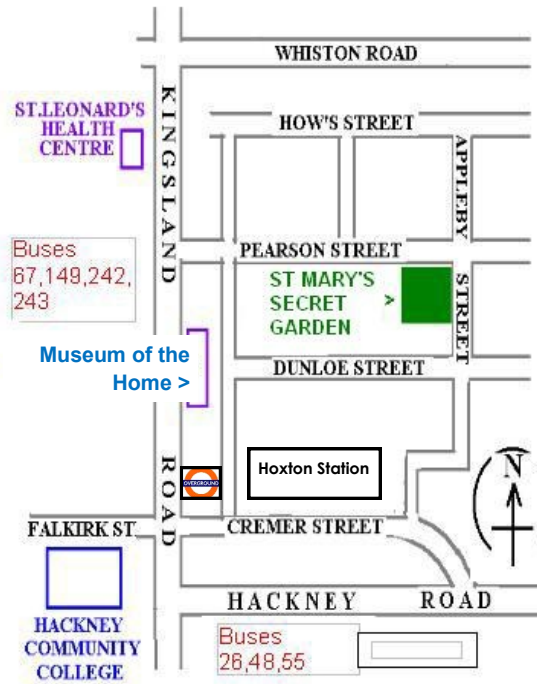


St Mary's Secret Garden what we do



**Gardening is good for you and
the environment**

- Therapeutic placements for people with learning disabilities, mental ill health and long term health conditions
- Volunteering opportunities, including supporting volunteering working alongside people on our therapeutic placements
- Tours & workshops for community groups, resident groups, and other groups as one off sessions or ongoing courses
- Various funded projects for the local community
- Accredited training for people with learning disabilities
- Plant & produce sales including herbs, bedding & perennials, jams chutneys and honey



St Mary's Secret Garden

50 Pearson Street
London E2 8EL
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**Open Monday—Friday
9am—5pm**

info@stmarysgarden.org.uk
02077392965



St Mary's Secret Garden

Registered charity 1152027

Company Limited by Guarantee 5987612

**A community garden in
the heart of Hackney**



**Wellbeing through
gardening**

www.stmaryssecretgarden.org.uk

@stmarysgarden1

@stmarysgarden



St Mary's Secret Garden: a potted history

In 1986 a group of local volunteers started clearing a disused green space. The garden then began to engage with local community & disabled groups using horticulture as therapy as Thrive (National charity for Horticultural Therapy). In 2006 the garden became St Mary's Secret Garden with a greater mission to bring gardening and garden based activities to the wider community for the benefit of all, whilst still maintaining its therapeutic roots.

The name St Mary's was kept as a reminder of the lost heritage of Hackney—a magnificent John Nash designed gothic church. This was situated nearby and was bombed severely in 1941.

Attractions in this 0.7 acre garden include: a woodland area, food growing areas including soft fruits & forest food areas, herbaceous borders, herb & sensory garden, training apiary with honey bees, a pond with a thriving colony of newts, glasshouse production area, and seating areas. The garden is accessible to wheelchair users and people with limited mobility.



Sunflowers at St Mary's Secret Garden & straw art



St Mary's Secret Garden for the community

We provide a quiet haven for our local community to enjoy. We can also provide the following:

- A unique venue to hire for community groups, families and friends
- Training and outreach for resident organisations & community groups, on site or off site
- Plants and other gardening materials and advice
- Organically grown seasonal produce and herbs
- A tranquil place to escape inner city life
- School visits tours & workshops specifically prepared for the class age and curriculum level
- Team building days & away days for businesses and other groups
- Workshops, events & festivals



St Mary's Secret Garden for the individual

Gardening can be used to improve skills, health & wellbeing by:

- Increasing skills & knowledge through qualifications & experience
- Increasing confidence by working in teams or independently
- Increasing strength & stamina through gardening tasks tailored to your needs
- Relieving stress & anxiety
- Increasing your friends & social circles
- Increasing your chances of finding employment or volunteering opportunities
- Increasing self esteem knowing you have done a good days work for the benefit of your community
- Keeping in touch with nature & the seasons

