

Our primary aim is to improve your general health and wellbeing, benefiting from fresh air & home grown vegetables, herbs, flowers & fruit. We hope you will be willing occasionally to answer a questionnaire, which will enable us to assess how well the group is meeting your specific needs.



This project will be registered with Thrive, the National Charity for Social & Therapeutic Horticulture. Using their guidance we will ensure that each person is helped individually, so they each obtain the maximum benefit from the programme of activity.

If you think that you could benefit from being part of this project, **please discuss this with your GP, who will pass your details to the Group Organisers.**

You do not need any previous gardening experience or any equipment as this will all be supplied. All you need to do is turn up.

You will then be contacted by us to have an initial meeting, when we can show you the site and answer any questions you might have. This will enable you to decide if you would like to join this Group.

We look forward to meeting with you.



Ron Davis & Sylvia Miller
Marlow Growers Group Organisers



Marlow Growers Group



For many years it has been recognised that gardening and being in Nature's environment improves health and gives a sense of well being. This has led to the development of Social and Therapeutic Horticulture, where trained practitioners use gardening and other activities to help people who may suffer from health or social problems.

The Marlow Growers Group plans to provide a Social and Therapeutic Horticultural facility for the people of Marlow.

It will work in conjunction with the Marlow Medical Group, whose GPs are able to recommend any patient who they feel may benefit.

The aim is to help those who are not able to venture into gardening and growing plants without support, help & advice.



Those recommended to work in this group will learn how to grow flowers, herbs, fruit & vegetables with guidance & support.

They will enjoy watching plants grow from tiny seeds & will be able to harvest the crop and take home their produce.



The group started in Spring 2015 and runs until the end of Autumn each year, so we have the opportunity to grow a range of fruit, flowers, herbs and vegetables during the course of the changing seasons.



We meet every Tuesday afternoon from 1.30pm, so there is plenty of time just to sit and chat over a cuppa or walk around looking at the growing vegetation and appreciate nature. If the weather is inclement, we often visit a local garden centre.

Activities range from potting and watering seedlings, through to growing on, digging and harvesting. All activities take into account each person's abilities and choice.

The Marlow Growers Group is run by volunteers who have experience in allotment growing and Social and Therapeutic Horticulture.



We will be using areas within a dedicated site called the Triangle Allotment Site. This is located near Chiltern Road, next to Hanging Hill Allotments Site in Marlow.

The Triangle has been developed over the last two years providing all the facilities necessary for groups of people to get involved in growing produce under the guidance & supervision of the organisers.

