

## Growing People

### Community Education Course – Learning Aims

**Practical Gardening** – a free, 5 week community education course.

Are you interested in a job in horticulture, want to learn more about how to maintain and enjoy your garden, get some healthy exercise or simply meet other likeminded people? This fun, practical course offers the opportunity to experience the joy of gardening whilst getting hands on experience working on real gardening projects. You will be meeting and working alongside others and spending time in our beautiful garden rather than in the classroom. Learning will be informal and adapted to the skills and interests of participants. We will have the opportunity to explore a wide range of gardening topics during our time together, our agenda may change with the weather but will include:

- Ground preparation, compost making, soil structure and the importance of pH, weed identification and control
- Plant propagation, seeds and cuttings, what vegetables and flowers to plant when, where and how
- Growing plants for sale and work on our herb nursery project
- Garden design, how to adapt planting to environmental conditions, adapting gardening to the needs of people with different disabilities and helping to build an all ability garden,
- Garden and grounds maintenance – looking after the larger landscape and public places

The course will be led by Growing Peoples gardening experts who have a specialist knowledge in using gardening to promote health and wellbeing.