

# Therapies through Nature



Phyllis<sup>®</sup>  
Tuckwell  
Hospice Care  
...because every  
day is precious

Promoting quality of  
life and wellbeing



These sessions are open to all interested in nature or gardening, whatever your experience. Through indoor table-top sessions we explore the benefits of nature.

For more information about Therapies through Nature, contact [elisabeth.pilgrem@pth.org.uk](mailto:elisabeth.pilgrem@pth.org.uk) or 01252 729417.

For information about Living Well, call **01252 913040**

Living  
Well



# Therapies through Nature

## what are these groups?

If you are interested in nature, horticulture and gardening (no experience necessary) and are comfortable in a group setting, this group is for you.

## what are the benefits?

You will connect with nature, improve your wellbeing and quality of life, reduce your stress levels and restore skills, interests, personal identity and sense of purpose, through meaningful and valuable occupation. You will benefit from improved confidence and self-esteem, and through peer group support experience enhanced communication, finding tranquillity, hope, peace and happiness.

## what happens in these sessions?

The sessions help you to access nature, horticulture and gardening, offering the benefits of 'the great outdoors' indoors. You will participate in table-top sessions, creating flower baskets, pot-pourri or planters, for example, which can be taken home or given as a gift. Staff and volunteers will offer you individual support as needed, and the sessions are structured to enable you to create your own unique personal items.

## is transport to the venue available?

There is public transport to both sites as well as some on-site parking. You can be dropped off, or there are facilities for family members to stay and enjoy refreshments. Some volunteer driver transport is available, but we have limited capacity, so if this is required please ask and we will try to help.

## do I need to wear or bring anything special?

We would advise that you wear loose, comfortable clothing and bring any medical supplies you may need during your visit. We have checklist you can complete about any specific support you may need.

## when are the groups held?

Groups are held quarterly at the Hospice in Farnham and the Beacon Centre in Guildford.

## do I have to pay for services from Phyllis Tuckwell?

No, all services offered by Phyllis Tuckwell are free. As a charity we are dependent on the local community for their generosity and financial support. We only receive 20% of our funding from the NHS/Government and therefore we have to raise over £20,000 a day to provide all our services. If you would like to make a donation, please ask a member of staff, or alternatively you can visit our website.