

# Get Active and On Track with CARE and WMT Jan - October 2021

This course will support your mental wellbeing and will help you to become more socially confidence and active in your local communities

**CHASE AQUA RURAL ENTERPRISE** JAN 20, 2021 09:31PM

## Welcome and aims of course

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**CHASE AQUA RURAL ENTERPRISE** JAN 20, 2021 09:46PM

### Welcome to your course

For adults (19+) including those with mental wellbeing issues, a learning difficulty, physical disability and anyone who may be unemployed.

This wellbeing programme will introduce you to a range of new wellbeing and learning opportunities that will support your self-confidence, wellbeing and help you to become more socially active within your local communities. We will do this using a range of positive activities including mindfulness and self-help strategies to help you protect your mental health, animal care, arts and craft skills, gardening and conservation skills using natural and some upcycled resources.

We will be taking you out and about to explore you local communities using West Midlands Trains who have funded this superb community wellbeing project. We will explore resources, support networks and access into work/volunteering.

We will start the course with on-line delivery via secure Padlet learning blog due to current Covid-19 Government guidelines and hope to be back at our lovely care farm venue in Penkridge from the end of February 2021.

In the meantime our tutorials will become live each Friday at 10.00 am.

This course funded by West Midlands Trains Ltd, Active communities grant.

Further details and application to Carol Parkes, C.A.R.E 07772 273033 or email [carolparkes@chaseaquaruralenterprise.com](mailto:carolparkes@chaseaquaruralenterprise.com)

## Safeguarding and ground rules

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### Group Agreement

Please take a look at our group agreement, we want everyone to feel safe, supported and included. We want everyone to achieve as much as possible by taking part.

To approve and to leave any suggestions please use the space below. It is important that all course members submit their approval of the Group Agreement

## Latest Covid 19 information and support links in your local community

### Useful Links and Support in Staffordshire January 2021

- Covid-19 Updates:  
<https://www.gov.uk/guidance/national-lockdown-stay-at-home>
- Service if you have a medical condition which means you are classed as being clinically extremely vulnerable to coronavirus. Use this support to ask for priority access to supermarket deliveries.  
<https://www.gov.uk/coronavirus-shielding-support>
- Local support from your County Council  
<https://www.staffordshire.gov.uk/Coronavirus/Help-and-support/Help-and-support.aspx>
- Support for You and Your Family across a full range of situations: people who are shielding, health, benefits, urgent crisis support, family hubs, finances  
<https://www.staffordshire.gov.uk/Coronavirus/Help-and-support/Help-and-support.aspx>  
<https://www.staffordshire.gov.uk/Coronavirus/Help-and-support/Family-Hubs.aspx>
- A comprehensive directory for support available in Staffordshire to residents from local and national organisations  
<https://www.staffordshireconnects.info/>
- Mental health – the latest links and contact numbers to support individuals and families during difficult times:

### Covid\_19\_links\_and\_general\_support\_Jan\_2021.docx

Word document

PADLET DRIVE

## Scams and Staying Safe On-line

- Let us know if you can't take part
- Respect other people's views and opinions
- Take part in the course induction, agree group charter with other learners and tutor
- Do not show any prejudice towards others
- Be respectful in your behaviour to tutors and others
- Take care of course equipment and resources
- Follow health and safety regulations – follow links on group Padlet
- Let us know if you need any special support for your learning
- Feel safe and **be** safe, when and wherever you learn
- LEARN SOMETHING NEW, MAKE FRIENDS, ENJOY/CELEBRATE YOUR ACHIEVEMENTS

<b>Tutors</b>	<b>Carol and Brad Parkes Tel: 07772 273033</b>
<b>Email</b>	<a href="mailto:carolparkes@chaseaquaruralenterprise.com">carolparkes@chaseaquaruralenterprise.com</a>



**Website:** [www.chaseaquaruralenterprise.com](http://www.chaseaquaruralenterprise.com)

**Facebook:** [www.facebook.com/chaseaquaruralenterprise](https://www.facebook.com/chaseaquaruralenterprise)

### Learner charter Active and on Track Wellbeing Programme

PDF document

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## Photo and video authorisation

Please can I ask all learners to follow the link below to complete the course disclaimer and provide your approval for uploading and sharing of photographs/video's on our on-line learning platforms. If you have any queries at all please get in touch with me. Thank you.

