

# Mental Health Matters Wales

## Activity Pack

### April 27<sup>th</sup> - Gardening

#### Mental Health Matters Wales Aim

Our Therapeutic Support Service aims to make every effort in creating a friendly hospital environment. Our therapeutic activities focus on maintaining a sense of identity and purpose. We provide a safe, friendly and adaptable network of support using evidence based approaches including:

- Validation
- Creative
- Activity
- Reality Orientation
- Socialisation
- Physical Exercise

#### Mental Health Matters Wales Mission

To enrich nursing support provided by the NHS to ensure patients are treated with understanding and dignity in hospital and encouraged to participate in socialising activities in order to maintain their optimum well-being.

The provision of routine and therapeutic activities to patients who are 'ready for transfer' and are awaiting placement to a care home or complex package of care in their own home.

To increase the overall environmental, emotional and physical wellbeing of patients whilst reducing their fears and confusion in a hospital setting.



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# Aim of Pack:

To create activities that celebrate .....

## Gardening

"Dod yn ôl at fy nghoed" is a Welsh phrase meaning, "to return to a balanced state of mind". The literal translation means "to return to my trees"

Gardening connects us with nature. Spending time in green spaces helps to reduce stress and helps people to relax and feel more at one with the world.

**The Benefits of these Activities include but are not limited to**

### Better Communication

Participants living with a cognitive impairment and other illnesses may express feelings by drawing pictures.

### Improved Coordination

Activities can delay the loss of muscle control.

### Relaxation

It is a wonderful distraction from the blues, chronic pain, and other stressful situations.

### Pride

There can be immense satisfaction and pleasure taken from drawing projects.



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# Gardening Fun Fact Sheet!

**Gardening is hardly a straightforward practice — goodness knows it takes skills, dedication, and more than a little luck to grow flowers and veggies.**

But while certain facts about gardens are perplexing (like the delicate nature of herb garden growing), some are just plain fun, silly, or even mind-boggling. And because we love all things gardening, we couldn't help but share this random assortment:



**A Sunflower is more than just one flower**

Both the fuzzy brown centre and the classic yellow petals are actually 1,000 – 2,000 individual flowers, held together on a single stalk.

**There are more micro-organisms in one teaspoon of soil than there are people on Earth.**

It's ALIIIIIVE! But no, in all seriousness, that fact might make you itchy nut microbes are necessary to keep your soil full of nutrients.

**Plants really do respond to sound.**

Talking to plants to help them grow is a well-known old wives' tale, but studies have shown vibration (like music, or perhaps even the sweet sound of your voice) can affect plant growth. Plus, the Myth Busters (in an admittedly not-so-scientific study), compared



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**Butterflies might be more attracted to your weeds than your flowers.**

Colourful blooms aren't the chief reason these insects love your garden – it's more about the fragrance and nectar. According to the Smithsonian Institute, new cultivars of popular flowers have been bred for enhanced colour and size, but have often lost their fragrance in the process. So everyday weeds, like dandelions and clovers, might actually be the most appealing things in your yard to butterflies (they hate pesticides, too). Taking care to choose heirloom flower seeds can get them to also fly your way.



**A little baking soda can help you grow sweeter tomatoes.**

A regular sprinkling of this kitchen staple into your plant's soil can help reduce acidity, which sweetens up your crop.

**Some of your favourite fruits are actually in the rose family.**

Apples, pears, peaches, cherries, raspberries, strawberries, and more are *rosacea*, making them cousins to the long-stemmed Valentine's Day variety.



**The right orchid combination can smell like your favourite dessert.**

Did you know that the vanilla bean comes from a orchid varietal? And it's not the only sweet-smelling kind: "An Oncidium hybrid called Sharry Baby smells like chocolate," says George Hatfield, president of the Santa Barbara Orchid Show. "It's 'baking cookie' aroma has made it a winner." And that's not all: The cymbidium Golden Elf smells lemony, and the Phalaenopsis Violacea

has a cinnamon scent. "Just like you'd combine Jelly Belly beans to create new flavours, you can combine orchids to create a garden that smells like a dessert buffet," says Hatfield



**You can change a hydrangea's colour by altering the pH level of the soil.**

A more alkaline soil will result in pinker blooms, while more acidity will produce blue blooms. To coax your plant to the blue side, add more organic matter to your soil, like egg shells and coffee grounds (though the acidity in used coffee grounds can vary greatly, so you might try a high-acid fertilizer, too). The change won't happen overnight, but eventually you should succeed in manipulating your soil's pH level.



