



Course details

Course title

Gardening: Gardening for Wellbeing

Course code

Q00027510

Course date

Start: 05/08/26

End: 07/08/26

Number of classes

3 sessions

Timetable

Wed 5th Aug, 10:00 to 14:00

Thu 6th Aug, 10:00 to 14:00

Fri 7th Aug, 10:00 to 14:00

Tutor

Jane Perrin

Fee range

Funding available - £96.00

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

Venue

Whitehawk

Whitehawk Road
Brighton and Hove
BN2 5NS

Level of study

Entry Level

Course overview

This course is funded by the Department for Education and only open to residents living in non devolved authorities. This course helps you explore how gardening can support your health and wellbeing. You can join if you have completed the Foundations in Gardening course, but you are also welcome if you are new to gardening. No experience is needed. You will take part in practical activities such as planting seeds, caring for plants, and looking after garden spaces or containers. You will learn how gardening can help with relaxation, mindfulness, and gentle physical activity. You will also explore how gardening supports the environment, including planting for wildlife and using sustainable gardening practices. Each session is supportive and relaxed, with step-by-step guidance. You will have chances to work with others, share ideas, and enjoy being outdoors. By the end of the course, you will have developed gardening skills that support your wellbeing and confidence. You may also feel ready to continue learning through other gardening or environmental courses.

Course description

This course explores how gardening can support your health and wellbeing. You can join if you have completed the Foundations in Gardening course, but you are also welcome if you want to start with simple gardening activities. You do not need any previous experience.

You will learn how spending time with plants and nature can improve your wellbeing, boost your confidence, and help you relax. You will take part in practical activities such as planting seeds, caring for plants, and looking after a small garden space or containers.

You will also explore how gardening can support gentle physical activity, mindfulness, and connection with others. Activities may include growing herbs or flowers, creating a small wellbeing garden, or planting to support wildlife.

The sessions are supportive and relaxed, with clear step-by-step guidance. You will have the chance to work with others, share your experiences, and enjoy time outdoors.

By the end of the course, you will have developed gardening skills that support your wellbeing and a better understanding of how gardening can contribute to a healthy lifestyle. You may also choose to continue learning through further gardening or environmental courses.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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