

## Dementia Friendly Gardening

This Dementia Friendly Gardening club is held at Eastgate Gardens and Rochester Adult Education Centre.

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 Adult Education Centre.

Start Date: 05 June 2026

Start Time: 10:00

Lessons: 7

Weeks: 7

Hours: 14.00

### Venue

Rochester Adult Education Centre  
Rochester Community Hub  
Eastgate  
ME1 1EW

### What Will I Learn On This Course?

Learners will:

1. Basic Garden Planning: How to get started on this bed
2. Looking at all the factors that promote good growing conditions
3. Learn how to prepare your area, choose your plants, and grow a variety of plants

Whether you would like to learn new creative skills or to investigate the possibility of a new gardening -based career, MAE Community Learning courses can provide you with a stepping stone to progress

### 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 This 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 your indoor shoes to change into for when entering the Rochester Adult Education Centre

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.

### Will There Be Additional Costs?

No

### What Could I Go On To Do After This Course?

Your tutor can talk to you about another subject related course available.

Medway Adult Education works with many partners locally such as MidKent College, Medway School of Arts and the University of Kent; information about their courses can be found in our studios, café and on Moodle. Medway has an exciting and wide-range of events, exhibitions and activities to inspire and help you make further progress - please see the community noticeboards in the Rochester Centre and again on Moodle. Your tutor will be able to talk through your individual progression options.

If you wish to explore your learning, work or career options, you can speak to a fully trained careers advisor on 0800 100 900. <https://nationalcareersservice.direct.gov.uk>

If you need further advice please telephone 01634 338400.

## Health & Safety

### Health and Safety Disclaimer

By participating in the live class, you accept that you understand that gardening involves potentially hazardous tools and equipment and that such activity carries the risk of injury. You understand that it is your responsibility to judge your motor skills and physical ability.

It is your responsibility to ensure that by participating in classes and activities from Medway Adult Education, you will not exceed your limits while performing such activity, and you will select the appropriate level of task for your skills and abilities.

You understand that this is a gardening activity and you will need to be suitably dressed, you will need protect your work surface and be mindful of the correct Health & Safety processes when working with gardening tools. MAE is not responsible for damage to items in your house / home or person.

The creators, owners and distributors of this site and the material available MAE are not responsible for any injuries you may experience because of your use of this site and the material contained here on. By remaining on this site and/or accessing and / or using any material, you are accepting that you have read, understood and agreed to follow these basic instructions.