



NHS

Greater Manchester
Mental Health
NHS Foundation Trust

PRESTWICH HOSPITAL GREEN HEALTH WALK

SCHEDULE FOR VOLUNTEER WEEK

2nd - 6th March 2020

Monday AM - bug hotel

Collect natural materials and learn about bugs!

Tuesday AM - planting an orchard

Plant a new orchard with heritage fruit varieties.
(continued in the afternoon, if required)

Wednesday AM - building raised beds

Build timber raised beds for planting vegetables next to the Curve building and another one for herbs for the Hospital Café.

Wednesday PM - growing edible plants

Learn how to grow fruit, veg and herbs and make signs for the new garden.

Thurs AM and PM - pond

Help create a new wildlife pond next to Junction 17.
Dig out the pond and help with planting.

Book places for sessions with sophie@sowthecity.org or call **0161 465 6954**. Max 8 per session.

Sessions are run by Sow the City staff with DBS checks and risk assessments will be undertaken for each activity.

AM sessions 9:30 - 12 & PM sessions 1:00 - 3:30

In March Sow the City is building and planting themed areas along a marked walking route for staff, visitors and patients to enjoy the hospital grounds, and promote the physical and mental benefits of greenspace and exercise.



- A SCULPTURE
- B ORCHARD
- C VEGETABLES
- D HERBS
- E BUG HOTEL
- F BATS & BIRDS
- G POND