, worry and low mood, as well as those with diagnosed mental health conditions such as depression, anxiety and severe and enduring mental health conditions.



Map of gardens

If you are interested in sessions taking place at any of the partner gardens shown on the map then please let us know

- 1 Crumpsall Park Community Gardens
- 2 The Lalley Centre
- 3 The Grange Community Garden
- 4 Castlefield Viaduct
- 5 Cornbrook Medical Practice
- 6 Ryder Brow Community Allotment
- 7 Ossory Street Allotments
- 8 Platt Fields Market Garden
- 9 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 (www.sowthecity.org/referrals.htm) 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