### Photography and filming - Consent form

Consent form for the usage of photos and videos supplied by the participant in line with GDPR Policies and Procedures under Chase Aqua Rural Enterprise CIC governance. If you have any questions or concerns please contact Carol Parkes at 07772 273 033 or [carolparkes@chaseaquaruralenterprise.com](mailto:carolparkes@chaseaquaruralenterprise.com)

GOOGLE DOCS



### Staying Safe Online with Staffordshire County Council Community Learning.

Please use the link below to access lots of really helpful information about staying safe online.

<https://staffordshirecommunitylearning.org.uk/staying-safe-online/>

### Scams - how to Stay Safe On-line

You may also be interested in \*Friends against Scams\* an organisation which works to raise awareness of scams and shares some practical tips about how to avoid scams.

<https://www.friendsagainstscams.org.uk/>

### Staying\_Safe\_On\_line\_and\_Friends\_against\_Scams.docx

Word document

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## online safety

<https://www.getsafeonline.org/>

### Get Safe Online

The UK's leading awareness resource helping protect people, finances, devices and businesses from fraud, abuse and other issues encountered online.

GETSAFEONLINE



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## More online safety including advice for parents

### UK Safer Internet Centre - Online Safety Tips, Advice and Resources

The latest tips, advice and resources to help children and young people have a safe and positive time online.

SAFERINTERNET



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## more online safety

### Staying safe online tips | Age UK

Computer viruses (sometimes called malware) are rogue programs which can spread from one computer to another. You may be sent an email with an attachment which when you click on it will release a virus. Criminals can then use this to take control of your computer, or the virus may scan your computer for personal information.

AGE UK



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## online safety

<https://www.getsafeonline.org/>

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## Useful Learner Information - British Values, Protect yourself, Feeling and Staying Safe:

<https://www.staffordshire.gov.uk/Education/Community-learning-service/ProviderInfo/Safeguarding-and-Prevent-duty-overview.aspx>

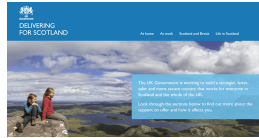
Using the internet safely and protectiing personal information:

<https://www.deliveringforscotland.gov.uk/at-home/internet-safety/>

### Internet safety guide and tips to stay safe online - UK Government

The UK Government is working to make the UK the safest place to be online. Find tips below to help you protect yourself, your family and your devices from cyber criminals.

DELIVERING FOR SCOTLAND



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## On-line learning at home - Staying Safe, Tips and Guidance for Safety in the Home

### Electrical safety

Did you know faulty electrics such as overloaded sockets and faulty electrical appliances cause around 7,000 house fires across the country every year? When using electronic devices always use the official charger and don't be tempted to use cheap counterfeit replicas instead. Ensure that you replace all damaged cables and chargers.

STAFFORDSHIREFIRE



## What are your starting points? what do you want to get out of the course? What do you already know?

CHASE AQUA RURAL ENTERPRISE JAN 21, 2021 04:33PM

### WEMWBS Wellbeing Survey

Positive wellbeing will influence many aspects of our lives, as well as being an important employability characteristic. Please complete and return the wellbeing survey form below. We can repeat this again later to see the impact taking part in this course is having on your wellbeing. Thank you.

