



**Mayfield  
Nurseries**

Gardening for better mental health



## **Mayfield Nurseries Physical Health Project**

We are pleased to announce that we are working with Southampton City Council to provide support for Southampton residents with a diagnosis of SMI.

The project aims to improve physical health through gardening and nature, encouraging people to take up SMI physical health checks and explore options for personalised support.

Where appropriate, the project will also support people to access employment.

**Project start date 1st September 2022 -31st  
March 2023**

**The Mayfield team will offer group based sessions in gardening, nature, the environment, sustainability and recycling. In addition to this we can offer access to our digital skills programme and our community cafe.**

### **Referral Information**

Referrals can be made via our referral form and emailed to [enquiries@mayfieldnurseries.org.uk](mailto:enquiries@mayfieldnurseries.org.uk)

Enquiries in-person by prior arrangement only.

An assessment appointment will be offered once a referral has been received by the wellbeing team.

If you would like further information or have any questions, please contact Jude Gardner Community and Wellbeing Manager at [jgardner@mayfieldnurseries.org.uk](mailto:jgardner@mayfieldnurseries.org.uk)