



Blossoms at Larne Lough

HORTICULTURAL + NATURE-BASED THERAPY

8 Week Nature-based Therapy Course

Find out how working with nature and organically growing food, herbs and wildflowers can increase your health & wellbeing and reduce your stress levels.



Did you know that you can use engaging in nature to reduce your stress levels and increase your wellbeing?

As human beings, we are programmed to enjoy spending time in nature.

Whether that's walking in our local park, or growing in our garden – research shows that engaging with nature can have a very positive effect on our health and wellbeing.

Our course focuses on maximizing this, with the main aim of increasing wellbeing and decreasing stress levels.

- You don't need to be a keen gardener – in fact we love complete beginners!
- We provide all of the materials you will need, many of which you get to bring home.
- You'll need be able to commit to a 2.5 hour session each week, for 8 consecutive weeks.



Our 8 Week Programme

-  Practical and hands on; showing a whole range of ways to reconnect with nature in a peaceful and therapeutic setting
-  Delivered in small groups with organic tea and coffee each week on arrival, finishing with home-made breads at the end of every session
-  Gentle and holistic, demonstrating ways to organically grow your own food, herbs and wildflowers - combined with practical ways to use these skills to increase and enhance your wellbeing
-  Designed and developed specifically to increase wellbeing and decrease depression and anxiety levels
-  Backed up by the fascinating growing evidence base for using working with nature as a therapeutic service
-  Delivered in a purpose-built therapy garden, in a tranquil location, offering a strong sense of escapism

Our programme is 100% evidence based, using a combination of clinical and non-clinical outcome measures. If you would like further information on this, or a copy of our most recent evaluation, please email liz@blossomsatlarne.lough.org



“This course has provided me with a ‘release’ valve which in turn helps me with my approach to work.”

“Well what a difference an 8 week course makes. From day one I was hooked. Liz and Maureen were amazing. The course was so enjoyable, with hands on from the start and every week linking in to each other, and really making sense in terms of health and wellbeing.”

“I was genuinely excited to attend each week, and felt refreshed afterwards, with renewed vigour going back to the office. It really was a natural stress release.”

“I think that the gardening calmed my mind and helped me feel renewed for going into work the next day.”

“I thought that the course was great. I just felt healthier overall by being in the garden each week, and came away feeling de-stressed.”

“The course was excellent and reinvigorated my interest in gardening and also ignited a new-found interest in growing my own food and herbs – which has been very successful!”

“The horticultural knowledge shared by Maureen and Liz was brilliant and they were so enthusiastic that it rubbed off on all of us – I saw such a change in others, which was great to see and that in turn encouraged me.”

“The whole course just made sense and was presented in such a relaxing and enjoyable way.”

“I could not recommend this course highly enough.”

“It provides the learning needed to be able to relax and de-stress while dealing with this mentally challenging line of work. I would highly recommend it.”

“It was a valuable opportunity to focus on something other than work, and I feel it lifted my mood and left me better prepared to cope with everything.”



 *Blossoms*
at Larne Lough

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