### The Warwick-Edinburgh Mental Well-Being Scale (WEMWBS)

This is a very brief questionnaire that is meant to help you measure your own mental well-being. (c) NHS Health Scotland, University of Warwick and University of Edinburgh, 2006, all rights reserved. Used under licence to Chase Aqua Rural Enterprise CIC. Link to find out more information here: <https://warwick.ac.uk/fac/sci/med/research/platform/wemwbs/>

GOOGLE DOCS



## What can you do when the course is finished?

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### Improve your wellbeing and learn new skills with CARE

Now that you have successfully completed your course why not contact CARE about other wellbeing and community opportunities and support networks close to you: Carol Parkes, 07772 273033 or email: [carolparkes@chaseaquaruralenterprise.com](mailto:carolparkes@chaseaquaruralenterprise.com)

## Week 1 - 22.1.21

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### Introduction to CARE video - Brad

CHASE AQUA RURAL ENTERPRISE JAN 21, 2021 04:35PM

### Mindfulness and wellbeing - Protecting your Mental Health

We have created a great short video below with some tips on protecting your mental health during the isolating circumstances we find ourselves in. Looking after your mental health during periods of lock down and social isolation is really important and Amie, a trainee psychotherapist, talks you through some great coping techniques.

It will help us to stay calm and in control and ready to take on the face-to-face aspects of our course in a few weeks time.

## Week 2 - 29.1.21

CHASE AQUA RURAL ENTERPRISE JAN 21, 2021 04:36PM

### Mindfulness and wellbeing - Managing anxiety

Please see below for a great video on managing the physical symptoms of anxiety. Amie, a trainee psychotherapist, talks you through some techniques.

Social anxiety is something that we will be addressing consistently throughout this wellbeing programme and it is a great starting point for us today to move forwards from.



#### Managing Your Anxiety - Physical Symptoms - Breathing Techniques

by CARE Wellbeing

YOUTUBE

CHASE AQUA RURAL ENTERPRISE JAN 21, 2021 04:35PM

**Please add your photographs and comments in this column and share your thoughts from today's session and any top tips that work for you.**

CHASE AQUA RURAL ENTERPRISE JAN 21, 2021 04:37PM

### Photographs and feedback

Please add your photographs and comments in this column and share with us your thoughts following today's session as well as any top tips that work for you..



# Week 3 - 5.2.21

CHASE AQUA RURAL ENTERPRISE JAN 21, 2021 04:38PM

## Animal Therapy - taking care of your rabbits

Animal therapy is widely acknowledge as being a fantastic support for wellbeing. Many of us have pets to take care of at home, and we certainly have lots of animals for you to help care for and benefit from at CARE.

In preparation for your visits to us, and to help with your own knowledge with pets in your home

Lisa here gives us a short introduction to the Rabbits and some tips to look after them.



### Animals at CARE - Intro to the Rabbits

by CARE Wellbeing

YOUTUBE

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## Five Freedoms Of Animal Welfare

The five freedoms are the underpinning guidelines from which we should all know if we have pets and the guidelines from which we look after our animals. Please see below for a great article on what is included.

### What are the Five Freedoms of animal welfare?

The Five Freedoms was the first widely accepted evidence-based framework to capture the key aspects of animal welfare in one model. In 1993, the RSPCA adopted the Five Freedoms as part of RSPCA Australia policy and they have played a crucial role in consideration of animal welfare, particularly in terms of farm animals, for more than 30 years.

RSPCA



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## 20 Interesting Rabbit Facts

Please see below a great short video with some really interesting facts about Rabbits, enjoy.



### BudgetBunny: 20 Fun Facts About Rabbits

by BudgetBunny

YOUTUBE

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## Daily Rabbit Care

Please see below for a brilliant video which takes us through the daily routine of looking after a rabbit.

## Week 4 - 12.2.21

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CHASE AQUA RURAL ENTERPRISE JAN 21, 2021 04:41PM

### Spending more time outdoors - Feeding the birds in your garden

Conservation and supporting our environment in any way that we can - from recycling to buying eco friendly shopping, organic foods and simply making ourselves more aware of what we can do to help is really important.

