



Reading Green Wellbeing Network

We are a network of local community gardens, horticultural therapy groups, and nature-based activity providers who offer activities and health interventions to improve people's health and wellbeing in and around Reading. New members welcome. Find us at <https://www.rgwn.org.uk/> www.facebook.com/RGfHWN or email rgwn@gmail.com

*Associate members



Ridgeline Trust provides horticultural therapy sessions at our beautiful garden in East Reading. We support people with mental health issues, learning difficulties and physical disabilities. Through our sessions we enable people to rebuild confidence and reduce levels of stress and anxiety.

Email: admin@ridgelinetrust.org.uk Phone: 07535 636018
www.ridgelinetrust.org.uk



Food4families is a project of RISC. We run free, inclusive tutor-led gardening sessions from our Network of Community Gardens across Reading for local people to improve their health and wellbeing, open up opportunities to work, break down language barriers and support them in growing their own fruit and veg locally.

Email: food4families@risc.org.uk Phone: 0118 958 6692
www.food4families.org.uk



Thrive We are passionate about the health benefits that gardening, horticulture and spending time in nature can bring. Using Social and Therapeutic horticulture (STH) we help individuals at our peaceful, beautiful walled garden in Beech Hill. We also share our knowledge through Get Gardening and our publications for anyone needing support to garden with a disability or long-term health condition.

Email: info@thrive.org.uk Phone: 0118 988 5688
www.thrive.org.uk



Integrated Research and Development Centre (IRDC), Berkshire, UK
CIC is a non-profit local community interest company. IRDC helps mental health and wellbeing of people with supported gardening and training. We lead health walks, stretching and breathing exercises to restore fitness, calm and relaxation as well as conducting participatory research work with local communities.

Email: irdcberks@gmail.com Phone: 07939 665 482



Nature Nurture is on a mission to support wellbeing and wildlife by connecting people with the parks, woodlands and waterways on their doorsteps. We deliver Green Social Prescribing programmes including Walking for Wellbeing, Conservation activities and school programmes in Reading's green spaces.

Email: natalie@nature-nurture.co.uk Phone: 0118 950 2764
www.nature-nurture.co.uk



British Islamic Gardens is a volunteer-led community gardening group open to all the public. We run 5 gardening sessions per week.

Email: info@bigardens.org Phone: 07534 404200
www.bigardens.org



The Museum of English Rural Life provides growing spaces for local community groups to take part in gardening projects and supported gardening sessions inspired by The MERL collections to support health, wellbeing and creativity. The MERL gardening groups are supported by the Assistant Volunteer Coordinator for Garden Projects and The MERL garden volunteer team.
Email: merlevents@reading.ac.uk Phone: 0118 378 8660
<https://merl.reading.ac.uk/>



Path Hill Outdoors is an Outdoor Education Centre based in beautiful beech woodland on the Hardwick Estate, north of Reading. We offer nature connection activities to support wellbeing and aid recovery from physical and mental ill-health. Activities include gentle nature walks, campfire cooking, mindfulness, gardening, and more. We are also an Alternative Provision for children who find mainstream school a challenge and run programmes for school groups and community groups.
Email: contact@pathhill.com Phone: 0118 984 2500
<https://pathhill.com/index.php/home>



Green Health Thames Valley provides horticultural therapy for people struggling with mental health difficulties. We work with small numbers of clients to help them become more involved in the community and achieve a happier and more fulfilled life. The project runs on Tuesdays and Thursdays.
Email: info@greenhealththamesvalley.org.uk Phone: 07450 334091
www.greenhealththamesvalley.org.uk



Five a Day Market Garden in Englefield is full of flowers, vegetables and fruit, all grown by volunteers. We welcome people seeking an active role in the garden as part of their recovery from depression and other mental health issues, including feelings of isolation and loneliness. We also run a weekly dementia friendly older people's group.
Email: info@fiveaday.org.uk Phone: 07555 184 343
www.fiveaday.org.uk



The ***Berkshire, Buckinghamshire and Oxfordshire Wildlife Trust's** mission is to bring about nature's recovery by inspiring and empowering local people and partners to help bring nature back. Our Nextdoor Nature project in Reading focuses on responding to communities' needs for improving nature where they live and improving nature connectedness for everyone.
Email: teamwilder@bbowt.org.uk Phone: 07518 297896
<https://www.bbowt.org.uk/>



***Reading Food Growing Network** is for any groups or individuals in the wider Reading area interested in the local growing of fruit and vegetables. The network organises events such as seed and plant swaps, garden visits and talks.
<https://www.readingfoodgrowingnetwork.org.uk/>



***FUNSA** offers accredited Forest School and Outdoor Learning training and provision as well as community education events.
www.funsa.co.uk Phone: 0118 926 1906/ 07771 605 825



***Autangel Allotment Group** is a peer-support allotment group in East Reading for autistic people.
Email: info@autangel.org.uk www.autangel.org.uk