



**GLENSIDE HOSPITAL MUSEUM**  
**VICTORIAN SENSORY GARDEN**

# Introduction

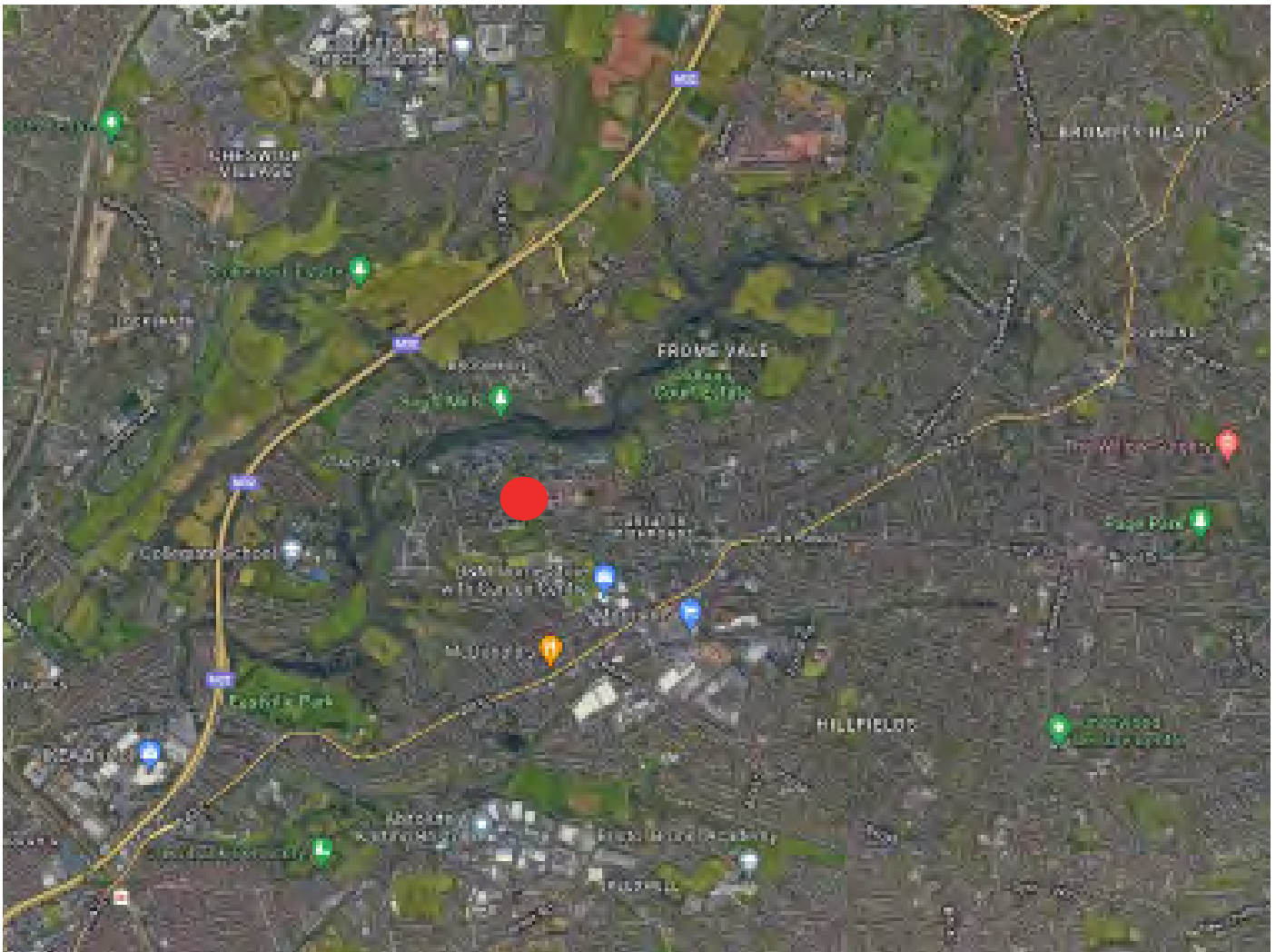


Fig.3.1 Glenside Hospital Museum Location

## 1.1 Project Brief

The Glenside Hospital Museum is curating a new exhibition for its permanent collection documenting mental health disorders and their cures utilised from the victorian era.

The exhibition will be in the form of a sensory garden situated at the front of the building upon a small greenspace. The plot is currently used as an advisement banner that is displayed upon three metal posts that have been sunk into the ground.

The sensory garden will need to achieve two objectives:

The first is to grow a variety of victorian plants that would have been used to treat a variety of elements. The aim is to educate visitors to the museum on these treatments while providing a physical experience of the plants. It will also offer the visitors a therapeutic atmosphere due to the victorian belief that manicured sensory gardens provide a cure for mental health issues.

