

## Plant Sales

Plants and seedlings cultivated by our group members are available for purchase on site on Mondays, Wednesdays and Thursdays. Other sales and events are arranged throughout the year.



Plant with Hope, nurture with Care and harvest with Joy.

## Useful information



## Contact details

Crop Horticultural Therapy  
Steps Community Therapies for Mental Health  
Penlee Allotments  
Penlee Way  
Plymouth  
PL2 2PQ  
Tel: 01752 434116



Livewell Southwest



@livewellsw



**Crop Gardens is an eco-friendly nursery run by Steps Community Therapies for mental health. We are based at Penlee Allotments in Plymouth and provide Horticultural Therapy for adults recovering from a range of mental health difficulties**

*We support people to lead independent, healthy lives*

## Introduction

Crop supports adults with a wide variety of mental health difficulties to work together in a social and supportive environment to work towards their own recovery.

We are a small staff team of Occupational therapists and horticulturalists working to provide NHS health services for Livewell Southwest.

We believe that interacting in a meaningful and active way with nature can help you to rebuild your confidence, increase your fitness and self-esteem and nurture a renewed sense of wellbeing.

We provide professionally led, structured gardening sessions to help you to achieve your recovery goals.



## When we are open

We will initially invite you to attend either a morning or afternoon session on a Monday 10.30-12.30 or 13.30-15.30.

When you are ready for more the Diploma in Horticulture sessions are run with Cornwall College are Wednesdays 11.00-15.30 and Thursdays 10.30-15.30.

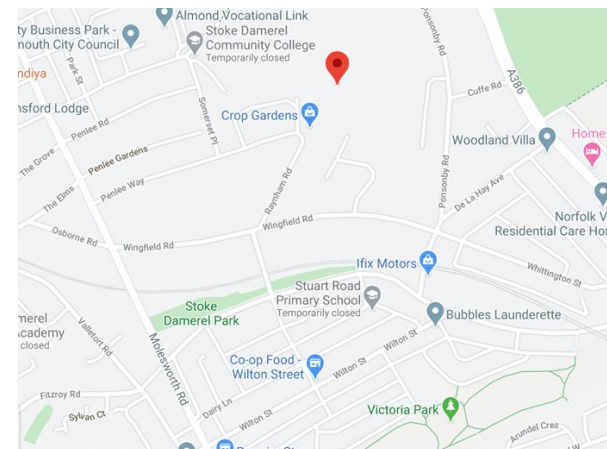


## When attending Crop please:

- wear appropriate clothes for working outside
- wear safety footwear to protect your feet
- wear gloves to protect your hands when working in the soil
- respect and value all the different needs, abilities and beliefs of your fellow group members

## How to find us

Crop is based at Penlee allotments at the junction of Raynham Road and Penlee Way. Our main office is the first building you will see as you go down the hill from the main gate.



If you are attending by bus the closest bus stop is on Molesworth Road and regular buses on City bus service 70 link to Royal Parade in the city centre.

## Regular Attendees have said

“It has given me the freedom to be myself and to let go of my stress”

“I have regained my confidence by doing something meaningful and I get a real sense of community coming to Crop”

“When I have been busy at Crop I feel as happy as a seagull with a chip!”