

Introduction to Horticulture for Wellbeing

Adult

This course is delivered at The Coach House Resource Centre, Liskeard.

On this course you will develop your gardening and horticultural skills whilst working as part of the team to maintain and enhance the Resource 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 Coach House has a large polytunnel, small greenhouse, sheds, many containers and a small vegetable area and fruit trees. It is a peaceful area to learn gardening skills, how to use plants in a culinary and medicinal way, designing the garden, companion planting, composting and organic gardening.

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

The Road to Wellbeing courses are relaxed and informal, designed to support your mental health and wellbeing. By building self-confidence and self-esteem, these classes offer a positive and welcoming environment. They're also a great way to meet new people and make friends. We offer courses suited to all skill levels and abilities.

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.



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LOCATION & NEXT START DATE(S)

Coach House - As required

Coach House - As required



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.



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