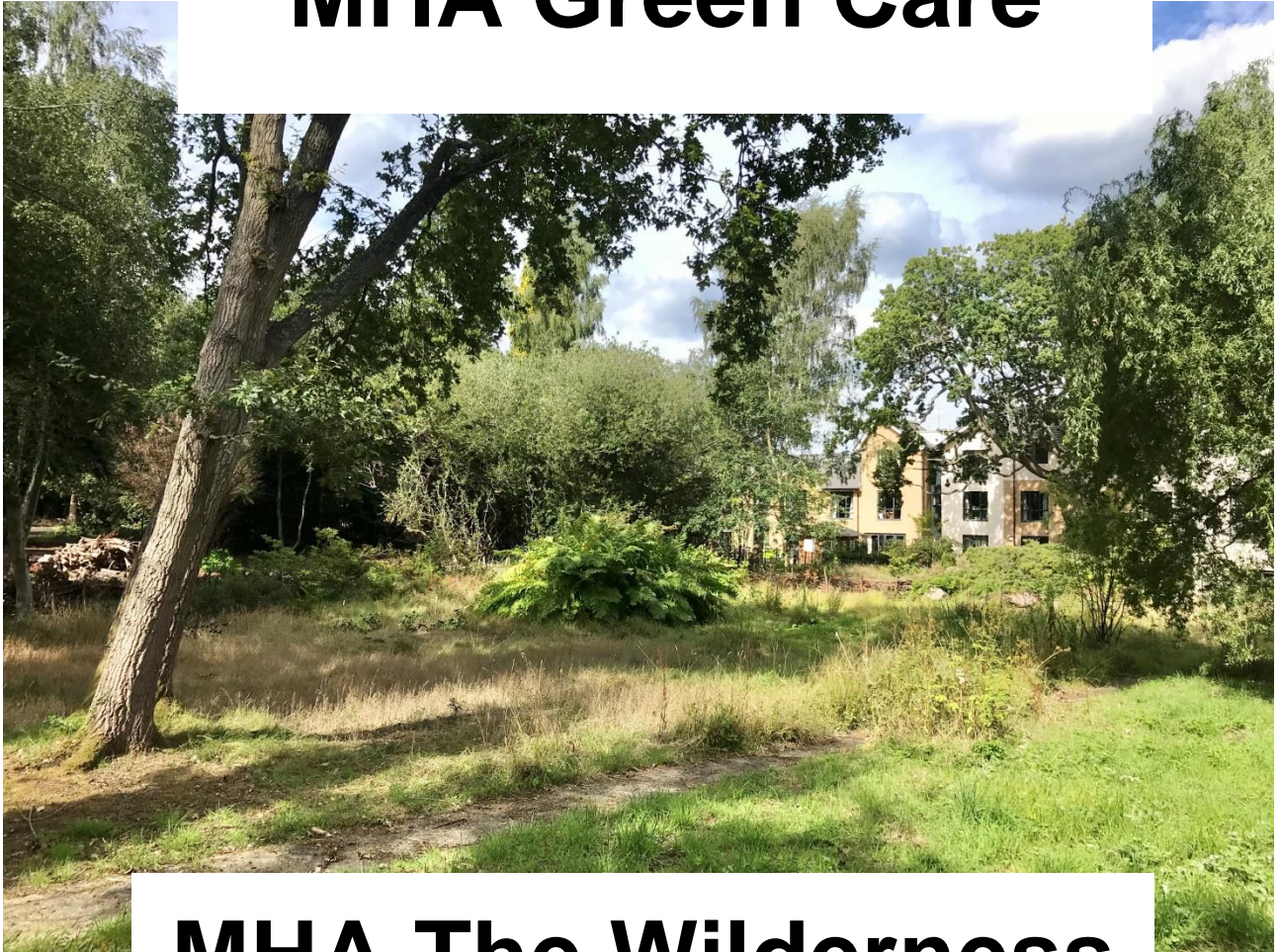


## MHA Green Care



## MHA The Wilderness

MHA The Wilderness, one of London's secret gardens, tucked behind MHA Hall Grange Care Home, brings together ideas and activities that are part of the Green Care programme. Green Care activities play a fundamental role in keeping MHA residents active and stimulated.



Hall Grange  
Reclaiming The Wilderness



# Newsletter



Thanks to generous grants from the **National Heritage Lottery Fund** and thanks to National Lottery players, The Wilderness is being restored for the benefit of residents and the local community.

Engaging with nature offers a feeling of normality, peace and wellbeing, but also a sense of freedom and a change of environment. Nature helps people to feel happier, more settled, relaxed, less stressed and raises spirits.

