



## FLOWER POD TIMETABLE



Monday	Tuesday	Wednesday	Thursday	Friday
Social and Horticultural Therapy 10am-3pm	Social and Horticultural Therapy 10am-3pm	Social and Horticultural Therapy 10am-3pm	Social and Horticultural Therapy 10am-3pm	Not currently open to clients
	Enrichment sessions	Practical Horticulture 10am-12pm		
		Practical Horticulture 1pm-3pm		
		Enrichment sessions		
<b>A lively Day:</b> Plenty of chatter whilst you work in our group of younger people. Places available	<b>A steady day:</b> A friendly group with lots of choice. Mixed age range & opportunity for 1:1 support from experienced volunteers. Places available	<b>Our busiest day:</b> Lots of lovely volunteers to help you join in with what we offer. Sorry no places currently available	<b>Our quietest day:</b> Good for people who have their own 1:1 support or like doing their own thing. Places available	<b>Watch this space.</b>
<b>At Flower Pod we work with the seasons.</b> In winter we offer craft & indoor projects or gardening-related activity. Whenever we can we like to be outdoors!	<b>Enrichment sessions:</b> 4 week classes designed for small groups to work around a specific topic e.g. travel training, first aid, numeracy, relationships, healthy choices.	<b>Practical Horticulture:</b> Learn about all aspects of sowing, growing and nurturing flowers and vegetables. Our friendly tutor will guide you-gardening through the seasons.	<b>Social and Horticultural Therapy:</b> Being outdoors, at one with nature, peaceful. Take some gentle exercise, meet new people, make good friendships and have fun. It really is good for you!	

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