



The Tower Hamlets Green Care Partnership presents

GREEN CARE

— TASTER SESSIONS —

Feel better inside by getting outside

Your favourite community-run green spaces in Tower Hamlets are now working in partnership to support positive mental health and wellbeing through 'Green Care', the new term for all therapeutic activities based in nature. Our Taster Sessions are an opportunity to try a wide range of fun green care activities, relax in beautiful natural spaces and meet people in a friendly group.



Patron, Professor David Bellamy OBE

TASTER SESSIONS

There is something for everyone, so if you want to improve your health and wellbeing, why not try something new?

11 October <i>11am - 1pm</i>	Plant Propagation	Learn different propagation methods and take home plants to watch grow at home	Spitalfields
7 November <i>2pm - 4pm</i>	Care for the small animals	Visit our small furry friends such as Guinea Pigs and rabbits and help improve their enclosures.	Stepney
14 November <i>2pm - 4pm</i>	Garlic Power	Planting garlic bulbs and making herbal remedies to boost the immune system	Stepney
21 November <i>2pm - 4pm</i>	Small animal health checks	Take care of the small animals and do a health check	Stepney
22 November <i>11am - 1pm</i>	Pickling workshop	Learn about different forms of pickling and preserving. Everyone will go home with a freshly made pickle or chutney.	Spitalfields
28 November <i>2pm - 4pm</i>	Winter Garden Preparations	Preparing the garden for the winter with pruning, seed saving and bedding down the garden.	Stepney
8 December <i>11am - 1pm</i>	Collecting decorations from nature	We will collect and use the natural resources at Mudchute to create a range of Christmas decorations	Mudchute
15 December <i>11am - 1pm</i>	Making Christmas decorations	Create beautiful decorations to take home	Mudchute
6 January <i>11am - 1pm</i>	Bread and Butter	Learn to make bread and butter! The tasty workshop will end with a fun quiz.	Mudchute
8 January <i>11am - 1pm</i>	Donkey Care	Meet Scooby and Harley, our resident donkeys and help give them a pamper.	Mudchute
9 January <i>10am - 1pm</i>	Ecotherapy	Outdoor practical nature conservation work	TH Cemetery Park
17 January <i>11am - 1pm</i>	Seville Marmalade	We will be making traditional Seville orange marmalade. Everyone will go home with a jar!	Spitalfields
16 January <i>10am - 1pm</i>	Ecotherapy	Outdoor practical nature conservation work	TH Cemetery Park
23 January <i>10am - 1pm</i>	Ecotherapy	Outdoor practical nature conservation work	TH Cemetery Park
30 January <i>10am - 1pm</i>	Ecotherapy	Outdoor practical nature conservation work	TH Cemetery Park
21 February <i>11am - 1pm</i>	Seed sowing	Help sowing early seeds in the veg garden for a bountiful summer harvest!	Spitalfields

We welcome health care providers to join a session and learn more about how green care can support people feel better. WEN are coordinating the Tower Hamlets Green Care Partnership, funded by the Tower Hamlets Clinical Commissioning Group.

Booking is not required but spaces limited, so please register to avoid disappointment. For further information, or if you would like to make a referral please contact Beth Summers, Beth@wen.org.uk