The MHA Green Care Newsletter provides the opportunity to engage with nature in both outdoor and indoor settings.



Hall Grange  
Reclaiming The Wilderness





# Newsletter



Below you will find indoor and outdoor nature-based activities that can be carried out in your home or garden

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**November Planting** and plant care advice by Adam Fuller, Head Gardener at MHA The Wilderness.

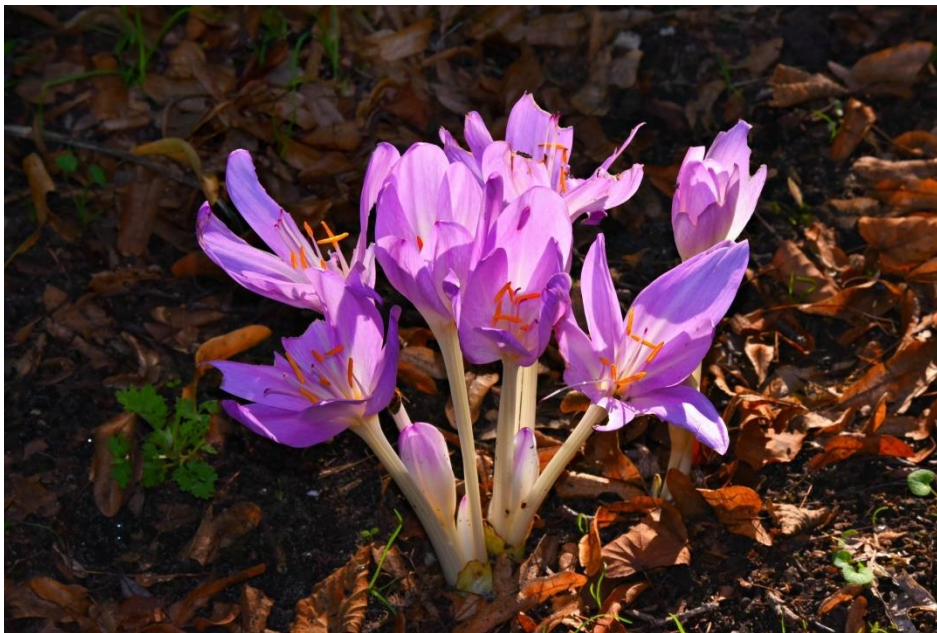
- **Autumn is upon us**
- **Sphagnum moss**
- **Mulches and mulching**
- **Don't forget the wildlife!**

**Autumn at the Wilderness.** Embrace the Autumn with these seasonal crafts for a standout uplift to your wellbeing.

- **Pumpkin vases**
- **Fall wreath**
- **Regrow houseplants**
- **Hedgehog house**
- **Wellbeing. Autumn Walks**

## NOVEMBER GARDENING

And plant care advice by Adam Fuller  
Head Gardener at MHA The Wilderness



### Autumn is upon us

Leaves turning yellows, oranges and reds and trees and shrubs shutting down for the oncoming colder weather and darker shorter days. A time to sow the seeds of varieties that require a cool spell before springing into life, Campanula, Sweet Peas, Dill and Echinops to name a few.

A time to gather the falling leaves and make leaf mulch for next year and tidy spaces in the garden.

### Plants to enjoy in the winter

Helleborus orientalis or Lenten Rose; Viburnum tinus, most are winter flowering evergreen shrubs commonly used in hedging or as specimens.

Viburnum x bodnantense with its pretty pink and white flowers in the depths of winter;

Sarcococca hookeriana or Himalayan; Sweet box, a dense winter flowering, heavily scented evergreen shrub.

Cyclamen coum and hederifolium staying bright into the winter and with green sometimes veined or mottled foliage. Chimonanthus praecox, with fragrant flowers that burst into life once all the leaves have fallen in the depths of winter.

Sedum herbstfreude or Ice plant, with green flowers in the summer that turn a fiery red in the winter and are one of the last pollen givers for bees.

## Sphagnum Moss



Sphagnum mosses cover the ground like a thick damp blanket of a multitude of greens, whites, yellows and reds. They play an important role in our ecosystem as they play a vital role in the creation of peat bogs: by storing water in their spongy forms, they prevent the decay of dead plant material and eventually form peat.

The Wilderness bog garden as a seasonally wet place with acidic soil contains 4 species of Sphagnum moss. These mosses can hold up to 16 to 28 times their own dry weight in water and can change an habitat by retaining enough moisture in dry times to give other plants a chance of survival and with time and decay will create peat/peat bogs. Peat being the ideal habitat for peatland plants such as Sedges and Orchids both of which are present in the bog garden and carnivorous plants including the Sundew although carnivorous Sundew's are not present within the bog garden in the Wilderness.



