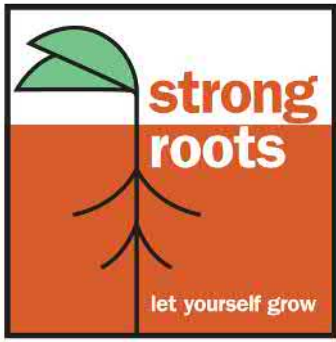




Strong Roots

**an innovative and unique project which offers
psychological therapy in a garden setting
all year round**

*"I find small rooms claustrophobic but I feel more open in an outside space.
I find it easier to talk because it is peaceful but not completely silent."*



*"I like coming to Strong Roots because it is quiet, therapeutic and makes me feel good
about myself. I also like watching the butterflies and bees fluttering among the flowers...
I like the winter when we have a nice warm bonfire."*

**PLEASE GET IN TOUCH if you think that Strong Roots might help you :
tel 07746 364668**

email info@strongroots.org.uk

Lucy Scurfield, the co-ordinator, has a Bsc (Hons) in integrated therapy and counselling.
She has extensive experience of working with a wide range of people in this space.

Strong Roots is a registered charity reliant on payments and donations to help cover services and running costs. Our charges are flexible and are decided on an individual basis. We only ask that our clients contribute as generously as is possible for them.

MORE INFORMATION at www.strongroots.org.uk

Address - Bluebell Allotments (northside), The Avenues, Norwich NR4 7DN

Facilities include a summerhouse with a wood burner, and a composting toilet.