With more us spending time at home at the moment we all need motivating sometimes to get out of doors and see what's going on around us. A great way to spend some time outside and encourage wildlife into our gardens at the same time is by making some bird feeders. Please see below to learn more! They make great gifts too.



#### DAILY RABBIT CARE 🌻

by 101Rabbits

YOUTUBE

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### Rabbit Care Guide

Please see below for a great short guide on looking after a house rabbit like those we have here at CARE.

#### How to Care for a Pet Rabbit - My House Rabbit

Rabbits are unique pets. They have specific needs in order to live a long, happy and healthy life. Here is a basic overview on how to care for a pet rabbit: There are several options to house rabbits inside.

MY HOUSE RABBIT



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### Photographs and feedback

Please add your photographs and comments in this column and share what you have learned from today's session and any top tips.

<https://www.rspca.org.uk/adviceandwelfare/wildlife/inthewild/feedinggardenbirds>

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**Some great links to explore which will support today's session:**

## Bird Identification made Easy

<https://www.rspb.org.uk/birds-and-wildlife/wildlife-guides/identify-a-bird/>

**Name that song - Identify the birds singing in your garden:**

<https://www.rspb.org.uk/birds-and-wildlife/bird-songs/what-bird-is-that/>

<https://www.british-birdsongs.uk/>

<https://www.woodlandtrust.org.uk/blog/2019/04/identify-bird-song/>

## How to care and rescue injured birds - what to do if you find an injured bird

<https://www.rspb.org.uk/birds-and-wildlife/advice/how-you-can-help-birds/injured-and-baby-birds/if-you-find-an-injured-bird/>

### CCTV Nesting boxes – live link to nesting birds:

<https://www.wildlifetrusts.org/webcams>

## Homemade Bird Feeders

by CARE Wellbeing

YOUTUBE

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## How to make a simple bird cake

Some great links too that support your knowledge on *feeding garden birds*:

<https://www.rspb.org.uk/birds-and-wildlife/advice/how-you-can-help-birds/feeding-birds/safe-food-for-birds/>

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## Try making this simple lollypop stick bird feeder





## HOW TO MAKE A LOLLY POP STICK BIRD FEEDER

### Materials

Lolly pop Sticks, Glue, String, Bird Seed

### Instructions

1. Lay out lolly pop sticks to create the base of the feeder. Use a full stick as a guide for length.



**Lolly\_Pop\_STICK\_BIRD\_FEEDER.docx**

Word document

PADLET DRIVE

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**How to make a toilet roll bird feeder**



### Toilet Paper Roll Bird Feeder

Your wild birds will thank you for taking the time to make this Toilet Paper Roll Bird Feeder. It's a simple craft that is easy and fun.

Prep Time	5 minutes
Activity Time	10 minutes
Total Time	15 minutes
Difficulty	Easy

### Materials:

Cardboard tubes

Vegetable fat, such as Trex

Birdseed

Hemp twine

Tools

Butter knife



### Instructions:

**Toilet\_Paper\_Roll\_Bird\_Feeder.pdf**

PDF document

PADLET DRIVE

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**Simple bird food recipe and some ideas for bird feeders too.**

## How to make your own bird feeder



### What you need:

- dry ingredients
  - bird seed
  - dried fruit
  - cooked rice
  - breadcrumbs
  - grated cheese
  - chopped nuts

- hard cooking fat (lard or suet)

- a pine cone, coconut shell or yoghurt pot

Use an old yoghurt pot for this, and always recycle after it's been used

- string

- 1 Mix all the dry ingredients together in a bowl



- 2 Add the fat and give it a good mix around

- 3 Choose your feeder



plaster all over a pine cone



put it round the inside of a coconut shell



press into a yoghurt pot

You can hang this upside down like a bell or turn it out like a cake

- 4 Hang your feeders with string (you may need to make holes and tie the string in before adding the mix)



Hang your feeder where you can watch birds without disturbing them

If you need to melt the fat, ask an adult to help

Illustration: Corinne Webb © Copyright Royal Society of Wildlife Trusts 2015

www.wildlifewatch.org.uk

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## What I have learnt: Photographs and feedback

Please add your photographs and comments in this column and share what you have learned from today's session.

