



Growing

It is important to take care when handling compost and plant materials. Hands should be washed thoroughly with soap and water after handling compost as it contains bacteria. Parts of plants such as seeds in the activities must not be eaten. Gloves should be worn to protect broken skin from bacteria from soil.

Houseplants

Caring for Houseplants has been shown to improve mood, reduce stress, increase productivity, increase reaction times, improve attention span and increase tolerance to pain.

<https://www.rhs.org.uk/plants/types/houseplants/for-human-health>

We need to care for our plants, watering them, feeding them, and providing the right conditions for them to flourish. Plants have the ability to grow from a seed, reproduce and sometimes sadly, they die. They are not really so different from people, so care for yourself by caring for a plant.

Marble Queen Pothos (Epipremnum)



A tender, evergreen, root-clinging climber, grown as a foliage houseplant. Its glossy leaves are mainly white, flecked and splashed with green. Under ideal growing conditions mature plants will produce much larger, thicker, deeply lobed leaves to 90cm long

LIGHT: Grow in standard houseplant compost in full or bright, filtered light.
CARE: During the growing season, water freely and apply a liquid fertiliser monthly; water moderately in winter. Provide the support of a moss pole, or allow to trail.
TIPS: Tip prune in spring to promote branching

Post your progress on our facebook page, we would love to see your plants grow.

<https://www.facebook.com/getupandgrowNW/>

Get Up and Grow promotes and supports the health and wellbeing of the local community through social and horticultural therapy, regardless of age and ability

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