



Horticare

What is Horticare?

Horticare is community-based day service for up to 20 people with learning disabilities. We use social and therapeutic horticulture to provide service users with therapy, education and personal development.



Our mission is: to provide a therapeutic and supportive environment for people to develop personal, team, and work related skills.

Our aim is for service users to develop competence, respect, dignity, responsibility, independence and to promote their social inclusion within the local community.

Where is Horticare?

Horticare is based in Wattsfield Road on the outskirts of Kendal.

Facilities include a purpose built greenhouse, a polytunnel, nursery area and three portacabins.

Minibus, trailer and several types of grass cutting machinery is available for contract gardening.

What happens there?

Our service users get involved in a range of activities including:

Community and amenity landscape maintenance:

- Lawn care
- Pruning/weeding/planting up
- Landscape maintenance and enhancement



Plant nursery production:

- Raising plants from seed, cuttings and division.
- Greenhouse skills
- Recycling/composting
- Selling to public

Craft activities:

- Card making
- Special interest courses

Information Technology:

- Basic computer skills

Work placements:

- Individual supported placements in a variety of locations.

Social & leisure,

- Holidays
- Evening outings
- Educational outings

Health & Safety:

- Manual handling
- Fire safety

➤ Correct use of machine tools/hand tools



We organise holidays for service users every two years. These vary to suit people's preferences: in 2006, one group went to Calvert Trust near Kielder forest for an activity break, and another group had seven days in and around Edinburgh.

We also organise evening outings in the autumn and winter to see shows or musical tribute bands. In 2007, a group has been to see the Chinese State Circus and a trip to a musical ice show is planned soon.

Will I like it there?

Horticare suits people who like being outdoors, who have lots of energy, like working as part of a team, or who enjoy growing plants and selling to the public. Structure and discipline is the key to attaining skills, keeping safe and doing valuable and worthwhile work in the community.



Service users have individual person centred plans or care plans that encompass the whole of their lifestyle and life choices. This means that Horticare doesn't just support work based activities: at Horticare we work hard and play even harder!

In order to help people understand the choices available to them, we have an independent advocate who is a local volunteer. Meetings enable users to help us run the unit

and make choices about issues that they feel are important.

We have close links with THRIVE, the national charity for Social and Therapeutic Horticulture.

- We are Thrive's regional partner for the north west of England;
- We subscribe to the Thrive Quality Assurance programme 'Cultivating Quality' (accredited by PQASSO); and
- We are Thrives 'Cultivating Quality' champions for the Northwest.

You can learn more about Thrive at www.thrive.org.uk.

Who works at Horticare?

The staff team consists of:

Supervisor – John Taylor

Senior Support – Angela Gray-Lake

Senior Support – Martin Oldham

Horticare is one part of Cumbria Care's Day Services in Kendal and all staff are accountable to Locality Manager – Nancy Douglas.

Horticare is fortunate in being supported by loyal volunteers from across the local area,

How do I contact Horticare?

Horticare

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July 2008