

Introduction to Gardening for Wellbeing

Adult

On this course you will develop your gardening skills whilst working as part of the team to maintain and enhance community centre grounds. As well as planting herbs, plants and shrubs you will also learn how to take cuttings, propagate, and maintain and develop the established gardens at one of our off-site locations.

The course is delivered at The Liskerrett Centre, Liskeard.

The Liskerrett Centre has a polytunnel, containers and areas suitable for growing a variety of produce and fruit trees.

You will be encouraged to focus on areas of interest to you with tutor support.

The Road to Wellbeing courses are relaxed and informal, enabling you to improve your wellbeing and mental health, building your self-confidence and self-esteem. Attending our classes is a great way of meeting new people, making friends and developing personal and vocational skills.

Duration - 8-12 weeks - 1 day per week.

You will be expected to attend each week.

Find out more about courses to support mental health and wellbeing



Scan the QR Code for full course description, assessment and progression options from this course

ENTRY REQUIREMENTS

Our courses are for anyone aged 19+ who is experiencing or recovering from mental ill-health.



LOCATION & NEXT START DATE(S)

Liskerrett Community Centre - As required
Liskerrett Community Centre - As required



**Find out more and
apply online**



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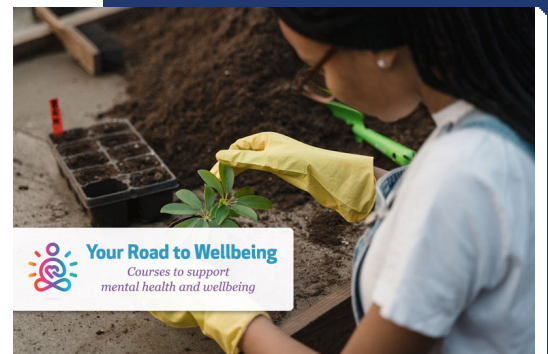
Adult

LEVEL No Qualification	DURATION 8-12 weeks - 1 day per week
ATTENDANCE Part-time	FEES Tuition Fees: £0.00

Fees apply to adults and HE students only. Only the most common fees scenario is shown. Actual fees may vary depending on your personal situation. Please contact us for further information. Courses listed on this website are indicative of the subject, nature and level of study. The College reserves the right to alter specific qualifications titles, awarding bodies and levels of qualification, which can change in year. Any cost may also vary, based on personal funding eligibility. The Cornwall College Group reserves the right to withdraw any course listed at any time.

Explore Our Courses & Apprenticeships

Join us for a campus tour, meet our dedicated team, and get all your questions answered. Scan the QR code to register for our next Open Event or Taster Day.



**Find out more and
apply online**

