

## How to find us

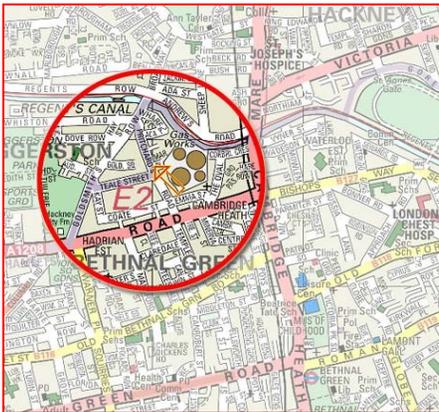
**Pritchard's Road Day  
Centre**

**2 Marian Place**

**London**

**E2 9AX**

**Tel: 0207 364 1032**



Nearest Tube Station:  
Bethnal Green (Central Line)



Nearest Overground Station:  
Cambridge Heath



Buses: 26, 48, 55, 106,  
254, D6

If you would like to  
find out more about  
join The Gardening  
Project please  
contact  
William Everett at

**Pritchard's Road  
Day Centre  
2 Marian Place  
London  
E2 9AX**

**Phone: 0207 364 1034  
E-mail: William.  
Everett @towerhamlets  
.gov.uk**

## Pritchard's Road Day Centre



**The Gardening  
Project  
Tuesdays  
1.30pm-3.00pm**



## Introduction

- The gardening project offers centre members the opportunity to gain and develop horticultural skills in a creative, fun and safe environment.
- The project supports members in identifying achievable goals specific to their individual recovery.

## Aim

The aims of the group are:

- To support project members to maintain and develop their confidence and self-esteem through horticulture.
- To provide members the opportunity to be involved in horticultural projects at Pritchard's Road and other community settings.
- Support individuals to access further training, paid or voluntary work in horticulture.
- To develop confidence and learning how to achieve results through team work.
- To create and maintain seasonal flower and vegetable gardens from soil preparation to sowing the seeds to harvesting the flowers or vegetables.

## What We Do

- The project meets weekly and works as a team to develop and maintain the garden area and grounds at Pritchard's Road.
- The project meets regularly to plan sessions and identify job roles.
- The project periodically visits garden centres, parks and gardens to gather ideas and information.

## Opportunities

- You may wish to use your newly acquired knowledge and skills to support other members of the project in a mentoring role.
- You will also learn how to maintain the communal grounds of the centre which will give you experience of a variety of gardening techniques.
- What can I progress on to? You may want to learn skills to use in your own garden.

- You may wish to use your newly learnt skills to benefit the local community for example working in a local park or a nature reserve.
- The gardening project will give you the confidence to support members of the local community to maintain their gardens
- You may wish to undertake a formal horticultural qualification. Staff will support you to apply for a place on your chosen course and support you within the course programme.

## What We Expect

- Commitment to attend regularly.
- To work as part of a team
- To work in line with health and safety rules and to follow instructions given by the team leader.
- Commit to working all year round.

