



Sydenham Garden
A growing community

A social prescription
for people experiencing
anxiety, depression, trauma,
other mental ill health and
dementia



Sydenham Garden is a wellbeing hub focused on people's recovery from mental ill health and other significant illness. Doctors and health professionals refer patients to take part in our various social, creative and therapeutic programmes and activities.

www.sydenhamgarden.org.uk
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Projects

Garden. Weekly social and therapeutic horticultural sessions, based in our nature reserve and Victorian garden.

Art & Craft. Weekly social and therapeutic art and craft activities based in our green resource centre.

Growing Lives. Weekly therapeutic and vocational sessions, based in our market garden.

Sow & Grow. Weekly sessions for people with mild to moderate dementia, using creative, social and reminiscence activities, underpinned by Cognitive Stimulation Therapy (NICE recommended).

Charity number 110810