**Deer can jump eight feet high.**

They might require a running start to reach such heights, but a tiny fence often isn't enough to keep these garden nibblers away. Try a taller one, plant thorny or pungent plants as a natural barrier, or scare them off with lights or wind chimes.

**You don't need to be a dedicated composter to reap similar benefits.**

Call it cheating, but applying used coffee grounds, eggshells, chopped-up banana peels, and other organic matter directly to your soil (no composting required) can offer plants nutrients as they decompose. For already-growing beds, scatter and bury the items within the first few inches of soil.

**TELL US: What are your secrets for a bountiful garden?**



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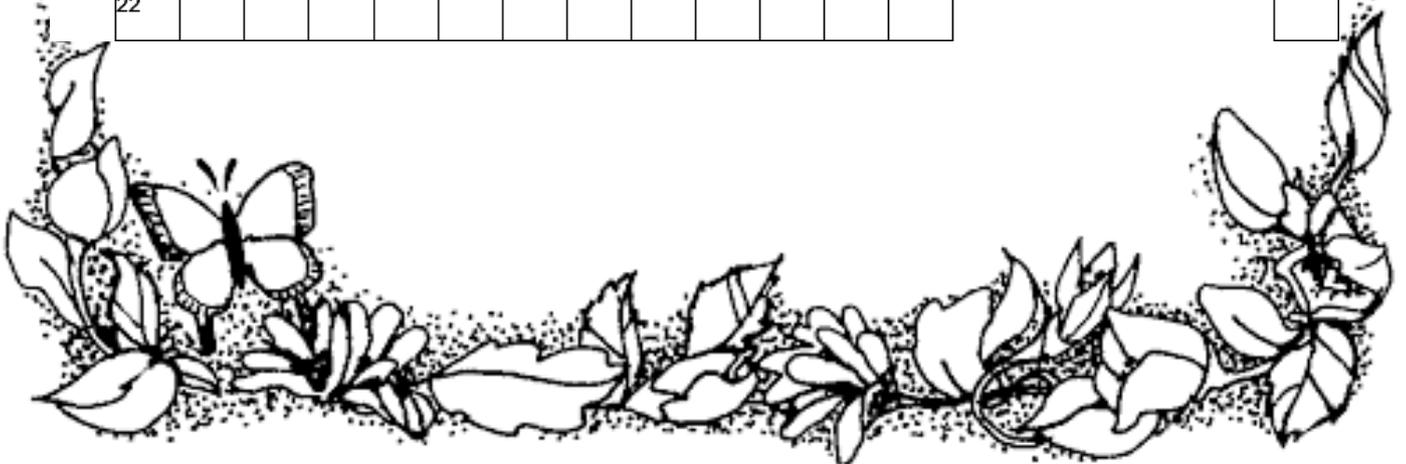
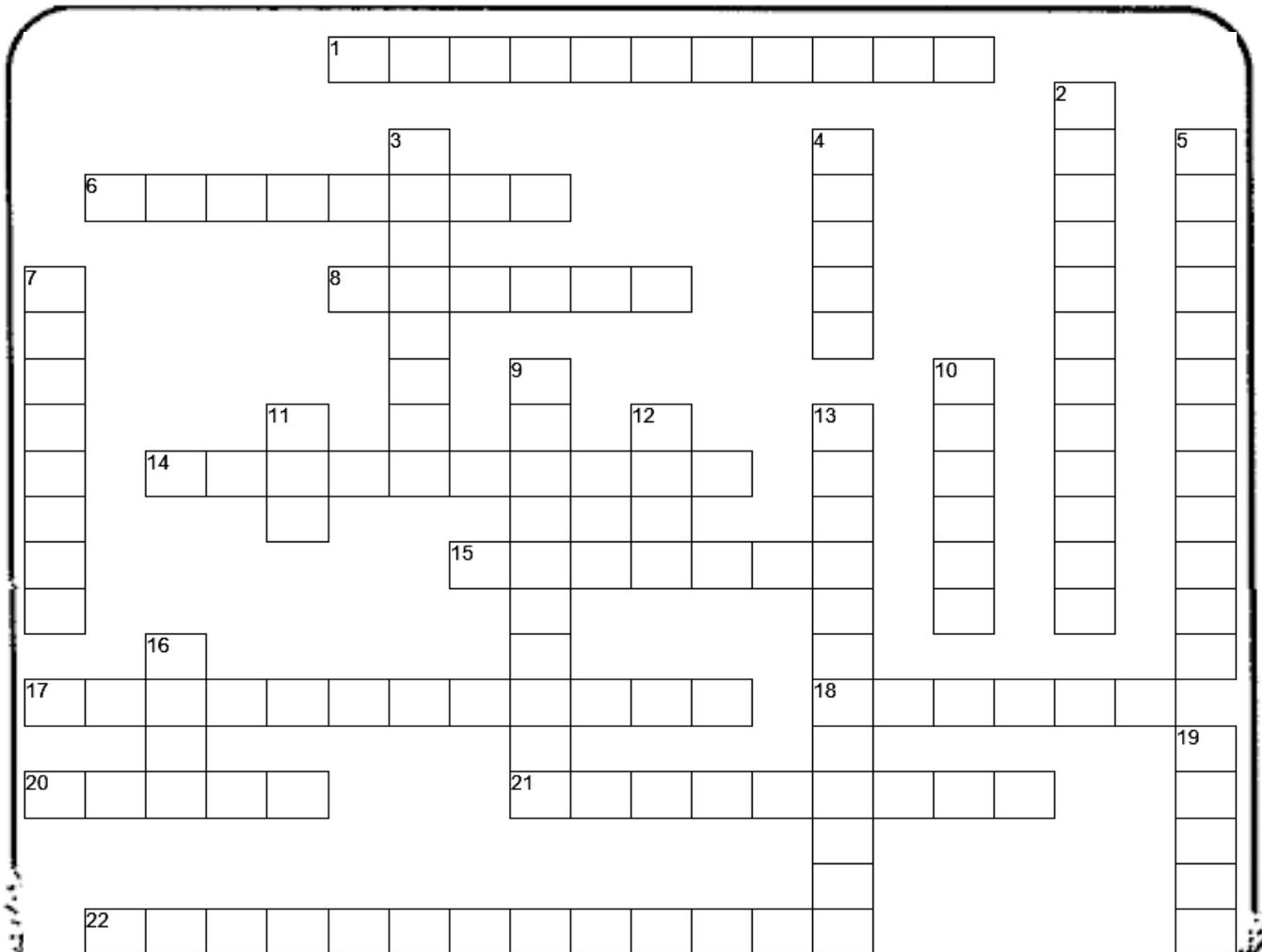


