

Horticultural Therapy Service for Stanford Hall.

THERAPEUTIC BENEFITS

 PROPAGATION	 DIGGING	 PRUNING	 PLANTING	 WEEDING AND BED CLEARANCE	 LAWN MAINTENANCE	 WATERING	 HIGHGROUND AREA	 HARVESTING FRUIT, VEGETABLES AND FLOWERS	 WILDLIFE CONSERVATION	 FARM SHOP
FINE MOTOR SKILLS DEXTERITY GRIP STRENGTH HAND-EYE CO-ORDINATION PROPRIOCEPTION SENSORY AWARENESS PATIENCE CONCENTRATION ATTENTION UNDERSTANDING AND FOLLOWING INSTRUCTIONS DISCRIMINATION DECISION MAKING LITERACY, NUMERACY STANDING TOLERANCE/ BALANCE (IF DONE IN STANDING) TEAMWORK (IF DONE IN SMALL GROUP)	GROSS MOTOR SKILLS STANDING TOLERANCE BALANCE BENDING STAMINA EXERCISE UPPER AND LOWER BODY STRENGTH BUILDING PROPRIOCEPTION, STRESS BUSTING IMPROVED SLEEP CONCENTRATION	FINE AND GROSS MOTOR SKILL DEXTERITY GRIP STRENGTH HAND-EYE AND GENERAL CO-ORDINATION, STANDING TOLERANCE AND BALANCE BENDING PROPRIOCEPTION EXERCISE CONCENTRATION FOLLOWING INSTRUCTIONS ATTENTION PATIENCE PLANT IDENTIFICATION LEARNING A NEW HORTICULTURAL SKILL SENSORY AWARENESS	FINE AND GROSS MOTOR SKILLS GRIP DEXTERITY LIFTING SENSORY AWARENESS DECISION MAKING PLANT IDENTIFICATION AND KNOWLEDGE FOLLOWING INSTRUCTIONS PATIENCE STANDING TOLERANCE BALANCE (IF DONE IN STANDING)	FINE AND GROSS MOTOR SKILLS GRIP DEXTERITY HAND-EYE CO-ORDINATION LIFTING EXERCISE BALANCE STANDING TOLERANCE BENDING SENSORY AWARENESS DECISION MAKING PLANT IDENTIFICATION CONFIDENCE PATIENCE DISCRIMINATION	GROSS MOTOR SKILLS STANDING TOLERANCE BALANCE UPPER BODY STRENGTH EXERCISE STAMINA MOBILITY GRIP ATTENTION CONCENTRATION	LIFTING UPPER BODY STRENGTH GRIP MOBILITY STANDING TOLERANCE BALANCE PLANT IDENTIFICATION JUDGEMENT DISCRIMINATION FOLLOWING INSTRUCTIONS	CONCENTRATION, MEMORY, LEARNING NEW SKILLS PLANT KNOWLEDGE STANDING TOLERANCE BALANCE GRIP UPPER BODY STRENGTH	PLANT IDENTIFICATION SENSORY AWARENESS SOCIAL SKILLS GRIP HAND-EYE CO-ORDINATION STANDING TOLERANCE BALANCE BENDING (SEE FARM SHOP)	CARING FOR THE WIDER ENVIRONMENT SOCIAL INTERACTION LEARNING NEW SKILLS FOLLOWING DIRECTION INFORMATION PROCESSING MEMORY DEXTERITY CREATIVITY	SOCIAL INTERACTION TEAM WORK COMMUNICATION LITERACY NUMERACY PLANNING ORGANISATION CONFIDENCE PLANT KNOWLEDGE

HORTICULTURAL TASKS

All the below tasks have the additional spiritual and psychological benefits of: [improving sense of wellbeing](#), [lifting mood](#), [having fun](#), [offering a sense of purpose](#), [hope](#) and [achievement](#).

