

Are you finding life 'too much'?

Feeling lousy, unmotivated, or tired?

Stressed, miserable or simply sad?

Does the loss of your loved one or friend affect you still?

Is your health getting you down?

Are you feeling lonely and alone?

Worrying about it all getting on top of you and not quite knowing how to find a way out?

In need of someone who will sit and listen?

Come to The Cart Shed; We'll work with you, your GP, Social Worker or employer to arrange having time with us on a weekly basis.

You will be supported by our professional team of Occupational Therapists, tutors and volunteers who will help you to address and overcome a wide range of issues that may be preventing you from coping with life.



"everyone is treated as an individual, with dignity and respect and allowed the opportunity to just be themselves without any expectations of what can be achieved, a hugely liberating and fulfilling experience!"

"It's practical, hands-on; you're in the fresh air. It's healthier."

"I feel wanted... It gives me a purpose."



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Registered Charity Number 1167802



The Cart Shed

Transforming lives

**Therapeutic activities
in a safe supportive
environment**



Tel: 07796 421373

What is The Cart Shed?

The Cart Shed is a charity that offers opportunities to try something new and improve well-being; to find friendships, a sense of belonging and a place of calm, in a supportive, caring, environment.

Based in North Herefordshire our woodlands lend themselves to enabling individuals to overcome and accept episodes in their lives they find difficult to live with; such as a result of the loss of a partner or close friend, difficult working conditions, or poor health.

We work with individuals from all backgrounds, lifting labels and minimizing stigma. There are no walls, badged health professionals or waiting rooms.

...just the peace of the woodland.

The Cart Shed offers a wide range of activities outdoors throughout the year including:

Coppicing and woodland management

Making coppice products including hurdles and Charcoal

Basket making and plant supports

Green wood-working and craft skills using traditional hand tools

Horticulture – learn how to grow fruit and vegetables

Cooking on an open fire in the woodland kitchen

Creating structures for sites including benches, shelters and fences

The opportunity to gain qualifications

Tuesdays, Wednesdays and Thursdays
10am-3pm £50/day

(subsidised places available)

A weekly therapeutic walk on a
Monday is also available

What will you find at The Cart Shed?

- An empowering environment enabling individuals to be self-directed in their recovery journey
- A non-clinical setting helping individuals address and overcome issues they may be finding difficult to self-manage
- A range of training and learning opportunities to support individuals in to employment
- A safe place to come on discharge from hospital as part of a care pathway
- A supportive environment working with you, your GP or health care coordinator, giving you the support you need when you need it
- Transport can be arranged if required.