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# Gardener's World Crossword



# Gardener's World Clues

## Down

2. Mary, Mary, quite contrary's garden grows with silver bells and what?
3. The use of this garden equipment is often banned during sizzling summer months
4. What is Pomology the study of?
5. What were brought to Britain from Germany by Sir Charles Isham in 1847?
7. Old Man's Beard and Traveller's Joy are varieties of which flower?
9. Which flowers were once known as Gillyflowers?
10. Which flower's bulbs can be used to replace onions in some recipes?
11. The RHS Chelsea Flower Show is held in which month of the year?
12. The Fleur-de-Lis is which type of flower?
13. Who is the Patron Saint of gardeners, horticulture, flowers, brides and brewers?
16. Which flower is also the name of the Goddess of the Rainbow?
19. Which flower's name comes from the Greek word for star?

## Across

1. Which small blue or purple flower usually with 5 petals is associated with Freemasonry and is otherwise known as Myosotis?
6. In which forest would you find The Major Oak, the most famous and most visited tree in England?
8. What colour is a Welsh poppy?
14. Which fruit comes in ruby red, Thompson, and pink varieties?
15. Where would you find the Ancient Hanging Gardens, considered one of the 7 wonders of the ancient world?
17. Who designed the Blue Peter Garden in 1974?
18. Which family of flowering plants has between 22,000 and 26,000 varieties including Lady's Slippers?
20. Apples, pears, peaches and apricots are all members of which family of flowering plants?
21. What is the most common name for Helianthus?
22. What campaign encouraged the use of gardens, parks and sports fields to plant vegetables during the Second World War?

