

The Seed Box aims to improve the social, emotional and physical health of its co-workers through horticultural and outdoor activities.

As a Social Enterprise, all profits of the company will be used for the benefit of the users.



The Seed Box provides a day service for adults with additional support needs, who are presently unable to work in mainstream employment.

The Seed Box provides meaningful work related activities for its co-workers on a daily basis. This promotes and encourages independence and social rehabilitation as well as providing training in life skills to enable co-workers to move on to employment, sheltered or otherwise

We are able to provide formal recognition of new skills through RCHS Grow & Learn Award. We hope to also provide SVQ/City & Guilds Awards and The John Muir Award.



ACTIVITIES MAINLY INVOLVE HORTICULTURE:

- Growing vegetables and fruit
- Maintaining shrub borders
- Sowing seeds and propagation

Other activities will include:

- Maintenance of tools
- Nature and wildlife activities
- Conservation and Crafts
- Visits from specialists in various related areas

Any produce grown can be used by co-workers for their own use, as well as being sold to local businesses and through a Veg Bag Scheme. Hanging baskets, floral tubs, potted herbs, wildflowers and craft items such as bird boxes, squirrel feeders and planters are also sold.

The income from the sale of these items provides opportunities for outings to gardens. It is also used to arrange for visiting specialists to provide art, yoga, music and craft classes, or for any other subject that co-workers express an interest in.



The Seed Box,

is situated in a rural setting in the Walled Garden at Ballogie and is open Monday to Friday 9.15 am to 4.15 pm

The Seed Box is able take referrals via Social Work Care Managers or through the new Direct Payment system.

We are happy to show prospective clients around our Centre and are willing to answer any queries you may have.

Please contact us to arrange a mutually convenient appointment.

Co-workers can travel to the *The Seed Box* either by public transport, taxi or with their Carers. We may be able to provide transport for an additional charge.

Please contact us to discuss.



Horticultural and Outdoor Therapy provides numerous benefits, specifically:

Mental Health:

- Increases independence
- Increases self esteem
- Improves ability to problem solve
- Provides choices
- Encourages creativity
- Provides an outlet for anger, stress and emotions
- Decreases the severity of depression
- Improves memory and concentration
- Provides sensory stimulation

Physical Health:

- Improves motor skills
- Tones and strengthens muscles
- Improves coordination and balance

Social Well-being:

- Increased confidence
- Improves communication skills
- Improves social interaction
- Promotes cooperation and team building skills
- Promotes a work ethic and encourages a nurturing behaviour



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*Horticultural Training and
Outdoor Therapy Centre
situated on Deeside*



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