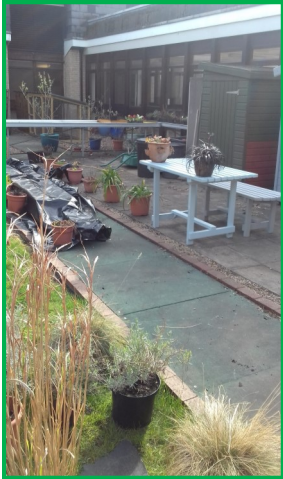
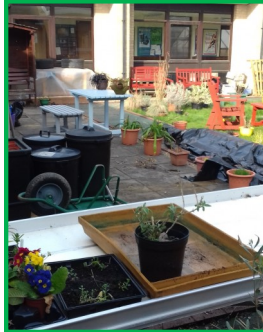


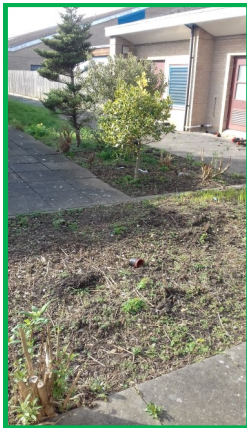
## The Gardening Area's



The Therapy Garden



The Nursery Area



### Raising Health

Enhancing healthcare for  
all ages across  
Leicestershire and Rutland

Charity Registration No: 1057361

To help raise charitable  
funds to support the  
Let's Get Gardening at the  
Bradgate Mental Health  
Unit project please visit;

[www.raisinghealth.org.uk](http://www.raisinghealth.org.uk)

Leicestershire Partnership   
NHS Trust

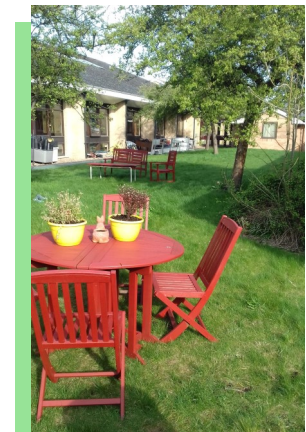
@LPTOTBradgate

#LetsGetGardeningBMHU

# Lets Get Volunteering



Help us to transform the  
garden areas of the  
BMHU



## What is the project?

**Our aim is to transform the outdoor spaces at the Bradgate Mental Health Unit. There are a number of garden spaces which are unloved and not suitable for patients to use.**

### We want to change this by:

- Developing a therapeutic sensory garden in our off-ward area.
- Creating a plant nursery in one of the spaces to show patients the skills to grow and make plants from seeds to use in the ward based gardens
- Show patients the skills to grow fresh produce in small spaces so that they can learn to manage their money, eat healthily, have an occupational identity, a purpose, and a routine.



## Who we are?

**We are the Occupational Therapy Team and are based at the Bradgate Mental Health Unit. We work with patients promoting independence and working closely with patients building therapeutic relationships.**

## How to get involved?

### Apply to be a volunteer! Volunteer as part of the project

- Help us bring colour and life to the outdoor spaces and help people to enjoy being outside in beautiful surroundings, as well as learning new skills.
- Volunteering with us offers you a fantastic opportunity to gain and offer valuable experience and skills in therapeutic gardening.
- Benefits your CV, widen's your job prospects, Get to meet other like minded people, build up self esteem....and more!



### What is required to become a volunteer:

- Commitment to volunteering 1-3 hours per week.
- Two references and a Disclosure and Barring Service (DBS) check.
- Attend an Induction day.
- Completion of 'Ulearn'-online training

### What does the trust offer volunteers?

- A benefits booklet.
- Polo shirt/volunteer lanyard.
- Opportunity to get involved with events and other opportunities
- Training opportunities.
- Free travel on the hospital hopper bus...and more!

### **You can find a range of volunteering opportunities here at;**

[www.leicspart.nhs.uk/volunteering](http://www.leicspart.nhs.uk/volunteering)

### To become a volunteer

#### **Write to:**

Volunteering,  
Leicestershire Partnership NHS Trust,  
Bridge Park Plaza, Bridge Park Road,  
Thurmaston, Leicester, LE4 8PQ

**Email:** [volunteering@leicspart.nhs.uk](mailto:volunteering@leicspart.nhs.uk)

**Telephone:** 0116 229 4056