Flourish
A place to discover wellbeing

Wellbeing
+ Discovery
+ Activity
+ Acres of space
+ Community

Livability
Holton Lee
Livability’s Flourish project is a wellbeing discovery programme where people learn new skills, build their confidence, make new friends and have fun.

At Flourish, participants get involved in horticulture, conservation, maintenance and rural crafts - all in the tranquil setting of our gardens, woodlands and unspoiled nature reserve.

‘Flourish is here to support the wellbeing of all who join us. By being creative, open to trying new things and learning new skills, we believe that every person has the potential to grow and live life to the full’.

Emma Browning, Flourish Manager

Who is Flourish for?
Our Flourish community supports a wide range of individuals.
We welcome disabled people, those living with mental health illness and people wanting to improve their wellbeing. Participants learn new skills, work with others in a team and can connect with nature.

What’s it like at Flourish?
Our friendly staff are in early to plan activities for the day. Everyone gathers for a short briefing on the day’s tasks and the tools we’ll be using. Then, after a cup of tea, we set off to plant, weed, water, nurture, build, mow, cut, dig or paint. Lunch together in the common room is always a fun time to chat, share or just relax. In the afternoon, the group might carry on with their tasks or choose to take a walk in the woods, spend some time in the bird-hide or join a mindfulness session.

How much does it cost?
We provide a once-a-week placement for up to four months, free of charge. After that, or for more frequent attendance, the service costs £40 per day. Alternatively we will support you in finding other opportunities, either here or elsewhere.

Livability’s Flourish project is a wellbeing discovery programme where people learn new skills, build their confidence, make new friends and have fun.

At Flourish, participants get involved in horticulture, conservation, maintenance and rural crafts - all in the tranquil setting of our gardens, woodlands and unspoiled nature reserve.

Who is Flourish for?
Our Flourish community supports a wide range of individuals.
We welcome disabled people, those living with mental health illness and people wanting to improve their wellbeing. Participants learn new skills, work with others in a team and can connect with nature.

What’s it like at Flourish?
Our friendly staff are in early to plan activities for the day. Everyone gathers for a short briefing on the day’s tasks and the tools we’ll be using. Then, after a cup of tea, we set off to plant, weed, water, nurture, build, mow, cut, dig or paint. Lunch together in the common room is always a fun time to chat, share or just relax. In the afternoon, the group might carry on with their tasks or choose to take a walk in the woods, spend some time in the bird-hide or join a mindfulness session.

Livability’s Flourish project is a wellbeing discovery programme where people learn new skills, build their confidence, make new friends and have fun.

At Flourish, participants get involved in horticulture, conservation, maintenance and rural crafts - all in the tranquil setting of our gardens, woodlands and unspoiled nature reserve.

Who is Flourish for?
Our Flourish community supports a wide range of individuals.
We welcome disabled people, those living with mental health illness and people wanting to improve their wellbeing. Participants learn new skills, work with others in a team and can connect with nature.

What’s it like at Flourish?
Our friendly staff are in early to plan activities for the day. Everyone gathers for a short briefing on the day’s tasks and the tools we’ll be using. Then, after a cup of tea, we set off to plant, weed, water, nurture, build, mow, cut, dig or paint. Lunch together in the common room is always a fun time to chat, share or just relax. In the afternoon, the group might carry on with their tasks or choose to take a walk in the woods, spend some time in the bird-hide or join a mindfulness session.

Livability’s Flourish project is a wellbeing discovery programme where people learn new skills, build their confidence, make new friends and have fun.

At Flourish, participants get involved in horticulture, conservation, maintenance and rural crafts - all in the tranquil setting of our gardens, woodlands and unspoiled nature reserve.

Who is Flourish for?
Our Flourish community supports a wide range of individuals.
We welcome disabled people, those living with mental health illness and people wanting to improve their wellbeing. Participants learn new skills, work with others in a team and can connect with nature.

What’s it like at Flourish?
Our friendly staff are in early to plan activities for the day. Everyone gathers for a short briefing on the day’s tasks and the tools we’ll be using. Then, after a cup of tea, we set off to plant, weed, water, nurture, build, mow, cut, dig or paint. Lunch together in the common room is always a fun time to chat, share or just relax. In the afternoon, the group might carry on with their tasks or choose to take a walk in the woods, spend some time in the bird-hide or join a mindfulness session.

Over 75% of people who have attended Flourish for four months or more have reported a high level of wellbeing.
Alan's story

Alan, a successful builder, came to Holton Lee in recovery from a stroke.

After the stroke, Alan's balance and coordination were poor, and mentally his memory, concentration and spatial awareness were affected. This knocked his confidence and resulted in depression and feeling isolated.

He started working with a member of staff in the Flourish Garden, and gradually regained his skills. Working together with people who have a range of needs and supporting those less able than himself, Alan now sees the value of what he can contribute.

Alan is back to work in the building trade. He still volunteers at Holton Lee, supporting the people and the work here.

Chris's story

Chris has been part of Livability Holton Lee for five years and is now an experienced gardener.

He says he was 'very shy' when he first arrived but now is eager to reach out to new arrivals: 'I've grown in confidence here. When new people arrive, I can help them and show them the ropes, show them around. I get on well with everyone. Working here is like being at my second home. I work hard and show other volunteers how to get the job done. It's all good fun.'

For Chris, his confidence with others now extends beyond sharing a task to offering emotional support: 'Being part of a team, I've learned team bonding and better communication skills. I help others when they're upset. I calm them down, talk to them, take them somewhere quiet. I get them to explain the situation and what they feel.'

What our participants say:

“I feel much more connected to other people because we’ve all got something in common with being here.”

"I find it really relaxing, it’s like watching a good film on the telly because you are really focused on it and nothing else, so it helps me to manage my stress better."

"Things are good now, it’s a commitment to come here and because of that it makes it easier to do other things."

Want to know more about Flourish?

Please get in touch
T: 01202 625562
E: ebrowning@livability.org.uk
www.holtonlee.org
**Discover Holton Lee**

Livability Holton Lee is a wellbeing discovery centre set in 350 acres of beautiful Dorset countryside. It is part of the Livability family of services.

Visitors can enjoy a range of activities including nature conservation, art and creativity, bird-watching, photography and walking. Home to a wide variety of animal and plant-life, the centre provides a great place to relax and reflect whilst also to connect with nature and other like-minded people.

Holton Lee is committed to being inclusive and accessible. We have a number of wheelchair-accessible routes as well as off-road trampers for hire to help you explore further.

We have a particular understanding of disability and mental health, but we welcome all considerate visitors and the site is open to the whole community.

**New friends**

+ Lots of smiles
+ Cups of tea
+ Fun
Livability Holton Lee

Livability Holton Lee, East Holton, Holton Heath, Poole, Dorset BH16 6JN
Tel: 01202 625562  Email: info.holtonlee@livability.org.uk
www.holtonlee.org  LHoltonLee  livability.holtonlee  LHoltonLee

If you would like to become a Friend of Holton Lee visit:
www.holtonlee.org/friends

For information about Livability visit: www.livability.org.uk

Livability is a registered charity and company limited by guarantee in England and Wales. Charity No: 1116530 and Company No: 5967087. Registered office: 6 Mitre Passage, London, SE10 0ER.