# Word Search - Gardening Time

V C Y L F R E T T U B A T M S T F  
E L O P T H G I L N U S Z G J L D  
G E K R O F L G N R D T N C F P R  
E T S O P M O C P E J I U L X E L  
T C E S N I J M E S L A O U W E Y  
A P N G S H U W A D L W K O J Z H  
B G A T T I U J E B E K M I D O X  
L R C Q R R E E T R R N O Y X F J  
E E G T I O S N P I W C L B E G H  
P E N Q M R W O R A U E U C E E G  
A N I I M A T E L T A R O N R I P  
T H R O E K T X L V H F F B L A O  
C O E B R E N R E S L M S E T H S  
H U T R C Y E S E R Z V Y I D P H  
U S A Z M D U X Z E M K O A A O O  
L E W F U B Q A Y O H V U D S G T  
S H E A R S E O R N D S E E T K L

**Strimmer**

**Fruit**

**Tree**

**Insect**

**Patio**

**Flowerpot**

**Shrub**

**Spade**

**Fork**

**Hose**

**Watering Can**

**Sunlight**

**Rake**

**Leaves**

**Shears**

**Herbs**

**Seedlings**

**Lawnmower**

**Trowel**

**Compost**

**Greenhouse**

**Vegetable Patch**

**Weeds**

**Butterfly**

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# In the Flowerbed

1. GBOAINE \_\_\_\_\_
2. WRONPODSS \_\_\_\_\_
3. ELGOFVXO \_\_\_\_\_
4. TSLUPI \_\_\_\_\_
5. SAIREEF \_\_\_\_\_
6. NAUIEPT \_\_\_\_\_
7. AERUMNIG \_\_\_\_\_
8. PSTWEEAE \_\_\_\_\_
9. OGMIDARL \_\_\_\_\_
10. LLBOEAI \_\_\_\_\_
11. CAISUF \_\_\_\_\_
12. RLOEUWSNF \_\_\_\_\_
13. OLDFDFAI \_\_\_\_\_
14. REOSS \_\_\_\_\_
15. SILPUT \_\_\_\_\_
16. SDIAY \_\_\_\_\_
17. AANDLLECU \_\_\_\_\_
18. LIPNU \_\_\_\_\_
19. HOOCYHKLL \_\_\_\_\_
20. ADLIHA \_\_\_\_\_
21. IDHOCR \_\_\_\_\_
22. LIGLAIDO \_\_\_\_\_
23. YILL \_\_\_\_\_
24. USORCC \_\_\_\_\_

# Alphabet Challenge!

## What's in your Garden?

Name one (or more) garden themed word for each letter

A	_____
B	_____
C	_____
D	_____
E	_____
F	_____
G	_____
H	_____
I	_____
J	_____
K	_____
L	_____
M	_____
N	_____
O	_____
P	_____
Q	_____
R	_____
S	_____
T	_____
U	_____
V	_____
W	_____
X	_____
Y	_____
Z	_____

# Garden Poems

Kind hearts are the gardens,  
Kind words are the roots.  
Kind words are the flowers,  
Kind deeds are the fruits.

Take care of your garden,  
Keep out the weeds.  
Fill it with sunshine,  
Kind words and deeds.

By H. W. Longfellow

New feet within my garden go  
New fingers stir the sod  
A Troubadour upon the Elm  
Betrays the solitude.

New children play upon the green  
New Weary sleep below  
And still the pensive Spring returns  
And still the punctual snow!

By Emily Dickinson

Beloved, thou hast brought me many flowers  
Plucked in the garden, all the summer through  
And winter, and it seemed as if they grew  
In this close room, nor missed the sun and showers.  
So, in the like name of that love of ours,  
Take back these thoughts which here unfolded too,  
And which on warm and cold days I withdrew  
From my heart's ground. Indeed, those beds and bowers  
Be overgrown with bitter weeds and rue,  
And wait thy weeding; yet here's eglantine,  
Here's ivy! - take them, as I used to do  
Thy flowers, and keep them where they shall not pine  
Instruct thine eyes to keep their colours true,  
And tell thy soul their roots are left in mine.

