

Help your residents once again  
sense the pleasure that gardening  
activity brings in a safe, secure  
and relaxed environment



*"I fully recommend  
the Instaplanta  
system"*

**Christine Walkden**  
Horticulturist & BBC T.V.  
Gardening Presenter

instaplanta

The new generation of Growing Zones



# The Mobile Therapy Garden System

## Gardening is proven to be good therapy for elderly people.

The Mobile Therapy Garden System is designed to provide an accessible, safe and stimulating opportunity for elderly residents to reap the health benefits that gardening provides.

Colours, smells and textures that are present whilst gardening prove to be an excellent stimulus for all participants involved in gardening activities.

Not all residential care homes have the space to create a full size vegetable or flower garden.

Even the smallest of plots requires a huge amount of dedication and commitment from the care provider and volunteers from local communities.

Getting residents to and from a permanent garden can impact heavily on staffing resources. More often than not this would have to be done on a staffing ratio of two to one, or in many cases one to one.

The Mobile Therapy Garden System overcomes these issues.

Using our Mobile Therapy Garden provides opportunities for:

- Reminiscence and enjoyment.
- Encourages social interaction.
- Creates that feeling of ownership and achievement.

## What is a Mobile Therapy Garden?

The Mobile Therapy Garden is quite simply a moveable raised vegetable, herb or flower garden.

The Mobile Therapy Garden System consists of a mobile unit and one or more static units, together with a number of transferable planting pods.

The static units become in essence 'the garden' and the size of the garden is dictated by how many static units are purchased.

The gardens are bespoke to your requirements and come with wire planting pods that are lined with a geo-textile which holds the compost and retains moisture.

The mobile unit is for transporting the planting pods around, including inside where your residents can maintain "their piece of the garden" in shelter and comfort.

Once the pods have been worked on they are wheeled back outside and placed into the static garden units.



Your residents are able to work on their garden inside

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Care homes can now create their own mini gardening plots, which can be managed in a more effective and controlled manner.

The Mobile Therapy Garden System can be developed to work in harmony with existing staff levels.

Growing herbs, flowers or vegetables with our Mobile Therapy Garden System is easy to maintain and allows your residents to get even closer to plants to maximise stimulation.



The mobile unit can be wheeled in and out of your home to your residents



Planted pods are taken from the mobile unit and placed in the static garden

- ☛ Rain, shine or frost: just move the planting pods inside to work on them.
- ☛ When you have finished with the planting pods just place them in the mobile unit and take them to your compost area to empty both quickly and safely.
- ☛ You can start your Mobile Therapy Garden off with just one system and then add to it as and when required.

## Quality Guaranteed

Our Therapy Gardens are made from the highest quality Scandinavian Spruce and all the timber is FSC approved and comes with a 15-year guarantee. They are handmade in the UK by our experienced craftsmen.

The planting pods are manufactured from galvanized welded wire mesh and are lined with a geo-textile matting.

For further information on our product range, please visit our website or contact us by phone or email.



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"I fully recommend the Instaplanta systems as units enabling children and people of all ages and abilities to be able to garden wherever they are. A very practical and cost efficient way of enabling everyone in the community to glean the pleasures and satisfaction of gardening"

Christine Walkden

Horticulturist & BBC T.V. Gardening Presenter  
& Winner of the AoC Gold Award for Further Education Alumni 2009

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