

## Dementia Friendly Gardening

This Dementia Friendly Gardening club is held at Eastgate Gardens, and also using the Rochester Hub including when the weather is not so good.

The work undertaken is in a sensory bed in the gardens, with scope for wider work through other parts of the garden and surrounding area.

The social aspect is very much encouraged, including use of Jaspers Community Café on the first floor of the Rochester Hub.

We encourage participants to come with a friend, family member, support worker etc. to join in with the activity and also provide any specific support needed.

Start Date: 01 November 2024

Start Time: 10:00

Lessons: 8

Weeks: 8

Hours: 20.00

### Venue

Rochester Adult Education Centre  
Rochester Community Hub  
Eastgate  
ME1 1EW

### What will I learn on this course?

Basic Garden Planning: How to get started on this bed

- 1) Looking at all the factors that promote good growing conditions
- 2) Learn how to prepare your area, choose your plants, and grow a variety of plants.

### Is this course suitable for me?

This course is suitable for adults 19+. and aimed at people living with dementia and their friends and family. Note only one enrolment in advance is needed per 'bubble' to secure a place (once on course those accompanying will be asked to complete a sign-up, including for health and safety reasons.

### Is there anything else I need to know about the course?

There is physical activity involved - e.g. in digging and planting.

The sessions are all outside so please wear appropriate clothing.

Sessions may be shortened in the event of bad weather - in which case the tutor will advise learners of appropriate home study.

Please wear wellies if possible, or outdoor shoes you are happy to get dirty.

Please do though bring with you indoor shoes to change into for when entering into the Rochester Hub.

If you have them please bring your own gloves and any small hand gardening tools if you have them - e.g. trowel, fork and bucket. However, these can be provided.

Lunch / refreshments can be purchased from Jasper's Cafe.

### What could I go on to do after this course?

On the day, your tutor will speak to you about our upcoming gardening programme as well as some information about what other courses are available - MAE run cookery, arts & crafts and music and much more.