

WALTON LEDALE HIGH SCHOOL



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HEADTEACHER James Harris | head@waltonledale.lancs.sch.uk

2nd October 2020

Dear Parent/Carer/Governor

Walton-le-Dale Wellbeing Garden Design Project

During these difficult times, it is essential that we all look after our mental health and wellbeing. Gardens and gardening can make us feel better – and the real magic is that anyone anywhere can enjoy their healing power. Anxiety, bereavement, stress and serious injury: real-life issues that can be devastating and gardening can really help to take your mind of those things that may be troubling.

<https://www.rhs.org.uk/advice/health-and-wellbeing/real-life-stories>

So what does this all mean?

We have managed to acquire the land that was previously used by Footprints nursery. Our aim is to make the garden a useable space for all our students, so they have somewhere to go when they are struggling with their mental health providing a calming, safe place to refocus their thoughts.

We would like to know if you would be interested in helping us to create our wellbeing garden. We are looking for donations of supplies and time.

Could you give up any time to help us? Or donate anything from the list below?

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What do we need?

- Paint for our sheds and fencing
- Chalk Paint
- Stones/pebbles/gravel for our seating areas
- Wood to build our pergolas
- Compost
- Compost bins
- Solar lights
- String solar lights
- Plants
- Landscape membrane
- Topsoil
- Pots and planters
- An Awning
- Small greenhouse
- Bird feeders
- Watering cans
- Fruit bushes and trees

Things that we need help with

- Digging over a large grassed area to make flower beds
- Filling and planting raised beds with seasonal vegetables
- Planting up pots
- Planting spring bulbs
- Upcycling pallets

We would like our garden to have a variety of different areas

- A calm and relaxing area
- A sensory area with lots of fragrant plants and sounds
- A memory area for students to remember loved ones
- Eco friendly/bee/butterfly
- Raised beds for veg and fruit for students to learn and develop new skills
- Flower beds and borders

We really feel that this project could have a positive impact on our students' mental health and wellbeing, if you feel the same and would like to be involved, please contact myself or Mrs Shaw.

Kind regards



Rebecca Sweeney

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