

# Food for Thought

## Garden placements

Designed for those who would benefit from a supportive and therapeutic environment doing practical activities



### Do you want to...

- *Improve physical and mental wellbeing?*
- *Learn practical land based skills?*
- *Feel valued and respected?*
- *Build stepping stones to training or employment?*
- *Explore how food is produced?*
- *Do more exercise in a fun way?*
- *Experience working with others?*
- *Develop self confidence and awareness?*
- *Experience a sense of achievement?*

**Our friendly staff will support you to work in small groups providing structured and varied activities for you to enjoy such as:**

- Sowing seeds and seeing them grow into food
- Watering and looking after growing plants
- Picking fruit, vegetables and herbs
- Weighing, labelling and selling produce
- Food preparation and cooking, like making jams and biscuits
- Garden maintenance such as mending fences
- Craft activities such as willow structures and Christmas hampers
- Off site visits to similar projects



If you need transport we can pick you up at a central point and drop you back at the end of the day.

Our day starts at 9.30am and finishes at 3.00pm. We provide tea/coffee for breaks, but you will need to bring your own lunch.



If you are not sure, why not come for an informal visit or a taster day?

- Meet us
- See the garden
- Ask questions

**If you would like to find out more or arrange a visit or taster day , please contact Jan Wade. [Details are on the back of this leaflet.]**

We can:

- talk to you, your parent, guardian, teacher or social worker to find out if we can offer you what you need
- arrange for you to come and see us to find out more and try some gardening activities
- discuss how you can get to and from Lambourne End Centre



# Lambourne End Centre for Outdoor Learning

Lambourne End Centre is a registered charity which is passionate about enabling people to develop.

Our fantastic 54 acre site gives people of all ages and backgrounds the opportunity to enjoy taking part in outdoor activities (adventurous, environmental and farm - see our website for more details).

The site includes a small working farm that cares for a range of animals as well as dedicated conservation and horticultural areas.

We embrace organic and environmentally friendly principles, as we believe that looking after the land will produce good food that helps us to stay healthy.

## Recognised courses include:-

Entry Level Skills for Working Life—City & Guilds

Level 1 Land Based Studies—City & Guilds [horticultural & animal care]

Animal Care level 2 - City & Guilds

Personal development —City and Guilds Profile of Achievement



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