



Introduction to Growing at Home Online Course Workbook





Contents

Gardeners tool kit

When to grow vegetables

Looking after your soil & compost

Seed sowing indoors

Seed sowing outdoors

Growing and containers

Useful Contacts

PHQ & GAD 7

To complete at start of course

PHQ & GAD 7

To complete at end of course

Feedback Form

Loneliness Scale Pre-course 1
Loneliness Scale Post-course 2

Our online course will introduce:

How to grow herbs, plants and vegetables at home - in a garden,
or in pots and window boxes - in or outside.

We will show how to reuse items from around the home to help
with gardening projects.

Gardener's Toolkit

Looking after yourself when gardening

Things to get you started

Looking after your toolkit

Weeds

Pests & getting help from wildlife

Activities to try (Apple Bird Feeder & Milk carton tools)

Getting Started and your gardener's toolkit

When you are gardening it is really important to look after yourself. Getting started in gardening doesn't have to mean spending lots of money but there are some key items that you can consider gathering in your tool kit. Things to help you get started include:

For you:

Kneepad – to support your knees while weeding or to act as a cushion on a chair or raised bed edge
Layers of clothing to keep you warm and dry
Good shoes/boots to help protect your toes
Gardening gloves
Sunscreen/cream
Hat
Water/a drink and snack

For when you are gardening:

Hand trowel and hand fork
Seeds and labels
Pots/containers
Secateurs or scissors
Twine
Cloth and WD40/Water dispersing liquid to help when maintaining your tools after use.

We hope that this helps to think about some key items that can help you feel comfortable and safe when gardening at home or in a group.

Remember that our Greenlinks groups we provide a range of seeds and tools to use when gardening so you don't need to bring anything along with you other than clothing, food and drink to help you garden comfortably.

When to grow vegetables

What would you like to grow?

What do plants need?

Seed sowing – when's the right time?

Seed packets & other sources of information

Homework – make your own plan

What to grow when

When considering what you might like to grow, ask yourself:

What do you like to eat?

What space do you have to grow plants/seeds?

Taking time to think about what you like to eat can help you to focus in on selecting your favourite vegetable seeds. You can then:

Use seed packets to help you identify – when to sow and how

Record a list of your top vegetables

Considering the spaces that you have to grow is also really important:

Do you have outside containers on a patio?

Do you have space on a warm windowsill to get seeds germinating?

Do you have raised beds in your garden or at the gardening group that you attend?

Taking time to think about what space you have can help you when you decide which seeds to get started first and how many seeds to sow. For example – you might really like to grow tomatoes. These can be sown in late February/March and need to be started indoors in a warmer environment. Later on you'll need to transplant them. Tomatoes typically will still need some protection/sheltered space to grow in. If you really enjoy eating carrots – you can sow these direct into the soil outdoors in April/May once the soil has warmed up – you can then harvest them and store them when they are ready.

Once you have decided what vegetables you would like to grow and have considered your spaces – next you can make your plan of what to sow and when. To help with this you might like to create:

A calendar or a diary – with notes that you can use again next year

'What to do this month' sheet

Visual map/drawing of your growing spaces

Phone reminders

Remember there tools and resources to help you with your own planning, including:

Gardening books and magazines - Gardening TV programmes

Vegetable Planner from the RHS - Seed catalogues

Website resources like 'What to Grow now' offered by sites like Gardeners world, Thrive and the RHS

Youtube clips from recommended gardeners offering guides and growing tips.

Remember that our Greenlinks groups we can work together to find ways to grow your favourite fruit and vegetables. We have a range of seeds and tools to use when gardening. As a group we can plan what we'd like to grow through the year and can harvest our crops together.

Looking after your soil and compost

What do you grow your plants in?

What is soil?

What is compost?

Feeding, mulches & protection

Crop rotation

Mindfulness homework

Creating compost at home – the do's and don'ts

We're going to talk through how to make your own compost at home. There are a range of home composting containers that you can buy and make. In our demonstration today we are using a 'dalek' shaped plastic container which can be placed on the ground. It has a lid to manage water getting into the compost and it has a door at the base to help access compost when it is ready. Worms will be able to access the contents from the soil. If you have place your composter on a hard surface – you may consider adding some worms to help break this down/move your compost around.

You can make your own composting bays using pallet wood or there are affordable 'make your own' wooden bays.

Essentially, you will need a container to store material from your home which allows it to break down over time with a more controlled amount of water and oxygen.

