



CAPA Gardening for wellbeing

In order to improve levels of physical, mental, social and emotional wellbeing we would like to encourage our clients to participate in some therapeutic activities. Whether you are a novice gardener or a keen enthusiast we have an activity idea to be enjoyed by everyone, with adaptations to help you.

Our activities encourage interaction and communication about gardening memories as well as supporting sensory stimulation. We supply the kit to get you started and your Care team are there to support you. It's so nice to have a gallery of before and after pictures of your achievements so we display these in the office and can share these with your loved ones using our birdie technology. Each year we create a Gardening Challenge which all clients are encouraged to join in. Promoting a healthy competition encourages all those who participate in the activities to win our Challenge Cup! One year a client grew over 100 tomatoes with his plant.

In Spring/ Summer time our idea is to support you to grow your own tomatoes in a pot indoors and your Care team will support you to yield a great crop. Sharing a creative activity can help our clients to make deeper connections with their Care team and community and we would like to encourage all to join in. Tomatoes are easy to grow, easily accessed and eaten and on your windowsill is a welcome sensory explosion! Once all the tomato plants have been harvested, we take a tomato count and a prize will be given to the client yielding the biggest crop. A client, who was a keen gardener, has provided us with full proof instructions for you to grow your plant which we supply with your kit.

You will be able to use your home grown tomatoes in making you some home-made tomato soup or salad for your evening meal. Our

team enjoy sharing recipes with their colleagues to improve your nutrition with tasty soups.

In Autumn, we have fun in choosing flowering bulbs for a delightful indoor winter display or some “jingle bulbs “for a fun and festive table top activity which makes a great gift too!

In January, we support the Gardening Bird watch, taking some time with your Care team to watch and record your feather friends during the RSPB Big Garden Birdwatch. Feeding the birds in the winter encourages them to feed and brings hours of enjoyment in the long winter months and discussion of ways to attract them to your window sill or garden.

Our activity planner has been lovingly compiled by our team to keep you occupied and engaged all year. Please support us with any advice you may have on gardening activities. Thank you.

