

core landscapes promoting positive mental health



horticultural workshops

for adults

held at: **Core Landscapes Garden and Plant Nursery**
Stepney Way (by the Royal London Hospital)
Whitechapel, London E1 2JL

www.core-landscapes.co.uk

facebook.com/communitymeanwhilegarden

Working in support of the
'Green Care' London Borough
of Tower Hamlets initiative

About us

Core Landscapes is a Core Arts project.

Core Arts is a not for profit Social Business promoting positive mental health and wellbeing through creative learning - enabling people who experience mental health issues to overcome barriers, fulfil their potential and participate fully in their community.

Core Landscapes on Stepney Way Whitechapel E1 offers a peaceful space to learn in.

Sandwiched between the Royal London Hospital E1 and it's fascinating Medical Museum, Core Landscapes meanwhile project encompasses horticultural training sessions, community plant nursery and garden, a food growing area and design space.

Open to the public and project members on Tuesdays and Thursdays and occasional Saturday event days.

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Join us

Core landscapes horticultural sessions are for people who will benefit from a structured and supported programme of practical horticultural workshops with clearly identified aims and objectives and one of the following:

- A Core Arts Well-being network member or
- Persons who have personal budgets or direct payments in place to support moderate to severe mental health conditions

community volunteers

There are a small number of spaces available to people who engage with other green community spaces and will be passing on information learned.

bespoke sessions

Bespoke sessions for specific client groups can be arranged.



Learn new Skills and make new friends.

No previous gardening experience required.



Sessions delivered at the Core Landscapes site:

Delivery costs include:

- Session planning and preparation
- All materials required for sessions
- Tea/coffee refreshments for participants
- 2 members of staff on site during session delivery
- Monitoring of outcomes recorded for evaluation using Warwick-Edinburgh Mental Well-being Scale (WEMWBS)
- Signposting of further opportunities available for participants



A few Benefits of horticulture workshops:

- Less tension, stress and mental fatigue
- Increased sense of mental wellbeing
- Increased confidence with new skills learnt
- Increased self-esteem and a sense of achievement
- Improved sleep patterns from physical work
- A healthier appetite
- Better social life and a space to make new friends
- Opportunity to move onto the Community Volunteer Programme at Core Landscapes to build on new skills learnt
- Signposting to other horticultural courses and Programmes
- Signposting to a range of other local volunteering opportunities



1. Introduction

Areas:

[Meet the staff](#) | [Tour of the site](#) | [Registration](#) | [Health and Safety overview](#)

Outcomes:

Feel safe and secure on site. Meet the staff and the regular volunteers. Familiarity with where everything is kept and conduct expected on site. Have an understanding of each area of the project and how it links together.

Identify a couple of individual goals to aim for over the next 9 weeks.

Physical Activity Involved:

Walking around the site. Bending to look down and up at plants. Wheelchair accessible.



2. It's All About the Soil

Areas:

Why is good soil management so crucial?
Soil types and compost systems

Outcomes:

Understand different soil types and compost including home made compost, leaf mould compost, wormeries, home made comfrey and nettle liquid fertilisers and how to apply them.

Practical experiences of creating and managing the different composts on site.

Physical Activity Involved:

Collecting shovels for sieving soil, loading up wheelbarrows and moving new compost to storage areas. Collecting and cutting up liquid fertiliser material and lifting up to put into fertiliser juicer drainpipes.

Raking up leaves and bagging up for leaf mould compost. Turning decomposing compost over.

3. Sowing new seeds

Areas:

Different ways of sowing seeds

Outcomes:

Confidence in sowing different types of seed for protected growing incl flower and food. Exercises in small groups.

Sow a range of vegetable and flower seeds to grow in the polytunnel.

Physical Activity Involved:

Gathering required materials and tools. Preparing seed sowing compost for trays and module planting incl soil sieving and mixing.



4. Sowing new seeds & Preparing the ground

Areas:

How to prepare an area for outdoors seed sowing. Pest and disease control / integrated pest management

Outcomes:

Experience active soil preparation and organic integrated pest and disease control techniques and examples. Container growing irrigation issues to be aware of. Crop rotation awareness. Practical small group exercises.

