

Raising
Health



Leicestershire Partnership
NHS Trust



Westcotes House

Bee and Breathe

Children's Therapeutic

Waiting Area



A **safe**, **calming** space for our young patients.

At Raising Health, we raise funds for initiatives which are above and beyond core NHS funding. We are really excited to share our newest project with you.

It is our ambition, to transform the green space at Westcotes House in Leicester, home to our Outpatient Child and Adolescent Mental Health Services (CAMHS) supporting young people and families facing neurodiversity, trauma, sensory challenges, anxiety, and mood disorders.

Many find indoor spaces overwhelming due to sensory or trauma issues. This calming outdoor area will offer a safe place to wait, rest, and connect with nature.



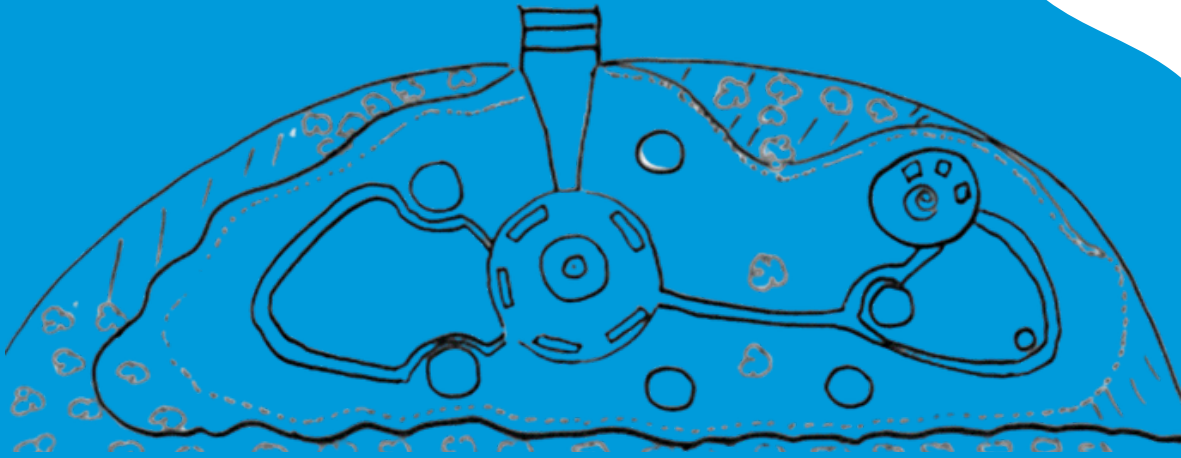
The current space



This green space, approximately 1200m², is located opposite the main reception area at Westcotes House and consists of tall trees and open grass. Currently, the space is underused due a lack of seating and facilities.



Our ambition



We aim to create a beautiful 'Bee and Breathe' therapeutic garden that will include a central area and surrounding space. Paths and features will be made from natural materials like bark, logs, and stones for children to play on. Wooden seating will be installed for rest and reflection.



In the garden we will grow stimulated senses plants such as lavender, herbs. Grassy mounds will be added to the landscape for children to sit on.

"An outdoor waiting area would greatly benefit our patients, many of which struggle with sensory processing and anxiety. A calm, outdoor area would help reduce stress, support emotional regulation, and allow them to engage more fully in therapy "

How you can help us

This project is made possible through charitable donations.

If you're interested in supporting our efforts, your contribution can make a real impact. Below is a guide to what your donation could help us get:



£100 could buy materials to make bug hotels



£500 could buy gardening tools

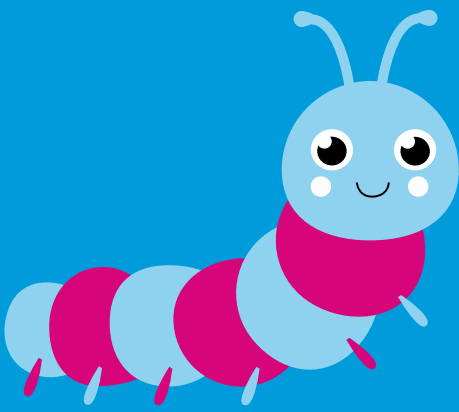


£2,000 could buy lavenders, herbs and other sensory plants



£10,000 could create a sensory path





Raising
Health

Thank you

**Your generosity enables us
to continue this important work.
Thank you for considering supporting us.**

Leicestershire Partnership NHS Trust, Raising Health,
Room 100/110 Pen Lloyd Building, County Hall, Glenfield, Leicester LE3 8RA

Raising Health is a registered charity within England and Wales.
Charity No. 1057361

LPT.RaisingHealth@nhs.net
0116 295 0889



www.raisinghealth.org