



The Mind Nature Shed.

The Mind Nature Shed helps you:

- expand your appreciation of the natural world
- build a relationship with nature and yourself
- feel part of the seasonal rhythms of ecological systems
- learn how to grow, cultivate and tend plants
- learn about soil science, planting theory, the world of fungi and the interconnection of all things.

We offer:

- Workshops and presentations in gardening and related theory.
- Practical gardening sessions at Meanwhile wildlife Garden and Elmslie Hornimann Garden.

This service is for people over 18 with complex mental health needs referred through the Community Mental Health Hubs in Kensington and Chelsea.

For more information...

Contact:

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kcmind.org.uk

 **Mind**
Kensington
and Chelsea