

Our Garden



Mood Board



A mood board is a type of collage consisting of images, text, and samples of objects. It can be based on a set topic or can be any material chosen at random. We want to use it here in order to help us understand more about service users' preferences and experience of the outdoors.



Benefits

- A moodboard is a way to visually map how you want a garden to feel and look, to harness good ideas and build on them.
- Mood boards help to establish all of the base-lines that will feed into a design. Colour palettes, plant selection and hard landscaping can all be represented on a mood board.
- Mood boards are essential to honing the look of your garden, really making it clear what you want. After a few enjoyable hours you should have dozens of pictures of wonderful inspiration.

Things to think about

- In the weeks leading up to making your mood board, put aside newspapers and magazines. Alternatively approach families, newsagents, charities or medical practices asking for donations. Gardening magazines are always good but look at house and home magazines and publications from organisations such as the National Trust or the RHS.
- Village fetes are a good source of publications. Often stall holders will be glad to donate large boxes of horticultural magazines or books, free to anyone willing to take them away!
- Scour Freecycle, where members register with a local group and sign up for online posts. Members post "Offers" and "Wanted" ads. Often magazines and books are posted free, as long as you're willing to collect them. Post your "Wanted" advert for free gardening magazines and keep your fingers crossed!
- Also consider printing lots of images from the internet. Make sure these images include items from different aspects of the garden from seating and handrails to different path surfaces and planters, from flowers and plants to greenhouses and sheds.



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How to

- Before you begin, conduct a “survey” of your garden. Do you want to keep anything? Does anything need repairing? What is the state of outdoor surfaces? Garden furniture? What is working and what isn't?
 - We understand that it is not always possible to ask direct questions of people living with dementia and so the questions below are in no way prescriptive. But if it is possible to draw out conversations and elicit responses to some of them that would help to inform the garden design.
 - Obtain a large piece of paper or board, some glue and a paintbrushes.
 - Gather lots of different magazines, online images, newspapers, journals and start to look through them with service users and begin to ask some of the prompt questions below. When you find an image that fits with their thoughts or an image that appeals, pull it out and stick it to your mood board.
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- Did you/do you have a garden at home?
 - Do you enjoy being outside?
 - What do you like about being outdoors?
 - Would you like to get outside more?
 - If so what stops you from going outside more?
 - What sort of things do you/did you like to do outside
 - What sort of things did you have in your garden? (Or describe your garden)
 - Did you work outside at all as a part of your career?
 - What sort of words do you associate with being out of doors and in a natural environment
 - When your family visit (if appropriate) would you like them to be able to see the garden and spend some time there with you?
 - Would you like the chance to make some changes to the garden here?
 - If so then what sort of changes would you like to make?
 - Let's think about flowers - what colours do you like? Do you have a favourite flower?
 - What about a seating area? Handrails? Pathways? Somewhere to grow fruit and vegetables? Think about attracting wildlife to your garden. Structures - a shed, greenhouse or pergola perhaps.
 - Pull out any images that appeal and stick them on to your mood board. Before you know it you'll have a beautiful mood board that represents thoughts, ideas and aspirations for your new garden.

**To find out more visit: www.dementiagarden.org.uk
Email: dementiagarden@ltl.org.uk Tel: 01962 845131**

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