



Let's Grow Together

Developing a Therapeutic Community Garden



Course Overview March - October 2026

Trust Links | Registered Charity 1092324

Let's Grow Together | Developing a Therapeutic Community Garden Course

At a glance



7 Learning Sessions (Online, Compulsory)

You will take part in monthly 2.5-hour learning sessions facilitated by the Trust Links team. We'll be covering the key topics involved in developing a therapeutic gardening project, from securing funding to evaluating your impact. Sessions will be interactive, with plenty of opportunities for discussion. There is also a 1-hour introductory session at the beginning of the course.



1-1 Support (Online, Optional)

We offer a 60-minute consultation call with a senior member of the team, to provide you with guidance and support on the set up of your therapeutic garden. This is your opportunity to receive invaluable advice tailored to your project and to have 1-1 time with our expert staff.



Work Experience (In Person, Optional)

We invite you to take part in up to 2 days of work experience at a Growing Together site in Essex. You will gain hands-on experience of the day-to-day operations in the garden and behind the scenes. You will also have the opportunity to meet the team and our members in person. Work experience days can be taken on 22nd - 23rd September.



Network Support (Online, Optional)

You will be invited to join our Let's Grow Together Facebook page, where you can interact with other course participants and share stories of your progress. In between learning sessions, there will be informal online meetups, and we'll also arrange a 6-month and 12-month post-course catch-up.



6 monthly 'lunch and learn' sessions (online, optional)

A place to network with colleagues from current and past LGT cohorts. Share information about your project and hear about other projects being set up.



Key dates

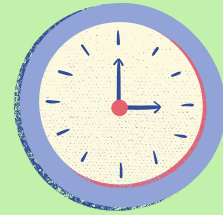
Learning session	Description	Date & Time
Introduction to the course	This first session is a valuable opportunity to meet your fellow participants and hear more about their respective projects. You'll find out more about what's coming up over the next 6 months and have the opportunity to ask us any questions.	Tuesday 10th March 12:00-13:00
Getting started: Project aims & garden design	We'll take it back to the beginning by discussing how to establish your project aims and purpose; you'll have the time and space to do this for your own project and the opportunity to share this with others on the course. Using our own gardens as examples, we'll then explore different garden designs and discover how these can be made suitable for people of all abilities.	Tuesday 17th March 12:00-14:30
Sustainable funding	We'll begin with the importance of governance and considering who will help govern your project. We'll then explore the different types of funding available, which can be used to build a diverse range of funding sources for your garden. A group activity will help demonstrate the suitability of different funding sources, from grant funding to crowdfunding, depending on what it is you want to fund.	Tuesday 21st April 12:00-14:30
Volunteers and staff	Your project is unlikely to exist without the hard work of volunteers and/or staff. In this sessions we'll look into the reasons for involving volunteers, the attributes you might be looking for, and how to go about writing a volunteer role description. We'll then look into why you might consider having paid staff and what roles they could fill.	Tuesday 19 th May 12:00-14:30
Member experience	We have a person-centred approach at Trust Links; this session will explore what that is and how to implement that in your own garden. We'll also hear first-hand from our members, learning more about their experience and the impact that the Growing Together project has had on them.	Tuesday 16th June 12:00-14:30
Behind the scenes of a therapeutic garden	We'll find out more about the processes and procedures needed to keep everyone safe in a therapeutic garden environment. From risk assessments to HR, we'll cover what's needed for your daily operations to run as smoothly as possible. Finally, we'll explore the importance of marketing and communications in promoting your project, including how to write a press release.	Tuesday 21 st July 12:00-14:30
In the garden: Therapeutic activities and sustainable practices	We'll begin by learning about the theory that underpins therapeutic gardening, with examples of how this works in practice. We'll then consider the different practices that can help a project run sustainably, from seasonal planting to types of materials used. We'll also cover a variety of ways to increase biodiversity and showcase some of the environmental work taking place at Trust Links.	Tuesday 15th September 12:00-14:30
Evaluating impact and course summary	In this final session, we'll discuss the importance of evaluating a project and the tools that can help to do this. We'll hear about the value of partnering with a research institute, before reflecting on your own project to plan your evaluation. We'll then reflect back on the course and look to next steps.	Tuesday 26th October 12:00-14:30



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Key information about the course

Time commitment



Compulsory

Learning sessions, 18.5 hours

There are seven 2.5-hour learning sessions, plus a 1-hour introductory session. Learning sessions occur monthly and are hosted online.

In the instance that you miss a session, recordings will be made available. However, you will get the best out of sessions by attending them live.

Optional

1-1 sessions, up to 1 x 1 hour

These will be arranged at a time convenient for you and the Trust Links staff member.

Work experience, up to 2 working days

We encourage you to take this within 22nd and 23rd September 2026.

Networking, 0+ hours

We really encourage you to engage with other participants, but ultimately how much time you commit to this is up to you.

Monthly Lunch and Learn Sessions 6 x 30min

A place to network with colleagues from current and past LGT sessions. A place to share your project and learn about other's projects.

What do you receive as part of this course?



Learning materials

You will receive copies of learning session slides and any accompanying handouts.

Let's Grow Together Manual

We've created a comprehensive guide to help you get your therapeutic garden project up and running.

Access to our expertise

We'll be on hand to answer your queries.

What experience do you need to join the course?

Whether you already have a therapeutic garden and need more support, or you just have an idea for a project, we welcome your application. We simply ask that you have an interest in therapeutic gardening, a desire to make a difference and time to dedicate to this course.

What do you need to take part?



- A computer that allows you to access Zoom (it is possible to connect via a smartphone, but you may find it hard to engage with some activities).
- A willingness to share your experiences and progress with other participants, to help you get the most out of the course.
- A commitment to attending all compulsory parts of the course, as well as taking up the optional parts where possible.

Cost of the course

The course fee is £295.

We do not want this fee to be a barrier to individuals or smaller organisations, or anyone experiencing financial hardship. Please indicate on your application whether you would like to be considered for a reduced rate.

Ready to get your therapeutic community garden project started?

Complete the application form on our website and
we'll be in touch soon to arrange a follow-up meeting:
www.trustlinks.org/lets-grow-together/

Any questions? Contact
letsgrowtogether@trustlinks.org.uk