What you'll need:

Your chosen container
Waste materials from your kitchen and garden

We're going to talk through what to include but essentially we are aiming for a mix of brown and green materials – roughly to a 50:50 mix. This will help the materials break down and create a good texture balance for your compost.

Do's – what you can add to your home compost

Vegetable peelings (Green)
Egg shells (Green)
Some citrus peelings (Green)
Some grass clippings (Green)
Weeds (without seed heads)
Cardboard (Brown)
Packaging labelled as 'compostable' (with care)
Twigs (Brown)

Don'ts – what you should include in your council collected recycling/compostable waste

Cooked or uncooked chicken/meat bones
Weeds with seed heads
Cooked foods
Dairy products

Don't - these materials require higher temperature to breakdown or may attract rats to your compost.

In time, you may like to 'turn' your compost – mixing up your materials to introduced oxygen. Once your compost has broken down – you can use this to nourish your soil/raised beds/containers.

Remember that our Greenlinks groups we can work together to compost vegetable materials from our plot. When ready, we can use this composted material to nourish our gardening areas.

Growing and Containers

Insect friendly plants

Saving seed

Container planting

Herb pots

‘Ways to give back’

Homework - activities to try (Microgreens, Salad Pot, tin can and cup & saucer planters)

Planting up a container

We’re going to talk through how to create an effective display in a planter/container using some insect friendly plants including Thyme, Nasturtium, Chives and Marjoram.

What you’ll need:

Peat free seed sowing or multi-purpose compost

A decorative container, pot or basket

‘Crocs’ - broken pot/crockery to help with drainage

Trowel (optional)

Water

We're going to plant up our container now:

It can help your container to drain if you create a space between the compost and draining holes using 'crops'

Using your trowel or hands, start to fill your container with compost – up to a third/half way.

Next, place your chosen plants in your container so that you can get a sense of how they will look together. Think about balance and height of your plants as well as where it is going to be place in your garden.

In our selection we have some aromatic herbs, the chives being taller. Our nasturtium is a trailing plant which we're going to let grow over the side of the container.

When you are happy with the layout, carefully loosen your plants from their pot. Support your plant but avoid damaging delicate stems.

You may like to loosen or gently break up some of the roots to help them establish in their new pot. Place plants into the compost.

Next, add a layer of compost around all of the plants roots, firming them down.

Give your container a good water to help the roots to establish.

Display your pot in your chosen spot in the garden.

We hope that this has helped you in considering how to plant up your own container. Over time – you will need to monitor water levels and you may need to top up your container with compost and or liquid feed.

Extra tips:

You can find a list of bee, butterfly and other insect friendly plants on the RHS website too!

Local plant sales and swaps can be a great way to find affordable plants to include in your own planters.

Remember that our Greenlinks groups we provide a range of tools to use when gardening so you don't need to bring anything along with you other than clothing, food and drink to help you garden comfortably and your fantastic ideas for interesting planters!

Upcycled planters

Making use of recyclable materials can be a great way to add creative flair to your indoor planters and is a great way to save money and consider the environment.

Two examples that we're going to look at together today:

- Making a glass jar terrarium
Making a tin can herb container or planter for the windowsill

Jar terrarium

You will need:

A decorative jar – washed with labels removed
Peat free compost with grit added for drainage
Small succulent plants e.g. sempervivums
Shells or decorative stones (optional)

First, add a layer of your gritty compost to half way/two thirds up of your jar. (You might also choose to add a layer of grit at the base of your jar before adding gritty compost).

Next, place your chosen plants in your container so that you can get a sense of how they will look from the side and from above.

When you are happy with the layout, carefully loosen your plants from their pot.

Place plants into the compost.

Next, add a layer of compost around all of the plants roots, it's important to cover the roots and to firm them down.

Succulent plants do not like to be too wet but you might like to give your container some water to help the roots to establish. Typically, allow the top 1cm of compost to dry out.

Display your pot in your chosen spot on a windowsill, work space living area.

Tin can planter

You will need:

Tin can e.g. baked beans or tinned tomatoes – washed with labels removed

Corkscrew or hammer and nail – to make holes in the base of your can

Peat free compost

Twine

Glue

Decorative label (optional)

First, add some drainage holes your can. You can add these using a corkscrew or using a hammer and nail. If you are worried about safety when adding holes – you can also fill your can with water, freeze it and make the holes into the frozen can and then wait for the ice to defrost before planting up.

