

# Reconnecting us with nature : the Johnson Wellbeing Garden

The Johnson Wellbeing Garden is a space open to all staff and students, providing a tranquil outdoor setting in which they can relax.



Image: Student Green Office officer and regular garden volunteer, Nellie Harvey, in the Johnson Wellbeing Garden.

The garden contains a pond, regularly populated by ducks; a hedgehog house built from eco-bricks; two dead hedges that offer a habitat to insects and feeding opportunities for birds; as well as a variety of plants chosen for their biodiversity, from naturally occurring wild garlic to a carefully tended hops. The campus' student allotments are also located within the garden and provide space for growing flowers, fruit and vegetables with use of the garden's tools.

**3 years**

of care and development as a community

**11**

compact allotments for staff and students to grow things in

**40+**

videos chart the garden's development through the seasons

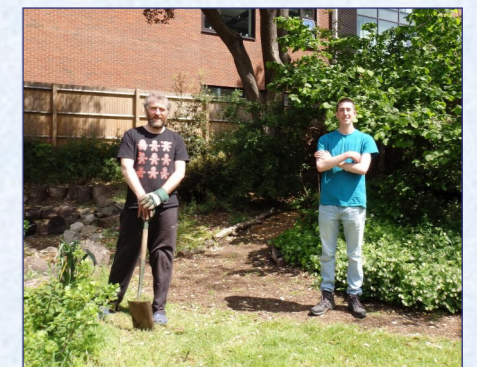
The garden is used for team building events, meditation, meetings relating to sustainability and permaculture, outdoor lessons and as a chill-out space for students and staff looking to escape the office and spend a little time in the tranquil surroundings shared by our various furry, feathered and pollen-hunting garden visitors. Weekly drop-in *Potter and Prune* sessions give staff and student volunteers the opportunity to gather, meet and connect with others, tend to the garden alongside friendly sustainability staff and to have a say in the direction the garden takes; for instance, one student has begun planting her own thriving herb garden.

The development and care of the Wellbeing Garden is documented weekly through an ongoing series of videos, spanning from September 2020 to the present.

*"I'm super excited about having my own allotment space in the Wellbeing Garden because it means I get to learn more about gardening and grow my own food for the summer."*

*"I really enjoy getting to see what wildlife visits the garden. Knowing that squirrels and ducks have made the garden their home makes me excited to visit; it also provides a really relaxing atmosphere every time I'm there."*

Bethany Climpson, Sustainability Engagement Assistant and recent Christ Church graduate



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