

## our story

Greenlinks is a community allotment project based in Oldfield Park, Bath ([website link](#)). It is run by small team of committed and passionate gardeners at the mental health charity Bath Mind. Facilitating gardening sessions all year round gathering together to enjoy nature and respite from the outside world.

The group is made up of all ages and backgrounds, from students at the local universities to retired people brought together with a shared interest in gardening and love of the natural world. Some group members live with mental ill health, poor physical health, support needs, complicated housing and financial situations and other factors that can impact wellbeing. Coming to the group offers people a chance for connection with other people, increased physical activity, nurturing the garden, learning new skills, getting support from staff and spending time outdoors with a shared goal.


We enjoy growing a variety of vegetables and fruits and during harvest season we share everything with the group. We also grow a huge variety of flowers. The array of colours and textures in the flower beds is a beautiful sight. We run short wellbeing courses which have included herbal salve making, natural dyeing, flower bouquet making, building compost bays and more.

The power of being in nature for wellbeing is well documented and is becoming increasingly recognised with initiatives such as green social prescribing. As a team we see first hand the difference coming to a community group like this can make to the lives of people living in the local area.

The feedback we have gotten from group members over the years has consistently reported a positive difference in people's wellbeing and mental health as a result of coming to Greenlinks.

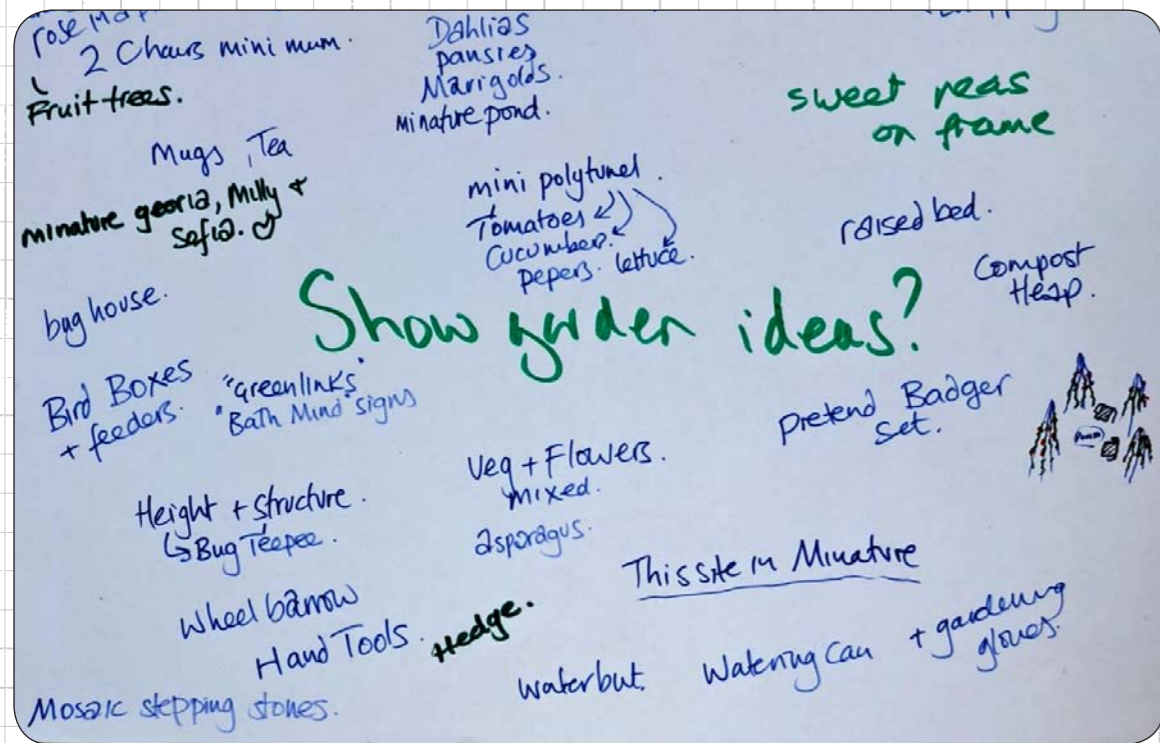


a snapshot of greenlinks

 Bath

 Green Links  
enjoy gardening together

# our story continued



## How did I design the garden?

I started the design by consulting the Greenlinks garden group members.

