

Wellbeing: Growing in Pots and Tubs

Course overview

Many of us do not have large gardens. This doesn't mean that you can not grow anything! Sometimes we have a small garden or, often just space for a planter by a window, on a balcony or by the front door. In this short course we will explore different fruits, vegetables, flowers and herbs you can grow in a pot or a tub that fits your space.

What will I study?

You will:

- Get ideas on containers and strategies to make the most of your space
- Be able to choose what you can grow
- Discover how to get the most of your space through successional growing, seasonal planting and inter-cropping
- Identify what to avoid growing in your chosen space
- Plan what you would like to grow in your pot or tub

Assessment method

You will participate in discussions and Q&A and receive verbal feedback from the tutor throughout.

Entry requirements

- This course is open to all.

What should I bring with me?

Measurements of your small space (to help you plan).

You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

Key information

Where possible this course will take place on site with social distancing measures in place. In the event of a lockdown, the course will take place online via Teams.

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to other suitable Wellbeing, CPD courses or other courses such as Create a Kitchen Herb Pot.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722