

Growing Health



An Active Healthy Living Project for Adults with Learning Difficulties/Disabilities

Focusing on the abilities and support needs of each individual

What is Growing Health?

It's an active, healthy living project to help adults with learning disabilities.

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

How does Growing Health help people?

At Growing Health we ask **you** what you want to do.

You tell us how you'd like to improve and we help you.



www.trianglegarden.org/growing-health

The Triangle Community Garden is a Registered Charity (No 1145243) and Company Limited by Guarantee (No 07676360) whose projects include Growing Ability, Growing Health, Growing Gang and Ransom's Pavilion, Hitchin.
Web: www.trianglegarden.org Tel: 07887 725 962 Email: liz@trianglegarden.org

Coming to Growing Health can help to improve lots of things:



Feeling good about yourself



Feeling confident



Improved health and fitness



Advice on healthy eating



Friendships and social skills

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What do we do at Growing Health?



Grow healthy food and eat it



Meal planning and weight management



Learn about food portions



Walking and other gentle exercise



Cooking together

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Where is Growing Health?

We meet at Ransom's Pavilion, end of Alexandra Road, Hitchin SG5 1RB, which is in Ransom's Recreation Ground in Hitchin.

When is it?

- **Tuesday mornings**
- Growing Gang is on Thursday morning
- Growing Ability is on Wednesday and Thursday afternoons

How many people come?

Usually **eight** adults with learning disabilities and two staff

8

Who can join?

Adults with learning disabilities/difficulties

How can I join?

Phone **Liz McElroy** on **07887 725 962**
or email her at **liz@trianglegarden.org**



Liz will set up a free visit to see if you like Growing Health

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