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**Themes:** Advocacy, Allotments and Growing, Mental Health, Nature and Outdoors, Green Social Prescribing

**Aimed at:** All People

Hope Springs Horticulture - Community Interest Company

Growing Together

Welcome!

Hope Springs Horticulture is a user led organisation that supports like minded people with enduring mental health difficulties across North Nottinghamshire.

Our Mission Statement:

Providing horticultural therapy to improve mental and physical wellbeing.

Our Aims and Objectives are to:

Maintain Mental Wellbeing

Promote Healthy Living

Build Confidence

Reduce Social Isolation

We are currently running two projects:

Hope Springs Sutton

Based in the old greenhouse complex on Sutton Lawns pleasure ground the project is within walking distance of Sutton town centre. The project benefits from a large glasshouse which enables us to propagate plants which feed into the other two projects. We have a wildlife area, herb garden and vegetable plot along with an extensive variety of fruit. As with the other projects the produce is available for our volunteers to take home with them. The project is funded by the BIG Lottery fund and Ashfield District Council.

### Hope Springs Clumber

Based in the heart of the National Trust park the project is set in beautiful surroundings with a wonderful selection of wildlife. The project is edged by herbaceous borders and has two greenhouses where we grow a variety of flowers, fruit and vegetables. Through a gate at the back of the project there is a secret garden which is a great place to sit and watch the animal visitors. We have a wooden cabin which is heated and has tea making facilities so we can get together whatever the weather. The project is situated across from the main car park (behind the cycle hire building)

Please take a look around and if you or someone you know may benefit from joining us email us or fill in your details on the 'Contact us' page.

There is no charge to attend our projects and no gardening experience is necessary!

**Area:** Bassetlaw

### Contact Details

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