



“Turning Possibilities into Realities”

2011 “WINNING FOR SEYCHELLES”

“A Healthy Nation is A Wealthy Nation”

The benefits of Horticulture Therapy



“Look deep into nature and then you will understand everything better”

*Albert Einstein
Physicist*

Give the gift that grows

This is the time of the year that we say thank you to our friends and loves ones. We are grateful for what we have and look for the opportunity to give back.

The therapeutic benefits of a peaceful garden environment have been understood since ancient times.

Love the experience whether because they enjoy being out in the fresh air, smelling the flowers, because of the physical activity of gardening, and the social interaction with the family fellow gardeners and horticultural actors.

The quality of the green space really affects physical and mental health.

People and Plants Together.

Horticulture – The Local Culture

People and Plant Together

Horticulture therapy is the use of people-plant interaction to promote mental, physical, and social well being. Horticulture therapy not only promotes the well being of patients but caretakers as well. The participation in horticulture therapy creates an atmosphere of relaxation, lowered stress levels, social interaction, mental stimulation and improved motor skills. Today horticulture therapy is used in all different kinds of environments. Hospitals, nursing homes, day care centers, prisons, rehabilitation centers, group homes, summer camps, businesses, hospices, and in private homes are just a few of the locations that horticulture therapy can be effective. The limits to whom and where horticulture therapy can benefit us is endless.

Horticulture therapy benefits everyone that comes in contact with it. The beneficial age range varies from the youth to the elderly. People of all physical and mental states can participate in horticulture therapy. Activities of horticulture therapy can be made accessible for any one. Raised planters, gardening tables and views can be built to accommodate those that are unable to bend over or are confined to wheelchairs.

Physical benefits:

- Increase mobility
- Improves fine motor skills
- Improves coordination and balance
- Increases muscular strength

Mental benefits:

- Increases independence
- Provides an outlet for stress, anger and emotional expression
- Increases self esteem
- Increases attention span
- Provides choices and abilities to use problem solving
- Encourages self expression and creativity

Social benefits:

- Provides an environment to interact with others
- Provides an environment to learn and be inspired by others
- Reverses the dependency of others
- Creates commitment to living things

Source: Teri Hamlin 2002

Cultivating the Mind and Body

Personal benefits of growing your own cut flowers

1. It promotes physical exercise and being out in the fresh air, gives a sense of wellbeing like going back to nature.
2. There is an enjoyment when flowers are harvested and arranged in a vase to view daily.
3. Own grown cut flowers help the mind and the body stay active and lift the spirit.
4. They make your garden look beautiful and create a peaceful and relaxing environment.
5. They allow you to appreciate the seasons and be in time with what flowers have and for how long.
6. Own grown cut flowers make the perfect gifts to loved ones and for all occasions.
7. You can be as creative as you wish with flowers to make either simple or grand arrangements to brighten your home and your precious lives.

Source: flowersofchina.com

Capacity Building for TESS



Annual Fundraising Event: 50% discount

Les Canelles Nurseries is pleased to announce that as from today Friday 21st January until the 31st March 2011, over 50 varieties of of Rare Exotic Plants – Tropicals will be up for sale. See [Link](#). Proceeds will be donated to TESS for Capacity Building.

Should you be interested to avail yourselves of this rare opportunity while assisting TESS in meeting its various endeavours for the benefit of the Community, you are hereby requested to complete the attached order form, located at [THIS](#) link stating varieties and quantities required. Order form(s) can subsequently be emailed to Les Canelles Nurseries at lcnurseries@seychelles.net. Your order form(s) should be accompanied by 50% deposit by cheque addressed to Les Canelles Nurseries, P. O. Box 436, Victoria.

Plants can only be collected at the Kot Man-Ya Garden on the following Saturday(s) in the afternoon between 2pm to 5pm or on Mondays at TESS Headquarters, at suite N0.108 Orion Mall. Please note that at this point in time no order will be entertained by phone.

Should you be interested to visit the garden to purchase plants, entrance fees apply to be subsequently deducted from order(s) for SR 500 or more per visitor. Visit can be effected during week days but plants can be collected on Saturdays only.

TESS is also at your disposal to provide expert advice pertaining to the successful growth of such rare "gifts of life" and related landscaping services for long term success.

**Jade Flower
Love and Luck**



Growing your own cut flowers is a great outdoor activity that can be appreciated indoors as well.

*Together therefore let us
...explore the unknown, enhance healthy living, invest in our retirement fund –
cultivate passion and patience, nurture love for the benefit of all.
Let's do it with flowers...*

We appreciate your patronage and thank you all for your continued support.