## Week 5 - 12.2.21

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## Go Green for Positive Wellbeing

Growing and nurturing are two fabulous ways to improve our wellbeing - its such a positive, meaningful activity that has lots and lots of rewards too - including some fabulous flowers and plants for our garden and some scrummy organic fruit and veg to eat.

Our wellbeing gardens at CARE are crammed full of things to do, to plant, to grow and to harvest from spring right through to the end of the year. We will be doing lots of this as we

go through our wellbeing programme, also exploring some of the wellbeing cafe's in the communities local to us that CARE help to support with the produce from its garden.

Why not make a start by planting some simple seeds of your own and sharing them with us - don't forget to take photos as you go along and please feel free to bring your seedlings to CARE if you wish once we return to the project.

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## Planting seeds for spring - Sweet Peas using recycled containers

Take a look as Lisa talks us through planting sweet pea's with recycled containers.



### Planting Sweet Pea's - Tutorial

by CARE Wellbeing

YOUTUBE

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## How to grow seeds in trays and make your own upcycled paper pots

This is a very enjoyable activity to do with children. All you need is a [paper potter](#) and some newspaper. Simply take strips of newspaper and wrap them around the potter. Push the potter into the base and then lift out. Gently remove the pot from the potter and it's ready to use.



#### What to do

- (1) Choose a suitable container for your seeds. For fine seeds such as lettuce a seed tray is ideal, for larger seeds such as beans or courgettes go for a pot.
- (2) Put some compost into the container, until it is around two thirds full
- (3) Place some seeds on top of the compost. Check the packet instructions to see how far apart is recommended and also if the seeds need to be sown a certain way up
- (4) For larger seeds sow one or two into each pot

#### How\_to\_Grow\_Seeds\_in\_Trays\_and\_Pots.pdf

PDF document

PADLET DRIVE

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## Making your own wildflower patch

Please look at the link below for all the tips you need to sow your seeds and nurture them as they grow. Good luck

<https://www.youtube.com/watch?v=FMkoW2-dk8k>

How to create a wildflower meadow

#### How to save your wildflower seeds

Once you have established your wildflower patch you will want to make sure that your plants re-appear every year. Why not collect some, dry and store them ready for sowing next spring. <https://www.youtube.com/watch?v=xcnOFarC4-s>

How to save your wildflower seeds

Take a look at how our wellbeing is impacted by wildlife gardening.

<https://www.growwilduk.com/blog/wellbeing-wildflowers-learning-plant-behaviour>

#### How to Sow a Wildflower Patch with Hannah Grows

by GrowWildUK

YOUTUBE



## Photographs and feedback

Please add your photographs and comments in this column and share what you have learned from today's session and any top tips you have tried.

## Week 6 - 19.2.21

### Food glorious Food .....

When its cold outside what better way to cheer ourselves up than with some great home cookery. Not only does it taste good but by choosing your ingredients carefully you can cook up a really healthy treat for you, your family and your friends. There are some fab recipe links and tips to try below, especially those using left over ingredients!

And when you are ready to eat your lovely home baked scones too why not whip up a little home made butter to go with them - so much easier than you might think - just watch Brad demonstrating his skills below.

### Country cookery - Butter Making

Brad takes us through a great little method of making your own butter at home, fun to do too!



#### Homemade Butter from Cream - Easy to Do!

by CARE Wellbeing

[YOUTUBE](#)

### Love Food Hate Waste

Please see below for a link to a brilliant website which has loads of content and fabulous information on reducing waste in your home, eating healthy and saving money.

#### Love Food Hate Waste

Compleating is simple. It's about eating the whole ingredient or food and letting no edible parts go to waste.