To add a decorative finish to your can, you can glue some twine wrapped around your can. This might be across the centre or in a pattern. Leave this to dry.

Next add your gritty compost to half way/two thirds up of your tin.

Place your chosen plants in your container. If you are using succulents or small seedlings carefully loosen your plants from their pot.

Place plants into the compost avoiding damage to plant stems and leaves.

Then add a layer of compost around all of the plants roots, it's important to cover the roots and to firm them down.

If you want to sow herb or sunflower seeds into your windowsill tin can planter – fill most of the can with compost, sprinkle your seeds on the surface and add a thin layer of compost to cover.

Water your container gently.

Add a label of what is planted (optional). If your can planter is a gift – this might include a message.

Display your pot in your chosen spot on a windowsill to get good light but not direct sunlight.

Remember that our Greenlinks groups we can work together to find ways to grow your favourite fruit and vegetables. We have a range of seeds and tools to use when gardening. As a group we can plan what we'd like to grow through the year and can harvest our crops together.

Seed Sowing Indoors Demonstration

Essentials – a checklist

Preparing your container

Sowing different seeds

The best place

Ongoing care

A moment on ‘No Dig’

Homework - activities to try (Milk carton labels and paper pots)

Seed Sowing

Today we're going to talk through seed sowing. All the information you need to know about how and when to sow your seeds should be on the seed packet. This can really help when choosing containers and when thinking about the best place for your container to be to help seeds germinate.

We're going to talk through how to sow three different types of seeds:

Tomato seeds

Squash seed

Runner bean

What you'll need:

- Peat free seed sowing or multipurpose compost
- Small plants pots and a seed tray
- Trowel (optional)
- Plant label and pen or pencil
- Water

Sowing tomato seeds

- Prepare your seed tray by filling this with compost
- Level out the compost so that you have a flat surface to sow your seeds on to.
- Cover the seeds with a thin layer of compost and gently firm down
- Water your tray gently
- Add a label including the name of the seeds and the date that you sowed these.
- Place your seed tray on a warm windowsill and wait for the seeds to germinate.

Sowing squash seeds

- Fill your small plant pot two thirds of the way.
- Make sure that you place your seed (at the right depth) on its side.
- Cover the seed with compost and gently firm down
- Water your pot
- Add a label including the name of the seed/plant and the date that you sowed it

Sowing beans (indoors)

- Fill your small plant pot two thirds of the way.
- Cover the bean with compost and gently firm down
- Water your pot
- Add a label including the name of the bean and the date that you sowed it

Seeds grown in a tray will need to be 'pricked out'. Your squash and bean seedlings may need to be potted into larger pots or may be transplanted directly outdoors or into an indoor growing area.

Keep an eye on how moist the compost is for any plant. It may be helpful to sit your pots in a tray and water from below too.

Extra tips:

Local community seed swaps can be a great way to share seeds in an affordable way.

Notes

Useful Contacts

B&NES Crisis Team	01225 362814
Breathing Space	01225 983130
Bath Mind	01225 316199
Community Wellbeing Hub	0300 247 0050
Samaritans	116 123
Shout	85258 (text line)

Before Course Assessment

PHQ-9	Over the last 2 weeks how often have you been bothered by any of the following problems? (Please circle)	Not at all	Several Days	More than half the days	Nearly every day
1.	Little interest or pleasure in doing things	0	1	2	3
2.	Feeling down, depressed, or hopeless	0	1	2	3
3.	Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4.	Feeling tired or having little energy	0	1	2	3
5.	Poor appetite or overeating	0	1	2	3
6.	Feeling bad about yourself – or that you are a failure or have let yourself or your family down	0	1	2	3
7.	Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8.	Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9.	Thoughts that you would be better off dead or hurting yourself in some way	0	1	2	3
	PHQ-9 Total Score =				






GAD-7	Over the last 2 weeks how often have you been bothered by any of the following problems?	Not at all	Several Days	More than half the days	Nearly every day
1.	Feeling nervous, anxious or on edge	0	1	2	3
2.	Not being able to stop or control worrying	0	1	2	3
3.	Worrying too much about different things	0	1	2	3
4.	Trouble relaxing	0	1	2	3
5.	Being so restless that it is hard to sit still	0	1	2	3
6.	Becoming easily annoyed or irritable	0	1	2	3
7.	Feeling afraid as if something awful might happen	0	1	2	3
	GAD-7 Total Score =				

