

Referral Form

Please complete the form below and return to **Mayfield Nurseries**; alternatively we can take a referral by telephone or email from your doctor.

Doctor's name

Surgery address and telephone number

Reasons for referral

Name of person being referred

Address and telephone of person being referred

Doctor's signature or stamp

Mayfield Nurseries, Mayfield Park,
Weston Lane, Southampton, SO19 9HL
t: 023 8044 7743
e: enquiries@mayfieldnurseries.org.uk

Contact Us

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Opening hours

Monday to Friday 8:30am – 4:00pm

Please check our website for details of our weekend opening hours.

www.mayfieldnurseries.org.uk

Mayfield Nurseries is a subsidiary charity of Solent Mind.

Registered charity No. 1128592

Registered with Limited Liability in England and Wales No. 680517



We're Solent Mind, we're here to make sure anyone with a mental health problem has somewhere to turn for advice and support.

Solent Mind is a registered charity No. 1081116

Registered with Limited Liability in England and Wales No. 4004500

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Gardening on Prescription

Improve your wellbeing at our weekly gardening club



Mayfield
Nurseries

Gardening for better mental health

Helping people to bloom

If you live in the Southampton area and are experiencing mild to moderate mental health problems, why not join our weekly gardening club?

What is Gardening on Prescription?

Gardening on Prescription is a new GP referral scheme run by Mayfield Nurseries, a local charity helping people with mental health issues. Our ten week course helps to improve peoples' wellbeing, confidence and self-esteem.

How do I join?

The course is free to attend and just requires a referral from your GP. Ask your GP to complete the form in this leaflet and either you or your GP can return it to Mayfield Nurseries. We will then contact you to arrange your start date.

When is it?

The courses will run at the beginning of June, September and February, on Wednesday afternoons from 1pm to 3pm.

How can I find out more?

For an informal chat, please contact Rachel Hampton, on 023 8044 7743, or email enquiries@mayfieldnurseries.org.uk

Week One

An Introduction to Mayfield Nurseries

Learn how gardening can help your wellbeing. Get to know the Nursery and brush up on your health and safety skills.

Week Two

Know your plants

See the wide range of plants grown at Mayfield and learn how to identify annuals, perennials, shrubs, bulbs and corms.

Week Three

Planting for year-round colour

Find out more about flowering times and which plants grow best in which conditions. Create displays for your garden.

Week Four

Propagation techniques

See different ways of propagating new plants and what they need to grow. Try seed sowing, taking cuttings and bulb planting.

Week Five

Hanging baskets and containers

Add seasonal colour to your outdoor space by learning the basics of how to plant a hanging basket and container.



Week Six

Container vegetable planting

Learn the basics of growing vegetables. Plant your own vegetable container and find out more about feeding, harvesting times and raised bed systems.



Week Seven

Pests and diseases

Learn to identify the common problems that effect plants and how to treat them when they happen.

Week Eight

Plant maintenance and care

Find out about the basics of pruning, dead heading, watering and feeding. Put your skills into practice in a practical session.

Week Nine

Plant knowledge and creating displays

Create a display for your garden or balcony using the various plants at Mayfield. Test your new knowledge in our gardening quiz.

Week Ten

Maintaining your wellbeing

A round-up of everything we have learnt and a chance to give feedback. Learn how to continue your wellbeing at home.