



GROWING TOGETHER

The Soil to Supper 'Growing Together' Program offers garden-based activities that promote social connections, cultivate wellness, and nurture the growth of fresh food.

During weekly sessions, our qualified team guides and supports residents in engaging activities, with simple methods accessible to all abilities and customised to suit every participant.



The Growing Together Program comprises of:

- an initial onsite visit from Cath Manuel, to ensure garden spaces are suitable and safe prior to commencing activities.
- seasonal programs with weekly interactive garden-based activities with a qualified Soil to Supper team member.
- gardening equipment and materials required for each activity.
- ongoing support and guidance from Cath through each season of growing.



Benefits:

- enhanced health and wellbeing
- increased social interaction
- cognitive stimulation
- positive experiences
- access to fresh food
- rediscovered skills or new skills learned
- garden spaces for everyone to enjoy



Feedback:

"The program is contributing to the active participation of residents in hands-on activities"

"Great to see the progress and interactions of the residents"

"A positive impact in the lives of our residents"

**SEASONAL
PROGRAMS
COMMENCE FROM
AUTUMN & SPRING**



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FIND OUT MORE ABOUT THERAPEUTIC HORTICULTURE:

www.soiltosupper.com