

# Dementia Friendly Gardening

This Dementia Friendly Gardening course 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.

If you are looking for a course to improve or maintain your mental health and wellbeing, why not book onto one of our courses from the Managing mental health and well-being offer?

Start Date: 06 November 2026  
Start Time: 10:30  
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.

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.

## **WHAT IS THE ATTENDANCE POLICY**

This course runs over multiple sessions.

- We recommend attending at least 85% of sessions
- If you have a planned absence, please tell your tutor in advance
- If you are ill or cannot attend, contact 01634 338400 so your tutor can be informed.

## **HEALTH & SAFETY**

### Health and Safety Disclaimer

By taking part in this course, you understand that gardening involves movement and carries some risk.

You agree that:

- You will work within your own abilities
- You will stop if anything feels uncomfortable
- You will dress appropriately
- You will follow health and safety guidance provided by the tutor

Medway Adult Education is not responsible for personal injury or damage to personal property.

By attending the course, you confirm that you have read and understood this information.