Sowing a range of seeds directly in the ground using seeds appropriate to the season.

Physical Activity Involved:

Digging out old soil and adding to compost bays. Collecting and mixing sieved compost and topsoil with shovels and barrows. Re-lining and filling new beds. Collecting the mesh to protect new beds from foxes and birds.

5. New Plants from old

Areas:

Vegetative propagation techniques for flowers

Outcomes:

Experience of propagation by division. Practical exercises in pairs and individual working. Planting up new beds. Overview of annuals, biennials, perennials, shrubs and trees.

Physical Activity Involved:

Collecting materials. Digging up large perennials to divide. Sawing or splitting root balls. Preparing the soil for new plants.

Planting up new plants in beds and pots.



6. Herbs for window sills

Areas:

Vegetative propagation techniques with herbs

Outcomes:

Experience of herb propagation techniques (hard or soft wood cuttings, root cuttings, division) Planting up sensory herb boxes and pots.

Physical Activity Involved:

Collecting the tools, pots and compost, walking around the site to collect propagation material. Sieving and mixing the correct mixture of soil, collecting grit.



7. Food all year round

Areas:

Planning the food growing calendar for the next 12 months.

Outcomes:

Knowledge of what can be sown and grown throughout the year and why. (Referring back to plant types, life cycles). Awareness of possible advantages of plug plants over sowing direct.

Physical Activity Involved:

Exploring the different food grown around the site. Maintenance of food growing beds including watering. Planting out food plug plants. Mulching, fertilising and pest and disease control.



8. Seasonal Inspiration

Areas:

Planting design techniques relevant to every season: Spring, Summer, Autumn and Winter.

Seasonal maintenance and pruning techniques for the current month covering:

perennials (Spring), fruit trees (Summer), shrubs (Autumn) and shrubs and fruit trees (Winter)

Outcomes:

Open the eyes to the natures seasonal changes. Have an awareness of what needs to be done at this time of year and why.

Seasonal care of wildlife habitats - what to cut back and what to leave when and why.

Monthly awareness of plant form, structure and colour. Practical pruning and observation exercises for each season.

Physical Activity Involved:

Observation exercises around the site.

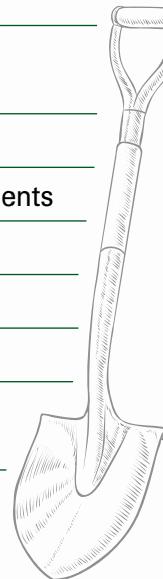
Pruning shrubs and cutting and adding clippings to compost. Compost turning.



BBC "Gardener's World" TV presenter and garden designer Mark Lane is a patron of Core Landscapes.

We also offer

- Plants For Sale
- Volunteer opportunities
- Corporate Social Responsibility days
- Support for other growing projects
- School visits
- Work experience placements
- Guided tours for groups
- Community Events
- Growing plants to order
- Plant and Garden Design advice
- And a place to sit to eat your lunch...



How to get there

**Core Landscapes Garden and Plant Nursery
Stepney Way (by the Royal London Hospital)
Whitechapel, London E1 2JL**

Public Transport

- Buses nearby on Whitechapel Road: 25, 106, 205, 253 and 254
- Buses nearby on Commercial Road: 15, 115 and D3
- Tube station: Whitechapel
 - Hammersmith and City line/District line/ London Overground (CORE LANDSCAPES is a 5 minute walk from Whitechapel tube)

Cycling

- on the Bicycle Superhighway Route CS2 runs from Bow to Aldgate.
- Barclays cycle hire docking points are available on Whitechapel High Street.



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"I have poor mental health normally so this really impacted on me and gave me an anchor, a sense of belonging and of the opportunities to reach out and find work or leisure possibilities."



Core Landscapes is a branch of the award-winning mental health charity Core Arts in Hackney.

www.corearts.co.uk

www.facebook.com/coreartshackney

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charity no: 1043588 | company no: 2985939

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