

Triangle Community Garden

We aim to enable people of all ages and abilities to experience and explore their relationship with the natural world through a variety of different activities...

Community gardening - bringing people together to create, develop and nurture the Triangle Garden and its Forest Garden, in a sustainable and enjoyable way. Experience all the benefits that contact with nature can bring to ourselves and our children - why not join us! We run monthly Sunday activity mornings and a weekly **Friday Garden Club** – open to all.

Wildlife walks and talks – our family-friendly wildlife discovery activities include pond dipping, a bat walk, and a mini-beast safari. Any profits are reinvested into the Garden's work. Details are available on our website as the events come up.

Community events - we run several local events, including Hitchin's Apple Day in October, our Open Day and Fun Dog Show in June, and our Halloween festivities at the Garden. Through these events we aim to nurture community spirit and promote all the things we stand for, such as living sustainability, caring for the environment, working with nature, and ensuring our children understand why all this matters.

For more information please visit - **www.trianglegarden.org**

Staff

Growing Ability is led by Triangle Garden Project Manager Liz McElroy. Liz is a qualified horticulturist and holds a Diploma in Social and Therapeutic Horticulture. Liz also manages other Triangle Garden projects including the Growing Gang, a garden maintenance work experience project, and Growing Health, a health awareness scheme, both for people with learning disabilities.

The Growing Ability staff team includes people experienced in working with adults with learning disabilities as well as volunteers.

New volunteers are always welcome.

All queries should be directed to:

Liz McElroy 07887 725962

Email: liz@trianglegarden.org



See also leaflets on:
Growing Gang, Growing Health

Growing Ability

Social and therapeutic horticulture for adults with learning disabilities

Focusing on the abilities and development needs of each individual



Triangle Community Garden

Introduction

Growing Ability seeks to improve the well-being of adults with learning disabilities in North Herts and surrounding areas through the use of social therapeutic horticulture.



Programme Structure

The project, run by a qualified horticultural therapist, provides a structured programme geared to the support needs, abilities and personal development aims of each individual.

The project is based at the Triangle Community Garden, Ransom's Recreation Ground, Hitchin. Activities take place in the Community Garden, Ransom's Pavilion and on the associated allotment. Sessions are 2.5 hours long and the normal group size is 6-8 depending on the support needs of the individuals concerned.

Who is suitable?

With a limited number of places, the project seeks to focus on individuals who will benefit from the structured approach. Placements are not time limited but are reviewed regularly.

How can you join?

You can self-refer or local agencies (social services, day centres, support workers etc.) can do this for you – just contact Liz McElroy (details overleaf).

A visit will be arranged and if you wish to attend the project a referral pack will be issued. Once complete, you will be placed on a waiting list pending agreement on funding and space available.

During the first few weeks at the project an initial assessment will be carried out; objectives will also be agreed covering what you want to gain from attending.

These could include improving self-confidence, work related skills such as improving assertiveness or team working or increasing their horticultural skills. An individual programme is then developed and progress is reviewed regularly.

Cost

From 1 April 2017 new placements are charged according to the level of need:

Low support need	£32
Medium support need	£48
High support need	£60

If you are not self-funding, you will be allocated a place pending approval of your revised personalised budget.

We aim not to turn people away so even if funding may be a problem please come and talk to us. People attending with their own support worker will generally be charged at the low rate.

