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## Wellbeing garden to be created at Queenswood Country Park & Arboretum

Friday 26th October 2018

**Work will begin to create the garden this Autumn. It will showcase sustainable food production, wildlife friendly gardening and therapeutic horticulture practices through workshops and educational activities for schools, community groups and individuals.**

A number of funders have made this new venture possible: the Finnis Scott Foundation; Edward Cadbury Foundation; the Southall Trust and the Herefordshire Foundation who have each contributed to elements of the project.

The new garden will be designed to be accessible and engaging for all. Herefordshire Mind will work alongside staff at Queenswood to support adults experiencing mental health issues to engage with and care for the garden. David Harding, Support & Development Manager for Herefordshire Mind said: "We're delighted to be collaborating with Queenswood on the project. Spending time in green spaces can benefit both mental and physical wellbeing. I am sure that participants will gain huge benefits from their involvement." There will be a sensory area which will allow people to experience the garden through touch and smell and raised and standing beds for those who find working at ground level challenging.

Queenswood staff will be taking advice from Applewood Permaculture on designing the garden and how to incorporate sustainable horticulture techniques.

Queenswood's Engagement Officer, Kate Broad, said: "We're so excited about this new project! We hope the garden will be used by groups of all ages to learn about wildlife and growing food. We want it to be somewhere that people can come a relax as well as build confidence through learning new skills."

Anyone wishing to volunteer at the garden or runs a group who would be interested in regular visits should contact Katrina Preston on 01432 356872 / [k.preston@herefordshirewt.co.uk](mailto:k.preston@herefordshirewt.co.uk)





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**Queenswood: the green heart of Herefordshire** A partnership between Herefordshire Wildlife Trust & New Leaf Sustainable Development Ltd

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