

# HORTICULTURAL THERAPY COURSE



12 week course for those living with and  
beyond cancer



Courses are run in Shrewsbury and Craven Arms

Shrewsbury - Every Monday from 14th October  
Shrewsbury Mens Shed, West Mids Showground

Craven Arms - Every Wednesday from 30th October  
Shropshire Hills Discovery Centre




Participants must be able to commit every week for the twelve  
week programme



To register, email [sath.lwbc@nhs.net](mailto:sath.lwbc@nhs.net)



It can be tailored  
to individual needs



It can enhance  
recovery by using a  
social and nature-  
based approach

A positive impact  
on nature and  
health

It can provide an  
avenue for physical  
and emotional  
wellbeing