



# Strong Roots

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

*"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](mailto:info@strongroots.org.uk)**

**You can just be yourself in this calm, no-pressure setting.**

Lucy Scurfield, the co-ordinator, is trained in integrative 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](http://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.**