## Mulches and



## mulching

### **Mulching and protecting**

Loose material placed on the top of beds at this time of year act as a blanket for plants beneath. Most mulches used in gardens are organic and as well as providing some cover for the roots of plants can re fertilize soil as they decay and reduce weed growth and setting. Mulches spread over beds in-between plants can also give a much improved visual aspect.

### **Making leaf mulch**

The masking of leaf mould is relatively easy and excellent for refurbishing and improving soil conditions for your plants. Most broadleaf deciduous tree leaves are suitable for use and if gathered and mown to assist decomposition can simply be put into plastic bags with a few breather holes and tucked away for 2 years.

## Don't forget



## the Wildlife!

Don't forget to re stock bird feeders: we have all been involved in the sunflower competition this year. You can either collect them, or enjoy the sights of birds like blue tits, finches and sparrows picking up on this healthy flower.

Next, put a ball in the pond to prevent ponds freezing over, frogs and other reptiles breathe through their skin whilst tucked away and an ice layer can cause dangerous gases to build up from

decaying matter in the pond.

Leaf piles are excellent for resting/hibernating hedgehogs and insects and if created to one side can provide excellent winter homes. Find below more information and useful links to make your garden a safe environment for little, precious creatures like hedgehogs.



# Newsletter



## Autumn at The Wilderness

**Embrace the Autumn with these seasonal crafts for a standout uplift to your wellbeing**



# Newsletter



# Newsletter

## Pumpkin Vase



### **You will need:**

Pumpkin

Stanley knife

Scoop

Glass Jar

Flower

Sharpie



# Newsletter

Find a jar that is slightly smaller than the pumpkin. Place the jar on the top of the pumpkin and roughly draw a line around it using your sharpie. It will guide you through the next step.



Use the Stanley knife to cut through the drawn outline. Please be careful. Now, take the lid off the top off the pumpkin. Scoop out the inside of the pumpkin until it is hollow. The jar should be sit comfortably inside the pumpkin, without leaving too much room around the edges.

Cut the flowers to just taller than the jar and place them at the front. Cut other flowers and keep them slightly longer, so you can start building different layers. Collect some green leaves that can be place around the edges to enhance the volume and create a collar.



Fill the jar 3/4 full with water and add some plant food. Place the fl owers according to their different size and to build layers. Continue to tweak until you are happy with your new pumpkin flower composition. Check the water level quite often.

# Newsletter

## Fall Wreath





# Newsletter

On a walk around your local park, collect pine cones, acorns and chestnuts; holly, berries, pine and pine needles; add a personal touch with cinnamon sticks, dried orange and lemon slices. Bring all together in a thick wire and strings. Recycling is always the best option!



The trick for an outstanding wreath is to leave stems as long as you possibly can which will give you more leeway to adjust them and reuse them in a later project like the Christmas wreath.

It is time to create the base of our wreath and there are several options. The cheapest and more natural is with vines, but you can buy a wire of 6mm thick for the frame and rings, and 2mm to fix floral bundles to the rings.



Now it is time to pick out what you have collected and make several bundles to attach to your wreath base. Lay your wreath base on the table and start arranging where your bundles will go. Work backwards and add a ribbon to celebrate your achievements!

# Newsletter



## Regrow Houseplants





# Newsletter

The process of rooting cuttings in water is an effective and very popular method of propagating a great variety of houseplants. What you need is: scissors; sharp knife; jar of water; plant pots and multipurpose compost.



Choose healthy shoots and cut lengths of approximately 10 - 20cm. The trick is to cut below a leaf joint with a sharp knife and remove lower leaves to ensure a clean stem is submerged into water. Push the base of the cuttings in a jar with water and place it in a warm, bright position.

Keep the water topped up and within a few weeks you should see white roots growing from the stem. Time to transfer in a pot with compost. Recommended house plants are: Wandering Jew; Verbena; Rubber plant; Coleus; Begonia. But, send me a text at 07597135220 to recommend me what to try for the next activity.



# Newsletter



**Hedgehog  
House**

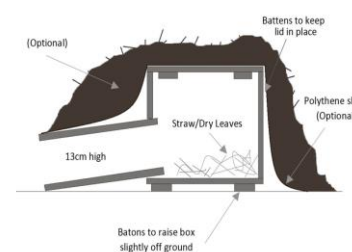


# Newsletter



Throughout the autumn, hedgehogs begin to collect leaves, grass, straw, reeds and more and use these materials to build their nests under hedgerows, pile of logs or brushwood, under sheds, compost heaps and shrubs. The British hedgehogs society recommends two types of buildings which are reported below and we report on what steps are needed it to secure a safe space for this endangered species.

