

Summer 2026

Hello!

Thank you for your interest in '**Let it Grow!**' - Ridgeline Trust's Summer Holiday Gardening Club!



Come and enjoy our beautiful garden and connect with nature this summer!

All sessions are run by our qualified, DBS checked, dedicated team of Horticultural Therapists and supported by our experienced volunteers. Sessions are designed for students with SEND between the ages of 12 and 19, accompanied by their parent or carer.

We have lots of fun garden activities planned for you which we can adapt according to your interests and your needs. We have great indoor space too, so the sessions will go ahead whatever the weather!

Activities might include:

- Planting
- Sowing seeds
- Harvesting
- Mindful garden activities
- Painting
- Nature scavenger hunts
- Watering
- Herb based activities
- Wildlife watching



Our wonderful garden is a safe, secure, enclosed and beautiful place with a 'pavilion' which has toilets, a nice classroom and a small kitchen area. We have a polytunnel and a tool shed and raised beds for easy access. We have lots of space to work, play and relax in the garden too!

When:

- Our Let it Grow sessions will take place on
 - Wednesday 29th July
 - Thursday 30th July
 - Wednesday 5th August
 - Thursday 6th August
 - Wednesday 12th August
 - Thursday 13th August
- Each session starts at 10.30am, so please arrive between 10.20am - 10.30am to register and settle in!
- Each session will finish at 12.30pm

**Where:**

Ridgeline Trust Therapeutic Garden is at 25 Whiteknights Road, Reading, RG6 7BY

We share our entrance with Lakeside Care Home, and are opposite the University lake. Once you have turned off the main road, you will see the Ridgeline garden on your left hand side - there is plenty of free parking.

Access from central Reading is possible by public transport. For more information please check our website for details: www.ridgelinetrust.org.uk (then look at 'contact us')

When you arrive, please ring the bell by the gate and we will come and let you in.

What to bring

- Your parent or carer! They can help you and they can also join in, if they would like to!
- If you have a pair of gardening gloves, please bring them with you. If not, don't worry, we have some you can borrow.
- A water bottle so you can stay hydrated. We have free tea, coffee, water and squash but if you prefer something else please bring it with you.
- A healthy snack to enjoy at mid-morning break

**What to wear:**

- Please wear clothes that are comfortable and suitable for the weather, and that you don't mind getting a bit wet or dirty.
- If the weather is going to be good, don't forget your sun hat and sun screen

- Please bring your raincoat/hat/layers/coat if it's going to be cool or rainy.
- If you suffer from hay fever, don't forget to take your antihistamines before you come.
- Sturdy footwear is a good idea - please don't wear open-toed shoes, sandals, flip flops or Crocs!

We have level, wheelchair friendly paths around the garden and access to our 'Pavilion' building where we have toilets and handwashing facilities and a kitchen area.



Payment for the session:

Each session costs £15, or it costs £75 to attend all 6 sessions. Payment is due in advance of the first session. When you have registered, we will send an invoice by email, so please look out for it.

On the day

If you are unable to attend on the day, or if you have any other questions, please call the Ridgeline number: 07535 636 018 or send an email to admin@ridgeline.org.uk

Your main contact before you arrive is our Service Manager, Penny Walters penny@ridgeline.org.uk. On the day you will be working with Catherine Watkins Catherine@ridgeline.org.uk or or Carol Green Carol@ridgeline.org.uk



PLACES ARE LIMITED SO PLEASE LET US KNOW IF YOU'D LIKE TO SIGN UP!

Email admin@ridgeline.org.uk to book your place.

See you soon!

Best wishes

Penny

Penny Walters & the Ridgeline Team