



What Lotsaplot means to those who come –

R: 'Coming to Lotsaplot is a way of getting out of the house and I can do some gardening as most of my parent's garden is concreted over. I would be very interested in doing a horticultural course.'

D: 'It's nice to see the improvements at Lotsaplot over the year. I've enjoyed growing plants as I've never grown anything before. It's good exercise and I'm looking forward to growing exotic plants in the greenhouse.'

P: 'I like going to the allotment, I like planting strawberries and seeing them grow. I enjoy the lunches we have there.'



For more details please contact by phone, email, or by posting the attached form to:

**Cecilia Burton,
Eco-therapy Project,
Richmond Mind,
Richmond Community
Healthcare Hamlet,
Kew Foot Road,
Richmond,
TW9 2TE.**



**For better
mental health**

We are an eco-therapy project run by Richmond Mind that welcomes anyone from the borough who feels that their mental health could benefit.



NO negative side-effects!

We are based at the beautiful Crane Park allotments, Twickenham, and meet every other Wednesday at Richmond Mind Social Centre at the Richmond Royal Hospital – a friendly place where you will receive a warm welcome.

Lotsaplot - The Vision

Through rigorous research 'eco-therapy' has been recognised as having significant positive affects for those experiencing mental health issues. Eco-therapy may be considered as a viable alternative to or in conjunction with anti-depressants.
See this link for research:
www.mind.org.uk/mindweek

Lotsaplot - Our Aim

At Richmond Mind we aim to provide safe, social, nurturing services where people can be helped to cope with their mental health problems and also be helped on their recovery journey.
www.rbmind.com

Lotsaplot – the story so far

In June 2007, we took over a large allotment in Crane Park Island. With the support of local people and volunteers we are transforming the space. We have been able to plant a variety of vegetables, fruits, herbs and native flowers, and we plan to use the secluded tranquillity of the space for relaxation, discussion, training courses and exercise.

When?

Lotsaplot activities take place every fortnight on a Wednesday from 14th May 2008 until November 2008.

We meet at 10 am at the:
Richmond Mind social centre,
Richmond Royal Hospital,
Kew Foot Road,
TW9 2TE.

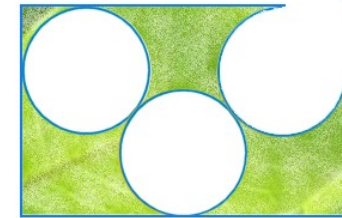
There is the opportunity, for those who are committed, to become a key holder.

Interested?
Any questions?

Call Cecilia
07982488306

Email:
Ceciliamindsocialcentre
@yahoo.co.uk

lotsa
plot



Richmond Mind's
Eco-Therapy Project.

Please tick

'I am interested in taking part in Lotsaplot'.	<input type="checkbox"/>
'I am a health professional & would like to refer someone'.	<input type="checkbox"/>
'I am interested in becoming a volunteer'.	<input type="checkbox"/>
'I would like to hear about other Richmond Mind Projects'.	<input type="checkbox"/>

Name	<input type="text"/>
Address	<input type="text"/>
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