During our spring planning meeting we came together, and people made suggestions about what Greenlinks means to them and how this could be best represented in a small show garden.

The themes of safety, company and being close to nature came up, so I wanted the garden to enclose people within a central space.

People wanted a space to sit and reflect and wanted the garden to be a representation of everything we do here at Greenlinks.

The result is a series of spaces to show how we combine a place for healing, growing food, encouraging nature and our own joy and creativity.



## Section 3 - Community Tree Nursery

- Native tree seedlings from More Trees
- Hawthorn
- Buckthorn/Blackthorn
- Spindle
- Elder
- Beech
- Hornbeam

## Woven willow fence

200mm high

## Log Seats

300mm wide x 300mm high

## Section 2 - Vegetable & herb patch

- Courgette
- Climbing beans
- Sweet peas
- Kale annual & perennial
- Chard
- Lettuce
- Thyme
- Marjoram
- Chamomile

## Woodchip path

## Dead hedge

## Section 4 - Perennial pollinator friendly flowers

- *Valeriana officianalis*
- *Verbena bonariensis*
- *Symphotrichum novae-angliae* 'Purple Dome'
- *Stachys byzantina*
- *Echinacea purpurea*
- *Foeniculum vulgare* Fennel
- *Salvia macrophylla*
- *Geum* 'Totally Tangerine'
- *Silene coronaria*
- *Phlomis russeliana*

## Section 5 - Nature Friendly Area

- small pond bowl
- habitat hotel
- bug wimwams
- stick and log piles
- wormery

## Section 6 - Forest Garden

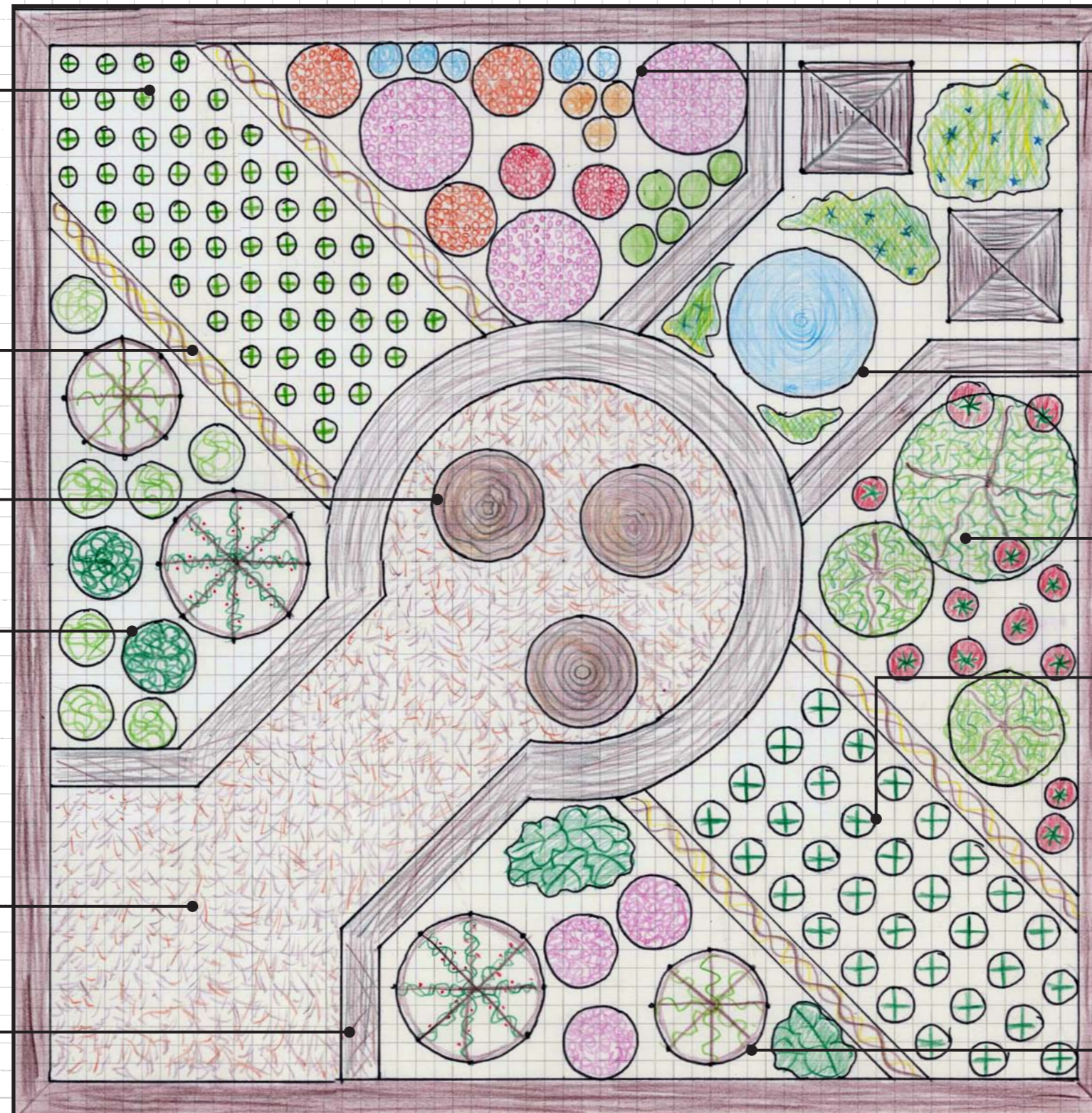
- Fruit tree (canopy)
- Fruit bushes (mid layer)
- Strawberries (groundcover)

