

How we can help

We help people to learn new skills, regain lost skills and improve mental and physical health in our beautiful garden in East Reading.

If you are living with disabilities or facing mental or physical health issues, gardening can help you feel better about yourself and increase your confidence and self-esteem. Here at the Ridgeline Trust, we provide professionally-led, structured gardening sessions where you and the garden can grow together.

What our clients say about us

I feel calmer and less anxious

Helps people build their confidence

My husband is happier and more himself after he's been here

Everyone feels they are participating

A lovely social environment

Working together as a team

Contact us:

To find out more about what we offer, or to arrange a visit, please get in touch.

Telephone: 07535 636 018

Email: admin@ridgeline.org.uk

Website: www.ridgeline.org.uk

Facebook: www.facebook.com/ridgeline

How to find us:

Our garden is at
25 Whiteknights Road, Reading RG6 7BY next to Lakeside Nursing Home.

Coming by bus? We are on Reading Buses route 19; and ten minutes' walk from route 17. Many of our clients come by ReadiBus. We have free parking.



East Reading Horticultural Therapy & Community Based Training Ltd.
Company Limited by Guarantee. Registered Office 6 Windsor Square,
Silver Street, Reading RG1 2TH.

Company Number: 4760734. Charity Number: 1099441

Supported by Reading Borough Council

Living with a disability?

Facing mental or physical health issues?

We can help!



 ridgeline trust
growing together

Your questions answered

● When are you open?

Our main sessions run on Mondays and Tuesdays 10am to 12 noon and 1pm to 3pm, but we can be flexible.

● How much does it cost?

£20.00 per session, including all equipment and tea/coffee.

● What activities will I be doing?

These can include seed-sowing, potting-on plants, digging, mowing, weeding and watering. All activities depend on your needs, abilities, aims and of course the weather.



● No gardening experience?

We welcome everyone who is interested and willing to take part, we help with the rest.

● What happens in bad weather?

Our greenhouse, heated polytunnel and pavilion will keep you warm and dry. The pavilion is also where we do craft activities and have tea and lunch breaks.

● I have mobility difficulties.

Not a problem. We have a raised bed area, and lots of gardening can be done sitting down. We can adapt activities to suit your needs.

We hope this answers any questions you have but for any specific requirements that you would like to discuss do get in touch.

● How can I start coming to Ridgeline?

You can contact us directly, or someone can refer you to us – we take referrals from family members and carers, health and social care professionals.

● Can I try a session to see if it is for me?

Of course - please contact us to arrange a visit. This way we can see how we can help you get the most out of each session.

● What we don't do.

We are not able to provide transport. We are unable to assist with personal care, although someone may accompany you to offer help as needed.