 LIFTING AND DRYING SPRING BULBS/STAKING INDOOR BULBS

 PREPARING BEDS FOR PLANTING

 SEED SOWING

 POTTING ON/PLANTING OUT MOST VEGETABLE CROPS AND BEDDING PLANTS

 MAKING HANGING BASKETS: FLOWERS AND EDIBLE PLANTS

 PRICKING OUT: TRANSPLANTING YOUNG SEEDLINGS

 DIVIDING HERBACEOUS PERENNIALS E.G. HOSTAS, LUPINS

 DEAD HEADING/PRUNING

 TAKING CUTTINGS E.G. FUCHSIAS, DAHLIAS, GERANIUMS, AND HERBS

 LAYERING STRAWBERRIES

 WATERING AND WEEDING

 STARTING LAWN MAINTENANCE AND EDGING

 MAKING ORGANIC PLANT FOOD E.G. COMFREY AND NETTLE FERTILISER

 CONSTRUCTING PLANT SUPPORTS

 PROVIDING CROP PROTECTION

 USING THE SENSES TO IDENTIFY PLANTS

 WOODLAND CRAFTS E.G. SEASONAL WREATH MAKING



EVENT EASTER

SPRING

 SEED SOWING E.G. WALLFLOWERS, PRIMULAS, SWEET WILLIAM, PANSIES, TURNIPS, CONTINUATION OF SALAD CROPS

 PRICKING OUT: TRANSPLANTING YOUNG SEEDLINGS E.G. WALLFLOWERS AND SALAD CROPS

 EARTHING UP POTATOES

 TAKING SEMI RIPE CUTTINGS E.G. ROSES, HEDGING PLANTS

 DEAD HEADING I.E. REMOVING DEAD FLOWER HEADS FROM PLANTS

 TOMATO/CHILLI MAINTENANCE E.G. TYING IN AND PINCHING OUT SIDE SHOOTS

 GENERAL PRUNING

 WATERING/ FEEDING

 PROTECTING CROPS

 HARVESTING CROPS

 WEEDING

 HEDGE/ GRASS CUTTING AND SEED SOWING

 GENERAL GARDEN PROJECTS

 USING THE SENSES TO IDENTIFY PLANTS

 WOODLAND CRAFTS E.G. SEASONAL WREATH MAKING



EVENT SUMMER FETE

SUMMER

 SEED SOWING OF VEGETABLES AND FLOWERS E.G. GREEN MANURES, BRASSICAS (CABBAGE, BROCCOLI), BROAD BEANS, WINTER SALADS, SWEET PEAS

 SEED SAVING

 SAVING DRIED FLOWERS

 BULB PLANTING

 PLANTING WINTER BEDDING

 GENERAL PRUNING

 TAKING CUTTINGS E.G. ROSEMARY, LAVENDER, DOGWOOD, MAGNOLIA, YEW

 HARVESTING AND STORING CROPS

 LAWN MAINTENANCE E.G. SCARIFYING AND SOWING

 GENERAL CLEARANCE AND TIDYING

 MAKING LEAF MOULD

 MAKING WINTER HABITATS FOR WILDLIFE

 CLEANING AND PAINTING SHEDS

 PREPARING GREENHOUSE FOR WINTER

 POT WASHING

 MAKING DRIED CHILLI AND ONION PLAITS

 USING THE SENSES TO IDENTIFY PLANTS

 WOODLAND CRAFTS E.G. SEASONAL WREATH MAKING



EVENT HARVEST FESTIVAL

AUTUMN

 SEED SOWING E.G. BROAD BEANS, PEAS, CHILLIES, TOMATOES, SNAPDRAGONS AND PETUNIAS

 PRICKING OUT AND POTTING ON OF EARLY SOWINGS E.G. CHILLIES, PETUNIAS

 CHITTING POTATOES

 FORCING AND PLANTING WINTER BULBS E.G. HYACINTHS, NARCISSUS

 DIVISION OF PERENNIALS

 TAKING GERANIUM CUTTINGS

 FRUIT TREE PRUNING AND GRAFTING

 SOFT FRUIT PRUNING AND TAKING CUTTINGS E.G. BLACKCURRANTS, GOOSEBERRIES

 ROSE PRUNING AND MULCHING

 CUTTING BACK ORNAMENTAL GRASSES

 DIGGING, MULCHING AND FERTILISING

 REVIEWING SEED STOCKS

 TURNING COMPOST

 TIDYING PLANTS IN GREENHOUSE

 TIDYING GREENHOUSE AND SHEDS

 FEEDING THE BIRDS

 USING THE SENSES TO IDENTIFY PLANTS

 WOODLAND CRAFTS E.G. WREATH MAKING, WINTER BROOMS



EVENT CHRISTMAS

WINTER