## Section 7 - Flowers for dyeing and cutting

- *Acroclinium*
- *Lagurus ovatus* 'Bunny Tails'
- *Craspedia* 'Billy Buttons'
- *Ammobium alatum* 'Everlasting Sandflower'
- *Helichrysum monstrosum* 'Salmon Rose'
- *Helichrysum* 'Dragon Fire'
- African Marigold 'crackerjack'
- *Amaranthus hopi* 'Red Dye'
- *Coreopsis* 'tinctoria'
- Hollyhock 'Black'
- *Rubia tinctorum* Madder
- Sunflower 'Hopi'
- *Scabiosa* 'Black Knight'

## Section 1 - Vegetable & herb patch

- Nasturtium
- Calendula
- Marigold





# vegetable and herb patch



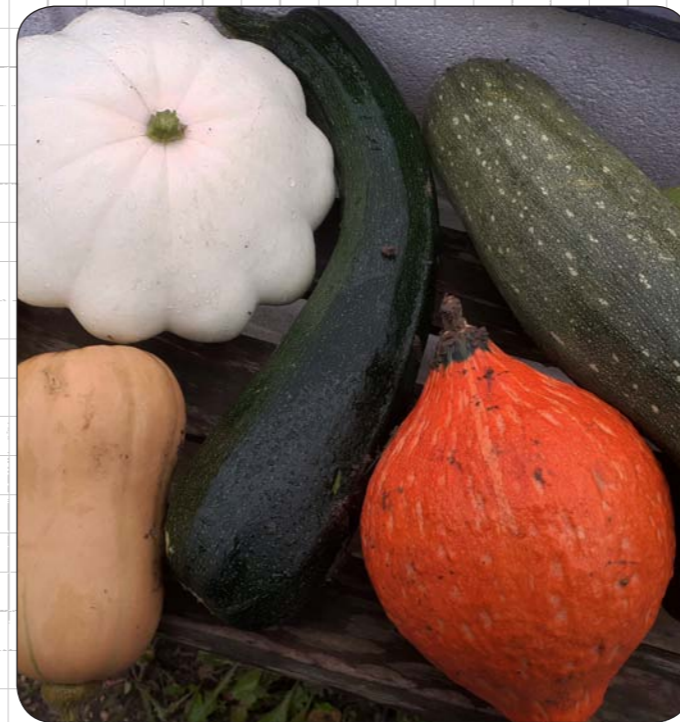
## Sections 1 & 2

These sections will include a mix of annual & perennial vegetables, herbs and edible flowers. The plants will be majority grown from seed by our group members or by trainees at [The Urban Garden](#), a social enterprise based in Bath; an organisation we work closely with. All seeds will be grown in peat free compost.