[LOVEFOODHATEWASTE](#)



### Meals From Leftovers

Please see below a great video with some meals you can make from leftovers, saving waste and money! Enjoy!



### Easy And Healthy Meals Made With Leftovers

by Joshua Weissman

YOUTUBE

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## Photographs and feedback

Please add your photographs and comments in this column and share what you have learned from today's session and any cookery tips you have too.

## Week 7 - 26.2.21

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## Welcome to the CARE veggie garden

Here at CARE we have some great vegetable beds where we grow and harvest our own ingredients for the garden.

Please see part 1 of the video below where Carol walks you around the Care Garden. Part 2 on

the next post below where we look at the veggie part of care in particular. Part 3 we look at the fruit we have in our garden.

### Log In or Sign Up to View

See posts, photos and more on Facebook.

WWW.FACEBOOK.COM

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## Part 2 Veggie Garden

Part 2 below.



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### Part 3 - Fruit In The Garden

Part 3 below.

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## Virtual Gardens Tour:

Youtu.be The Gardens at Waddeston Manor

<https://www.youtube.com/watch?v=EyYuxTfdtKo>

RHS Garden Wisley from the Sky youtu.be

<https://www.youtube.com/watch?v=X2WealAPZHU>

Top Ten Attractions at Kew Gardens youtu.be

[https://www.youtube.com/watch?v=ioG\\_Vfh0Kxw](https://www.youtube.com/watch?v=ioG_Vfh0Kxw)

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## Photographs and feedback

Please add your photographs and comments in this column and share what you have learned from today's session and any gardening tips you have too.

## Week 8 - 2.3.21.21

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## Five ways to wellbeing - Connect, Be Active, Keep Learning, Help Others, Take Notice.

Today we will all be looking forward to spring, sharing time outdoors with family and friends, keeping ourselves active with gentle exercise and gardening - in our own outdoor space/garden or maybe helping a friend with theirs. Its a good time too to take notice of the wildlife and environment around us and help to protect it the best way that we can.

Gardening is a great way to achieve all of our five ways to wellbeing so today I have posted a whole series of links based around gardening for you to explore and enjoy.

I hope that you will be able to use all of the ideas that you gain, the skills that you learn and the enthusiasm to take part when you visit us at CARE this Spring, also as you go out and about in your community.

Take good care, stay safe and see you all soon. Best wishes Carol and Brad.

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## Tour this fabulous garden at your leisure, learn their approach to wildlife gardening.

Take a virtual tour of this fabulous garden and wildflower meadows

<https://ngs.org.uk/ysgoldyr-cwrt-ceredigion-a-hillside-gem/>

Carved from a hillside field ten years ago, this lovely garden with its ponds, rills and wild flower meadows, has become a haven for wildlife and visitors alike

### Ysgoldy'r Cwrt, Ceredigion; a hillside gem - National Garden Scheme

Carved from a hillside field ten years ago, this lovely garden with its ponds, rills and wild flower meadows, has become a haven for wildlife and visitors alike. Enjoy a virtual visit now and be sure to add it to your favourites: Ysgoldy'r Cwrt was built around a hundred years ago as a Sunday School by the owners of the neighbouring mansion (Cwrt Mawr).

NATIONAL GARDEN SCHEME



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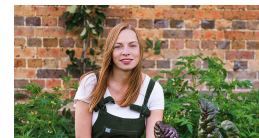
## Gardening for health and wellbeing: How gardens boost your mental and physical health

Gardens and gardening make us feel better – that's a fact – and the real magic is that anyone, anywhere can enjoy their healing power.

### Mental health and wellbeing - How gardening can help / RHS Gardening

Anxiety, bereavement, stress and serious injury: real-life issues that can be devastating. Yet gardening has come to the rescue for many people confronted by these challenges - here are some of their stories.

RHS



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## Further projects

Please take a look at this link, there are lots of garden art projects that you might like to try in the future.

