

## Course/Group title: Grow Outside

**Description of the course (including the number of sessions):**

This is a partnership run group with Grow Outside CIC (Claire Teeling) & DHCFT Dale Bank View OT staff

To promote an interest in gardening. To provide an outdoor environment to support social inclusion, health and wellbeing, and to explore other activities in this venue.

**Dates & times:** Currently every Tuesday from 10am – 3pm

**Venue:** Gresley Old Hall, Church Gresley, nr Swadlincote

**Benefits of attending the course:**

To provide a range of activities to develop confidence/motivation/new skills/re-gaining old skills; to enable people to achieve individual goals; social inclusion; to help to develop a community resource to be available to all.

**Available to:**

Service Users open to team at Dale Bank View those who live in and around the locality

**How to book a place:**

Referral by member of clinical team at Dale Bank View

**To be included in which section:**

Keeping Well