

Living well with Severn Hospice – Therapy through nature

Registered Charity 512394

Therapy through nature – Social and therapeutic horticulture

Social and therapeutic horticulture (STH) for palliative care promotes well-being and quality of life for people affected by life-limiting illness through indoor, table-top gardening, horticulture or by enjoying nature in our gardens – for example, bird watching or gathering materials for the session.

The benefits

- sharing knowledge and developing new skills
- improving quality of life and well-being
- reducing stress
- achieving personal goals
- restoring identity and control
- adjusting to illness
- physical activity and social inclusion

About the group

Our inclusive group sessions are held at our Apley and Bicton hospices from 10.30am to midday, and include refreshments. The group sizes are small, usually between four and eight people for the maximum benefit of those attending. The course is made up of five group sessions.

What will I be doing?

Activities include table-top gardening: potting on seasonal plants, sowing seeds, creating planters or posies, taking cuttings, spending time in our gardens and observing nature.

Most activities are carried out in our day services rooms at a table, so are suitable for those with limited mobility. Attendees are supported by staff and volunteers with the planned activities.

“
The sessions were relaxing, inspiring, positive, and reassuring which gave me confidence”



Therapy through nature at our creative therapy room, Bicton

Get in touch

If you'd like more information or would like to book a place, please contact Occupational Therapy on 01743 236565 or Day Services on 01743 261509 (Shrewsbury) or 01952 221359 (Telford)

About Severn Hospice

Each year, around 3,000 people living with the most heartbreaking news anyone can hear come to us for care.

Our specialist teams provide more than just expert clinical care for anyone living with an incurable illness in Shropshire, Telford & Wrekin and Mid Wales. Whether being cared for at home or in one of our wards, they also support a patient's physical, social, spiritual and psychological needs.

All this compassionate care and emotional support is provided totally free of charge, but it is not without cost.

Severn Hospice is a completely independent charity and has to raise £2 for every £3 it spends.

We are part of the healthcare network but we are not part of the NHS. All our services are funded through a combination of kind donations from local people, fundraising activities, our weekly lottery and community shops, gifts in people's wills and grants from the NHS.

Anyone can support us and everyone who does is appreciated by the families we care for today and in the future. Ask us about more ways you can help Severn Hospice.

It's because you care that we can.

severnhospice.org.uk



Shrewsbury

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01743 236565



Telford

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01952 221350



Newtown

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