After Course Assessment

PHQ-9	Over the last 2 weeks how often have you been bothered by any of the following problems? (Please circle)	Not at all	Several Days	More than half the days	Nearly every day
1.	Little interest or pleasure in doing things	0	1	2	3
2.	Feeling down, depressed, or hopeless	0	1	2	3
3.	Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4.	Feeling tired or having little energy	0	1	2	3
5.	Poor appetite or overeating	0	1	2	3
6.	Feeling bad about yourself – or that you are a failure or have let yourself or your family down	0	1	2	3
7.	Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8.	Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9.	Thoughts that you would be better off dead or hurting yourself in some way	0	1	2	3
	PHQ-9 Total Score =				

GAD-7	Over the last 2 weeks how often have you been bothered by any of the following problems?	Not at all	Several Days	More than half the days	Nearly every day
1.	Feeling nervous, anxious or on edge	0	1	2	3
2.	Not being able to stop or control worrying	0	1	2	3
3.	Worrying too much about different things	0	1	2	3
4.	Trouble relaxing	0	1	2	3
5.	Being so restless that it is hard to sit still	0	1	2	3
6.	Becoming easily annoyed or irritable	0	1	2	3
7.	Feeling afraid as if something awful might happen	0	1	2	3
	GAD-7 Total Score =				

Course Feedback

					
Do you feel your awareness of gardening has developed from this course?					
Do you feel your understanding of growing things at home has increased from this course?					
Do you feel more confident or equipped to use gardening to benefit your mental health and wellbeing needs and to ask for help?					
What is your impression of the quality of the training materials ?					
How would you rate the quality and style of the course trainer ?					

Additional Comments:-

Loneliness Scale Pre Course 1

Name:

Date:

INSTRUCTIONS: Indicate how often each of the statements below is descriptive of you. C indicates “I often feel this way” S indicates “I sometimes feel this way” R indicates “I rarely feel this way” N indicates “I never feel this way”

1. I am unhappy doing so many things alone	O S R N
2. I have nobody to talk to	O S R N
3. I cannot tolerate being so alone	O S R N
4. I lack companionship	O S R N
5. I feel as if nobody really understands me	O S R N
6. I find myself waiting for people to call or write	O S R N
7. There is no one I can turn to	O S R N
8. I am no longer close to anyone	O S R N
9. My interests and ideas are not shared by those around me	O S R N
10. I feel left out	O S R N
11. I feel completely alone	O S R N

12. I am unable to reach out and communicate with those around me	O S R N
13. My social relationships are superficial	O S R N
14. I feel starved for company	O S R N
15. No one really knows me well	O S R N
16. I feel isolated from others	O S R N
17. I am unhappy being so withdrawn	O S R N
18. It is difficult for me to make friends	O S R N
19. I feel shut out and excluded by others	O S R N
20. People are around me but not with me	O S R N

Scoring: Make all O's =3, all S's =2, all R's =1, and all N's =0. Keep scoring continuous.

Loneliness Scale Post Course 2

Name:

Date:

INSTRUCTIONS: Indicate how often each of the statements below is descriptive of you. C indicates “I often feel this way” S indicates “I sometimes feel this way” R indicates “I rarely feel this way” N indicates “I never feel this way”

1. I am unhappy doing so many things alone	O S R N
2. I have nobody to talk to	O S R N
3. I cannot tolerate being so alone	O S R N
4. I lack companionship	O S R N
5. I feel as if nobody really understands me	O S R N
6. I find myself waiting for people to call or write	O S R N
7. There is no one I can turn to	O S R N
8. I am no longer close to anyone	O S R N
9. My interests and ideas are not shared by those around me	O S R N
10. I feel left out	O S R N
11. I feel completely alone	O S R N

12. I am unable to reach out and communicate with those around me	O S R N
13. My social relationships are superficial	O S R N
14. I feel starved for company	O S R N
15. No one really knows me well	O S R N
16. I feel isolated from others	O S R N
17. I am unhappy being so withdrawn	O S R N
18. It is difficult for me to make friends	O S R N
19. I feel shut out and excluded by others	O S R N
20. People are around me but not with me	O S R N

Scoring: Make all O's =3, all S's =2, all R's =1, and all N's =0. Keep scoring continuous.



For more information and support,
visit our website

www.bathmind.org.uk

Follow us on social media for regular wellbeing tips and support,
and to keep up with all our news.



If you'd like to make a donation to support our vital
services, you can do so here:-
www.bathmind.org.uk/support

