

How to access the service

To find out more about us or to get a competitive quote for your gardening contract, just get in touch.

 020 8313 9725

 hello@ambient.org.uk

Participants have said:

'...it has given me a purpose and structure to my weeks and has prevented me from major dips in my mental health through having this purpose. I have also met supportive people.'

'It's helped me back into a routine of work, something to look forward because each day is different and also to learn something of use. I've enjoyed coming every week.'

'It has given me back my self belief, confidence, self esteem. The greatest compliment I can pay is that for the first time in many, many years, I feel that I am capable of resuming a normal life.'

About Us

Ambient Support is a registered UK charity with over 30 years' experience in providing care and support services for older people, people with a mental health need and people with a learning disability.

We believe that everyone is unique and they should be able to lead valued lives in their communities, treated with dignity and respect no matter their age, health condition or disability.

Our way is The Ambient Way

Watch the video to learn more



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Find us on social media



@AmbientSupport

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Passionate About People



Branching Out Horticulture Services

Buying our gardening services



www.ambient.org.uk

About Branching Out, Ambient's Horticultural Project

Ambient's horticulture project, Branching Out, is currently based in and around the London Borough of Bromley.

It trains people that have lived experience of mental health in gardening and horticulture techniques, allowing them to engage with nature, learn new skills and complete work-based gardening projects, in the surrounding areas.

Working outdoors in a team supports participants mental health recovery, builds confidence and self-esteem and enables them to lead valued and fulfilling lives in the community.



What do we do?

- Fulfil gardening maintenance services and small gardening projects.
- Train people that have mental health problems in horticulture and gardening techniques.
- Supports people with mental health problems to return to training, education, volunteering and work.
- Encourage people to improve their physical and mental health using gardening activities.
- Income received from delivering contracted gardening services is reinvested back into the project, so we may support even more people to participate.
- Educate people about the discrimination and stigma that can often be associated with mental health problems.

About our staff

Our gardening project has a small team of trained staff that support small groups of participants and volunteers.



Benefits of buying our services

Ambient's horticulture project can deliver:

- Quality-assured work.
- Competitive contract rates vs other professional gardening services
- A gardening team to work on all contracts, overseen by a trained gardener.
- All Ambient gardening teams are equipped to meet relevant Health & Safety standards and requirements.
- Contracting us may meet your organization's corporate, social responsibility policies and guidelines.

Watch [Ambient's video on Branching Out](#) to learn more



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