## 17+ Fun DIY Recycled Garden Art Ideas

I know that there is more room in your garden! You have to make room for some of these lovely DIY projects. Mixer 2 Mower always has such great roundups! I am so glad to have found this one and am happy to share the love.

DIYCOZYHOME



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**Some links to explore. Some great ideas to inspire you too.....**

<https://www.rhs.org.uk/advice/profile?PID=350>

<https://www.gardenersworld.com/plants/top-10-plants-for-containers/>

<https://www.rhs.org.uk/advice/how-to-plant-a-pretty-pot>

<https://www.rhs.org.uk/plants/articles/graham-rice/perennials-and-bulbs/10-agm-container-perennials>

<https://www.gardenersworld.com/how-to/maintain-the-garden/choosing-compost-for-pots/>

**Video: How to plant up containers for summer colour / RHS Gardening**

Watch this video from the RHS offering expert advice on getting the best displays in summer containers

RHS



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## More ideas with herby containers

Something new to try. Use your arts and crafts skills to personalise your pots.

**Res\_I\_BTN\_RHS\_Garden\_Activity\_Card\_Tin\_Can\_Herbs.pdf**

PDF document

PADLET DRIVE

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## Lots of information to help you explore planting for wildlife gardening

<https://www.staffs-wildlife.org.uk/wildlife/wildlife-gardening>

<https://www.wildlifetrusts.org/actions/how-grow-wild-patch>

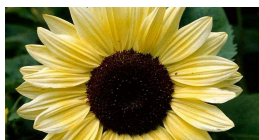
[https://plantlife.love-wildflowers.org.uk/wildflower\\_garden/grow\\_in\\_the\\_garden/](https://plantlife.love-wildflowers.org.uk/wildflower_garden/grow_in_the_garden/)

<https://www.wildlifetrusts.org/wildlife-explorer/wildflowers/stinging-nettle>

### Garden design: wildlife-friendly garden plants / RHS Gardening

A native hedge is a good place to start when creating a wildlife-friendly garden. Hawthorn supports many species of birds that use the hedges as nesting sites and feast upon the haws (fruits) in autumn. They offer cover to small mammals as wildlife corridors.

RHS



<https://www.gardenorganic.org.uk/garden-compost-or-potting-compost>

## Your Wellbeing and Feedback

CHASE AQUA RURAL ENTERPRISE JAN 20, 2021 09:54PM

### Your wellbeing

The Five Ways to Wellbeing has been a very important corner stone for this course and you may remember we started by taking a look at where you felt you were on the WEMWBS scale. It would be really good if you could pause again now and complete WEMWBS again to see what impact taking part in the course so far has had on your wellbeing. If there is anything that we can help to support you with on-going as a result please let me know. Link to the form is here:

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### Recycled Plastic bottle ideas for planting herbs

#### DIY Plastic Bottle Garden Projects & Ideas [Picture Instructions]

DIY Plastic Bottle Garden Projects & Ideas: Collection of plastic bottle herbs, vegetables and flower gardening, water irrigation and more

DIY HOW TO



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### Useful links on composting:

<https://www.youtube.com/watch?v=RKl2hJdMqfg>

<https://www.gardeningknowhow.com/garden-how-to/soil-fertilizers/planting-in-pure-compost.htm>

<https://www.gardenersworld.com/how-to/maintain-the-garden/how-to-make-compost/>

<https://www.gardenersworld.com/how-to/maintain-the-garden/how-to-make-great-compost/>

#### The Warwick-Edinburgh Mental Well-Being Scale (WEMWBS)

This is a very brief questionnaire that is meant to help you measure your own mental well-being. (c) NHS Health Scotland, University of Warwick and University of Edinburgh, 2006, all rights reserved. Used under licence to Chase Aqua Rural Enterprise CIC. Link to find out more information here: <https://warwick.ac.uk/fac/sci/med/research/platform/wemwbs/>

GOOGLE DOCS



## Next Steps

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