

LIVE TALK

Wednesday, 25th May 2022

Reception: 5.30

Talk 6-7pm

Francis Holland School, 39 Graham Terrace, Sloane Square, London SW1W 8JF



Gardening4Health – A GP's Perspective

Dr Richard Claxton, GP, Garden Designer and Founder of Gardening4Health

The London Gardens Trust is delighted to present a live talk during [The Chelsea Fringe](http://www.chelseafringe.com) in partnership with [Francis Holland School](http://www.francis-holland-school.co.uk).

Dr Richard Claxton talks about his experience of Gardening for his own wellbeing - as well as the way it can benefit his patients, and the growing momentum of Therapeutic Horticulture across the UK.

Dr Richard Claxton is a GP in Tonbridge, Kent, and a keen gardener. He is training in Garden Design - and has a special interest in designing gardens with the health needs of their users, both in residential and healthcare settings. He is passionate about the therapeutic benefits of green and horticultural activities, and curates a web-based directory of Therapeutic Gardens within the UK.

<https://gardening4health.co.uk/>

Tickets for Live Talk: £16 to include wine and nibbles

(Please note access to the lecture theatre is up one flight of stairs.)

Tickets bookable until Sunday 22nd May

Email enquiries: office@londongardenstrust.org

The talk will also be streamed live via Zoom as part of The London Gardens Trust's joint series of talks with The Gardens Trust. See website for tickets: <https://londongardenstrust.org>

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