

PepperGreen Farm

Where food & heritage collide



Sowing
seeds

Growing
people

THERAPEUTIC HORTICULTURE

*Connecting people with nature,
the land and each other.*



**SOWING SEEDS GROWING PEOPLE
IS A SOCIAL AND THERAPEUTIC
HORTICULTURE PROGRAM
OPERATING FROM PEPPERGREEN
FARM, DESIGNED TO IMPROVE THE
HEALTH, WELLBEING, AND SOCIAL
OUTCOMES OF PARTICIPANTS.**

This program aims to create social gardening activities that will provide participants an outlet for better health, stimulation, learning, relaxation and community engagement.

This program provides opportunities for participants in a range of areas including:

- Improved physical health through exercise
- Improved cognitive and perceptual abilities including planning, sequencing and memory via structured activities
- Improved mental health through a sense of belonging, meaning and achievement (in increasing body of research supports the premise that green activities such as gardening have a significant positive impact on mental health, particularly depression)
- The acquisition of new skills that can enhance prospects of meaningful civic participation including employment or community volunteering roles

Bookings available on Wednesday and Thursdays

2-hour Group Sessions: \$40pp *Group size participants 5-8*

1-hour Individual Sessions: \$65/hour

Please call 5445 9888 to book

Our goal is to establish a thriving and ongoing participatory program of garden and horticulture related activities – in pursuit of cultivating an evolving therapeutic space.

