

Grounded Ecotherapy

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Grounded Ecotherapy is a Horticultural therapy group which promotes good mental health & well-being.

Grounded Ecotherapy are an award winning team of passionate Horticulturalists and Conservationists. We design and build beautiful Gardens and green spaces, both in neglected urban areas and across London and the South East. We work with local authorities, Housing Associations, councils and voluntary groups.

Grounded Ecotherapy is a Social Enterprise that was setup by a Providence Row Housing Association resident and multi award winner, Paul Pulford, to offer our volunteers, some of whom may have experienced problems with substance addiction, poor mental health and/or homelessness, therapy through Horticulture. We are proud to have helped a number of our former volunteers go on to paid employment as a result of their time with us.

Who to contact

Telephone	020 7920 7300
Email	info@prha.net
Website	https://prha.net/grounded-about/ ↗

Where to go

Venue address	458 Bethnal Green Road London
Postcode	E2 0EA

Other details

Referral required?	Yes
Who can make a referral?	Self referrals, GPs, Support Workers

Mental Health Services

Can service users refer themselves?	Yes
Types of services and activities	Vocational training
Mental Health Conditions and Related Issues	Depression, Stress
Service User interests	Training and employment, Gardening, Healthy living, Socialising and meeting people