You can build the Hedgehog house – mark 1 by recycling timber and treating it with water based preservative only. The house consists of a 40 (L) x 30 (W) x 30 (H) cm box with a sided entrance supported by the making of a tunnel. Such tunnel can be made as a box with timber, or with bricks. Then cover the box with plastic sheeting, soil and twigs placed on top, or left as it is.



Do not creosote or treat wood with non-water based preservatives or even water based preservatives should only be used on outside of box



The Hedgehog house – Mark II is a wooden or plastic box with an entrance of approximately 13cm in one side of the box. The box can be placed under a log pile or as mentioned above.

It is important to think what you can do to have hedgehogs in your garden. An enclosed garden won't allow hedgehogs to use it as they need access to it. A messy garden with provided shelters are preferred garden. Pesticides or weed killers will damage the food chain and potentially poison hedgehogs too. Badgers are hedgehogs predators and hedgehogs will avoid an area where there is a large badger population. Lastly, building works can destroy habitats and nests.



# Newsletter

## Wellbeing



## Autumn Walks



### Going on a walk can revitalise us!

Discover how walking in nature at your local park can be beneficial for you mental and physical wellbeing.

Walking keeps our bodies and minds healthy, brings us closer to nature and allow our mind to destress from daily concerns or even constant thoughts.

The colours associated with this time of the year can bring in joy, and can have an impact on how we think and feel. Orange is the colour of joy and playfulness. Yellow relates to happiness and optimism and help lifting the spirit.

Red is the colour of warmth, Brown makes us feel safe and Green is a restorative colour and creates a sense of peace.

The most amazing thing about being surrounded by nature at this time of the year is the mix of elements ramping on us whilst the cold breeze makes us feel more alive.

I do not miss the opportunity to catch a glimpse of light and walk around in the local park to find inspiration for green care activities but also to distress from current circumstances.

**Join me in an Autumn Walk and collect some of the natural elements for our activities.**



# Newsletter



## Autumn Walks

**Join me in an Autumn Walk and collect some of the natural elements for our activities.**

Walk around your local park with friends, families or colleagues and take a shot at nature and send your picture to [marco.galli@mha.org.uk](mailto:marco.galli@mha.org.uk) with a message about what you enjoy about Nature!

We would love to share your experience about being in Nature across our MHA members and colleagues and to inspire others to join a new MHA Green Care movement.

Nature is for all and make us Live Later Life Well!

# Newsletter

If you have any queries or feedback about MHA Green Care Newsletter, please get in contact with Marco Galli, MHA The Wilderness Activity Coordinator at [marco.galli@mha.org.uk](mailto:marco.galli@mha.org.uk) or give him a call for a quick chat on **07597 135 220**

## Keeping in Touch

If you are able to, keep in touch with colleagues, friends and family through any of the following methods:

- Workplace
- Facebook
- Twitter
- WhatsApp
- Texting / Calling
- Letter writing (build this into your daily exercise walk)
- Zoom
- Skype



## Wash your hands of coronavirus scams!

**Friends Against Scams aims to protect and prevent people from becoming victims of scams.**

### Be aware of people offering or selling:

- Virus testing kits - these are only offered by NHS.
- Vaccines or miracle cures - there is currently no vaccine or cure.
- Overpriced or fake goods to protect yourself from coronavirus such as anti-bacterial products.
- Shopping or medication collection services.
- Home decontamination services.

### Protect yourself and others:

- Don't be rushed into making a decision. If it sounds too good to be true it probably is.
- Only purchase goods and services from legitimate retailers and take a moment to think before parting with money or personal information.
- Don't assume everyone is genuine. It's okay to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.
- If someone claims to represent a charity, ask them for ID. Be suspicious of requests for money up front. If someone attempts to pressurise you into accepting a service they are unlikely to be genuine. Check with family and friends before accepting offers of help if you are unsure.

**Be a good friend,  
help to protect  
your family, friends  
and neighbours  
from scams.**

**Read It.  
Share It.  
Prevent It.**

**#Coronavirus  
#ScamAware**



### Contact

For advice on scams call the  
Citizens Advice Consumer Helpline on **0808 223 11 33**  
To report a scam call Action Fraud on **0300 123 2040**  
Contact your bank if you think you have been scammed.

**NATIONAL  
TRADING  
STANDARDS**

Scams Team

To learn more about the different types of scams visit [www.FriendsAgainstScams.org.uk](http://www.FriendsAgainstScams.org.uk)