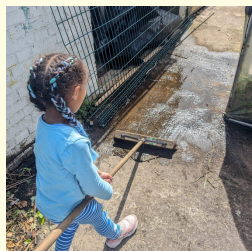
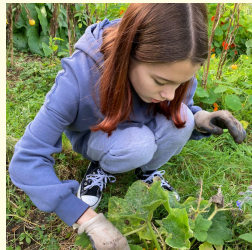


OT ACTIVITIES IN THE GARDEN

FUN GARDEN ACTIVITIES TO NURTURE
YOUR CHILD'S LEARNING:

GROSS MOTOR

- digging in soil
- watering
- using a wheelbarrow
- carrying watering cans
- raking leaves

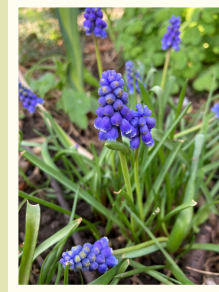


FINE MOTOR

- planting
- cutting
- sowing seeds
- painting/drawing plants
- chalk drawing on the floor
- pruning

MESSY PLAY

- making a mud kitchen
- water games



GROW AND HAVE FUN!



East London **NHS**
NHS Foundation Trust

PLEASE VISIT OUR WEBSITE...



THE CHILDREN'S
OCCUPATIONAL THERAPY
TEAM TOGETHER WITH

NEWHAM COMMUNITY GARDENS



WHERE OUTSIDE
SPACES BRING
YOUR CHILD'S
CREATIVITY TO LIFE

GARDENS IN NEWHAM

Our Occupational Therapists have visited a number of gardens across the borough. These are just some that would be great to visit.

Please find one that is close to you!

MAP OF NEWHAM



IMPORTANT INFORMATION:

Please use the QR codes to check out individual garden's websites and social media for information on opening times and any other queries before visiting!

Some gardens offer free workshops and activity sessions for families, so keep your eye out for updates on their websites and social media

1 ABBEY GARDENS

Address: 23 Railway Cottages Bakers Row, London E15 3NF
Website: <https://www.abbeygardens.org/>
Email: admin@abbeygardens.org
Instagram: [_abbeygardens](https://www.instagram.com/_abbeygardens)



2 BONNY DOWNS COMMUNITY ASSOCIATION-GROWING TOGETHER

Address: Wellington Road, London, E6 6EB
Website: <https://bonnydowns.org/>
Tel: 0208 586 7070
Email: info@bonnydowns.org
Instagram and Twitter: [bdca247](https://www.instagram.com/bdca247)



3 THE UP GARDEN

Address: Eric Close laundry yard (entrance between 1-5 & 5-10 Eric Close), London E7 0AY
Website: www.theupgarden.org
Instagram and Twitter: [@theupgarden](https://www.instagram.com/theupgarden)



Each garden provides different opportunities for your child



TOP TIP: Wear clothes that you don't mind getting a little mucky!

4 FOREST GATE COMMUNITY GARDEN

Address: Forest Gate Community Garden, 136 Earlham Grove, London, E7 9AD
Website: <https://www.fgcommunitygarden.org/>
Email: info@fgcommunitygarden.org
Instagram: [fgcommgarden](https://www.instagram.com/fgcommgarden)



5 WILD GREEN E13

Address: 114 Haig Road East, London E13 9LR
Instagram: [@wildgreene13](https://www.instagram.com/wildgreene13)
Facebook: <https://www.facebook.com/wildgreene13/>



Please use this key to find a garden that suits all of your families needs...

KEY

- running water available
- toilet facilities
- wheelchair accessible