

Growing Space

Listed overleaf are a sample of the range of activities delivered by Growing Space in partnership with Sgiliau

All activities are delivered by qualified staff across a range of specialities including RHS, assessors, PGCE trainers, digital practitioners

This provision is funded by Aneurin Bevan University Health Board

You can be referred into our service through Primary and Secondary Services.



Find out about some of our other services on <https://www.dewis.wales/>



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Facebook:

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Twitter:

[GSouthwales](https://twitter.com/GSouthwales)



Instagram:

[growingspace.southwales/](https://www.instagram.com/growingspace.southwales/)

Growing Space

Helping People Grow

**Creating
A New
Pathway
To Support
Your
Mental Health**



01633 810718

Connecting to Nature

Skills & Knowledge Development:

- Environmental Awareness
- Willow Weaving
- Cooking and Growing Seasonal Vegetables
- Floristry
- Animal / Plant / Tree Identification (Theory)
- Furniture Restoration

Experiencing Nature:

- Green Gym
- Meadow Walking
- Tree Identification
- Fishing
- Wildlife Surveying
- Reflective and Sensory Gardens
- Bird Watching

Interacting with Nature:

- Woodland Management
- Horticultural Therapy
- Growing Food
- Animal Care
- Herb and Flower Boxes



Taster Activities

An example of some of the extensive range of activities

Life Skills:

- Cooking/Nutrition/Hygiene
- Managing a Budget/Tenancy
- First Aid/Health & Safety

Information Technology:

- Digital Literacy/Responsibility
- Staying Safe/Shop On-line
- Smart Phones/Social Media

Employability:

- CV Writing/Interview Skills
- Volunteering/Work Experience
- Peer Mentoring

Creative:

- Woodwork/Renovation
- Digital Photography
- Willow Weaving/Floristry

Nature:

- Animal and Plant Life
- Bird-watch/Wildlife Survey
- Making Homes for Wildlife

Personal Development:

- Confidence/Self-awareness
- Communication/Action Plan

Well-being:

- Stress Management
- Emotional Well-being

Creative Arts

Land-Based Crafts:

- Willow Weaving
- Floristry
- Wood Turning
- Wood Work
- Growing in, and Maintaining Gardens

Digital Arts:

- Music Production
- Photography
- Film Making/Animation
- 3D Printing
- CNC Design
- Graphic Design

Creative Arts:

- Music
- Art
- Drama
- Creative Writing
- Textiles
- Badge Making

