

Growing Ability



Social and Therapeutic Horticulture
for Adults with Learning Difficulties

Focusing on the abilities and
development needs of each individual



What is Growing Ability?

It's a gardening project to help adults with learning difficulties.

Each person has goals or targets – things they want to improve about their lives



How does Growing Ability help?

We ask people what **they** want to do.

They tell us how they'd like to improve.



www.trianglegarden.org

Gardening at Growing Ability can help to improve lots of things:

Feeling confident



Feeling good about yourself



Skills for work



Health and fitness



Team skills



Friendships and social skills

What do we do at Growing Ability?

Grow vegetables and fruit



Make bird boxes



Build raised beds



Build compost bins



Where is Growing Ability?

In Hitchin, at the Triangle Garden and its allotment, which is in Ransom's Recreation Ground, off Nightingale Road.

When is it?

- Monday afternoon
- Tuesday afternoon
- Tuesday morning
- Thursday afternoon

How many people come?

- Usually **six** adults with learning difficulties, and two staff

6

Who can join?

- Adults with learning difficulties



How can people join?

Phone John Cliff



07764 940812

He will set up a visit for you, to see if you like Growing Ability.

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