By Elizabeth Barrett Browning



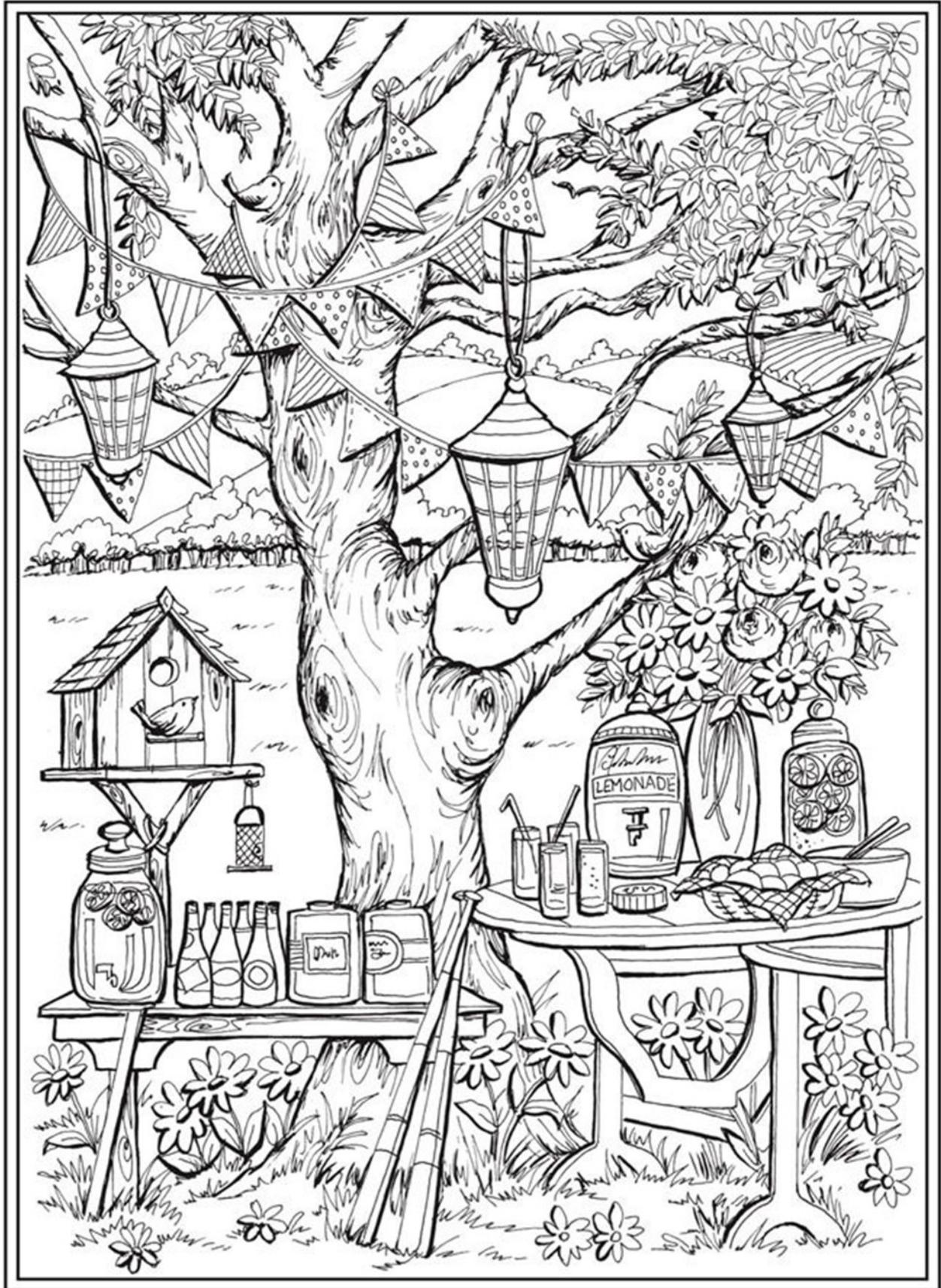
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# Say to Yourself

Your mind is a garden.  
Your thoughts are the seeds.  
You can grow flowers,  
Or you can grow weeds

*Let us all plant seeds  
of kindness!*



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# My Weekly Planner

MORNING

AFTERNOON

EVENING

<b>S</b>			
<b>M</b>			
<b>T</b>			
<b>W</b>			
<b>T</b>			
<b>F</b>			
<b>S</b>			

HIGHLIGHTS OF MY WEEK

THINGS TO REMEMBER