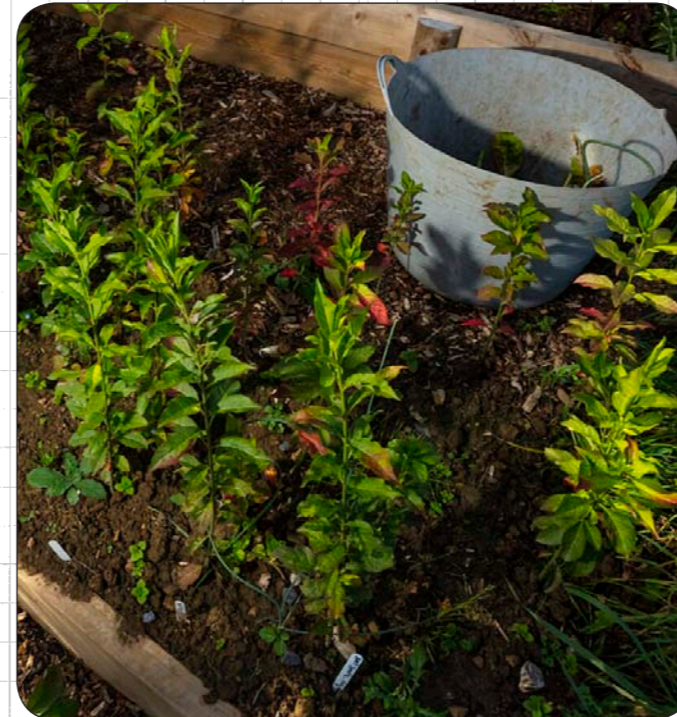
Suggested plants:

- Courgette
- Climbing beans – runner/French
- Kale – annual & perennial
- Chard
- Lettuce
- Thyme
- Marjoram
- Hyssop
- Chamomile
- Chives
- Nasturtium
- Calendula
- Marigold
- Sweetpea

# vegetable and herb patch



# community tree nursery



## Section 3

We have hosted a community tree nursery for More Trees Banes ([More Trees BANES Growing Caring and Planting for Trees](#)) for the past 3 years. Each spring we plant native tree seedlings that have been grown from seed, and each January we lift the young trees and then help with planting at their final destination.

Suggested trees:

- Hawthorn
- Blackthorn
- Buckthorn
- Spindle
- Elder
- Beech
- Hornbeam

# perennial pollinator friendly flowers



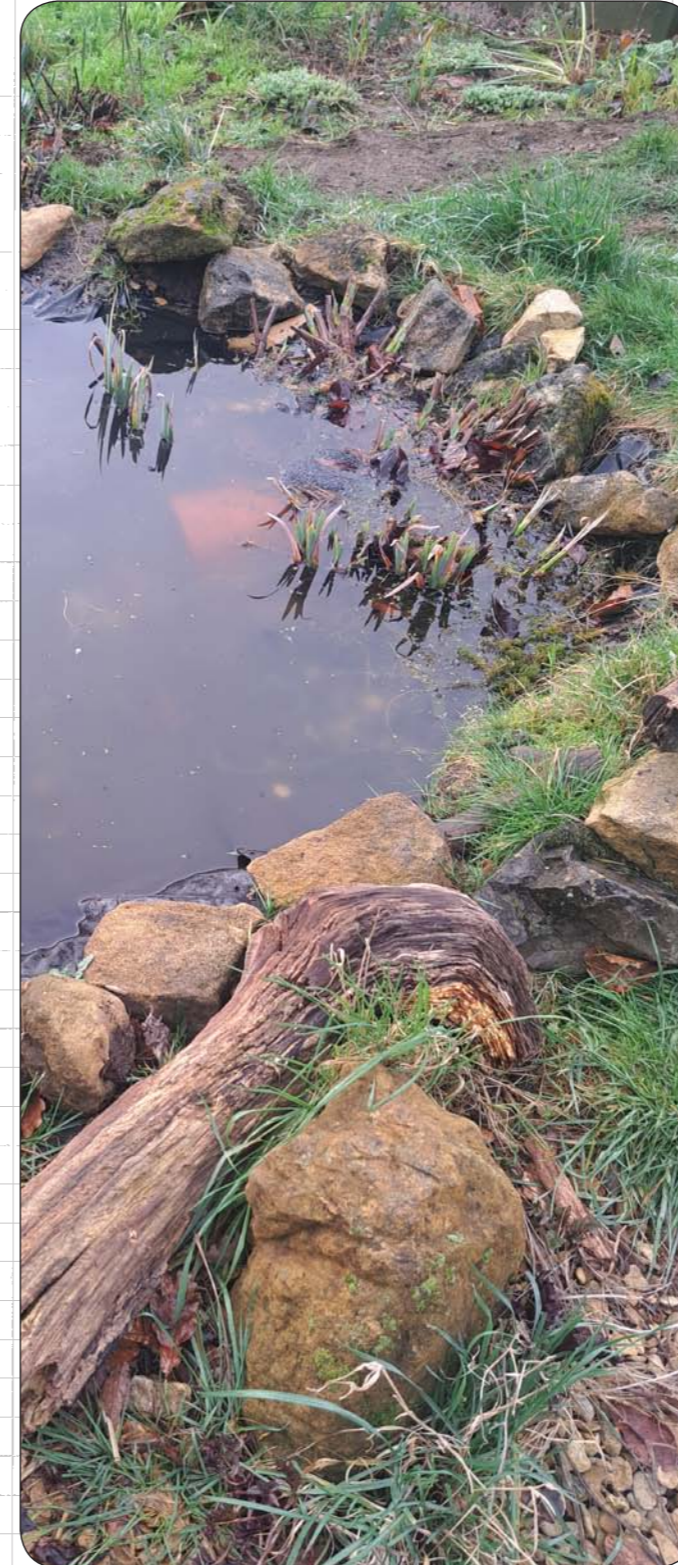
## Section 4

Perennial pollinator friendly flowers  
Our perennial flower borders are a great source of joy to our group & we have run bouquet and flower hammering workshops. Our site is buzzing with insects and we spend time in sessions observing the bees and butterflies. Plants will be either lifted from our garden or on loan from 'The Urban Garden'.

Suggested plants:

- *Valeriana officianalis*
- *Verbena bonariensis*
- *Symphotrichum novae-angliae* 'Purple Dome'
- *Stachys byzantina*
- *Echinacea purpurea*
- *Foeniculum vulgare* Fennel
- *Salvia macrophylla*
- *Geum* 'Totally Tangerine'
- *Silene coronaria*
- *Phlomis russeliana*

# nature friendly area



## Section 5

We love nature and encourage birds, insects, frogs, newts.

We are home to a thriving badger set, and have regular visits by foxes and even an owl. We would like to represent in miniature our pond, bug hotels, log piles & dead hedge.

- Pond bowl
- Bug hotel
- Stick wigwams
- Log piles

# forest garden



## Section 6

Our forest garden was designed to provide soft fruits to our group members in a small space and with low maintenance. It includes a canopy layer of cherry & plum trees, a mid-layer of gooseberries, blackcurrants, Goji berry bushes and ground cover of strawberries.

- Cherry or Plum tree (loaned by Urban Garden)
- Fruit bush (loaned by Urban Garden)
- Strawberry plants - lifted from the allotments



# flowers for dyeing and cutting



## Section 7

Our cut flower bed is used for creating fresh and dried bouquets, we run workshops where people learn how to arrange flowers and it brings people great joy to take a bunch home. The dyeing plants will be used to create natural dyes on silk and recycled cloth.

Dried Cut Flowers (all Vital Seeds mainly):

- *Acroclinium* (Chiltern)
- *Lagurus ovatus* 'Bunny Tails'
- *Craspedia* 'Billy Buttons'
- Everlasting Sandflower
- *Helichrysum monstrosum* 'Salmon Rose'
- *Helichrysum* 'Dragon Fire'

Natural Dye Flowers (all vital seeds)

- Marigold African 'crackerjack'
- *Amaranthus hopi* 'Red Dye' (chiltern)
- *Coreopsis* 'tinctoria'
- Hollyhock 'Black'
- *Rubia tinctorum* Madder
- Sunflower 'Hopi'
- *Scabiosa* 'Black Knight'



Contact Sophia Rowe  
Email: [sophia@bathmind.org.uk](mailto:sophia@bathmind.org.uk)  
Mobile: 07989 593 025