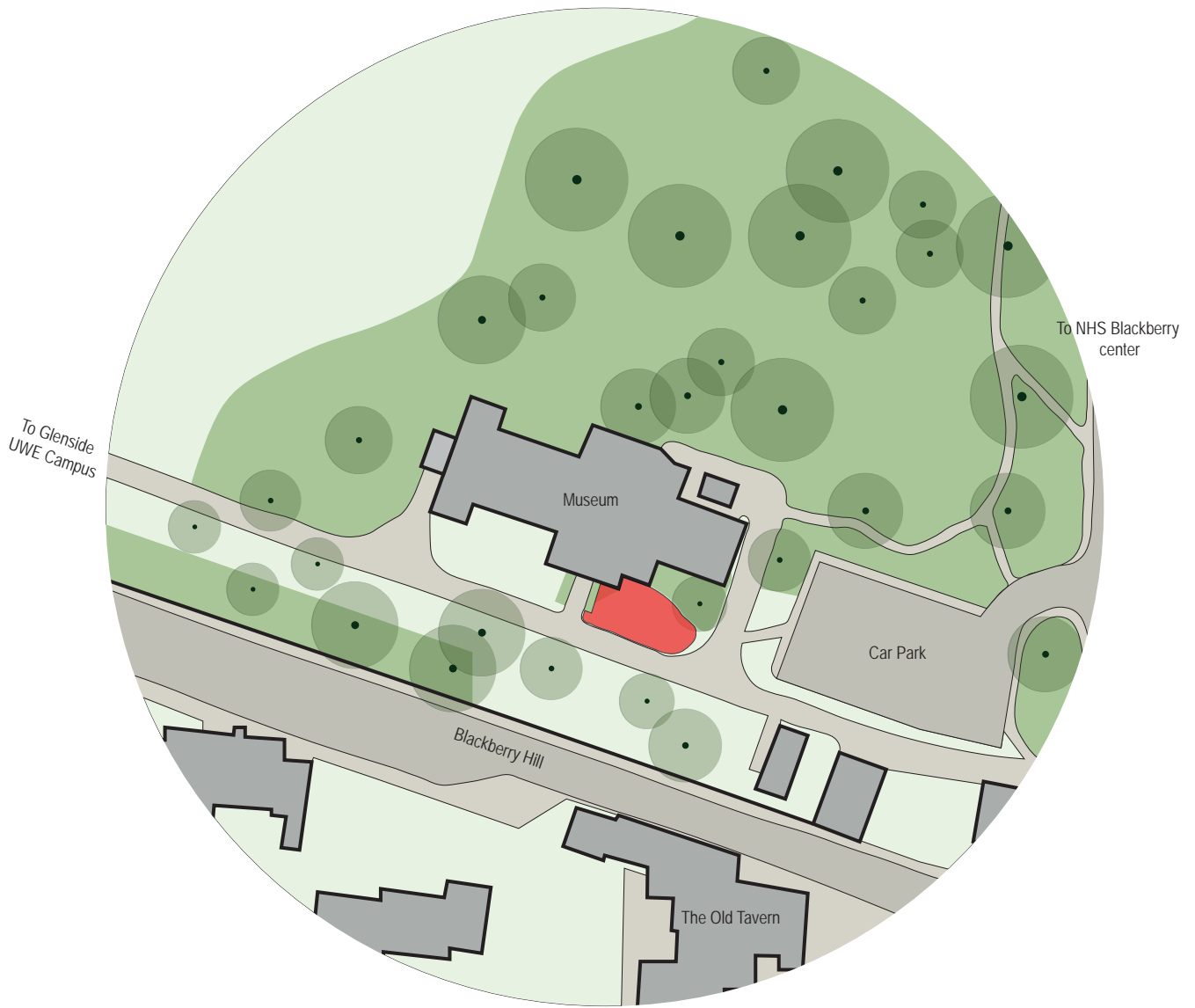


Fig.3.2 Glenside Hospital Museum Site Analysis

The second is to offer a space for community use which would allow anyone to harvest herbs grown in this garden. This would increase footfall past the museum and increase the museum's visibility amongst the community.

We will design the garden in collaboration with the eco-club, an afterschool group from the Bristol Metropolitan Secondary School. The club is working with Local Learning to educate the children on the Glenside exhibition pieces.

### 1.2 Location

The site is located towards the north, eastern point from the centre of Bristol and is adjacent to the

Blackberry hospital.

Blackberry Hill is a highly congested route with a bottleneck at the top of the hill before turning into the site car park. It is also the bus route for the 48a service.

The Glenside museum is located at the southwestern point of the Glenside Campus, University of West England. The building itself was used as a mental health hospital from the Victorian era.

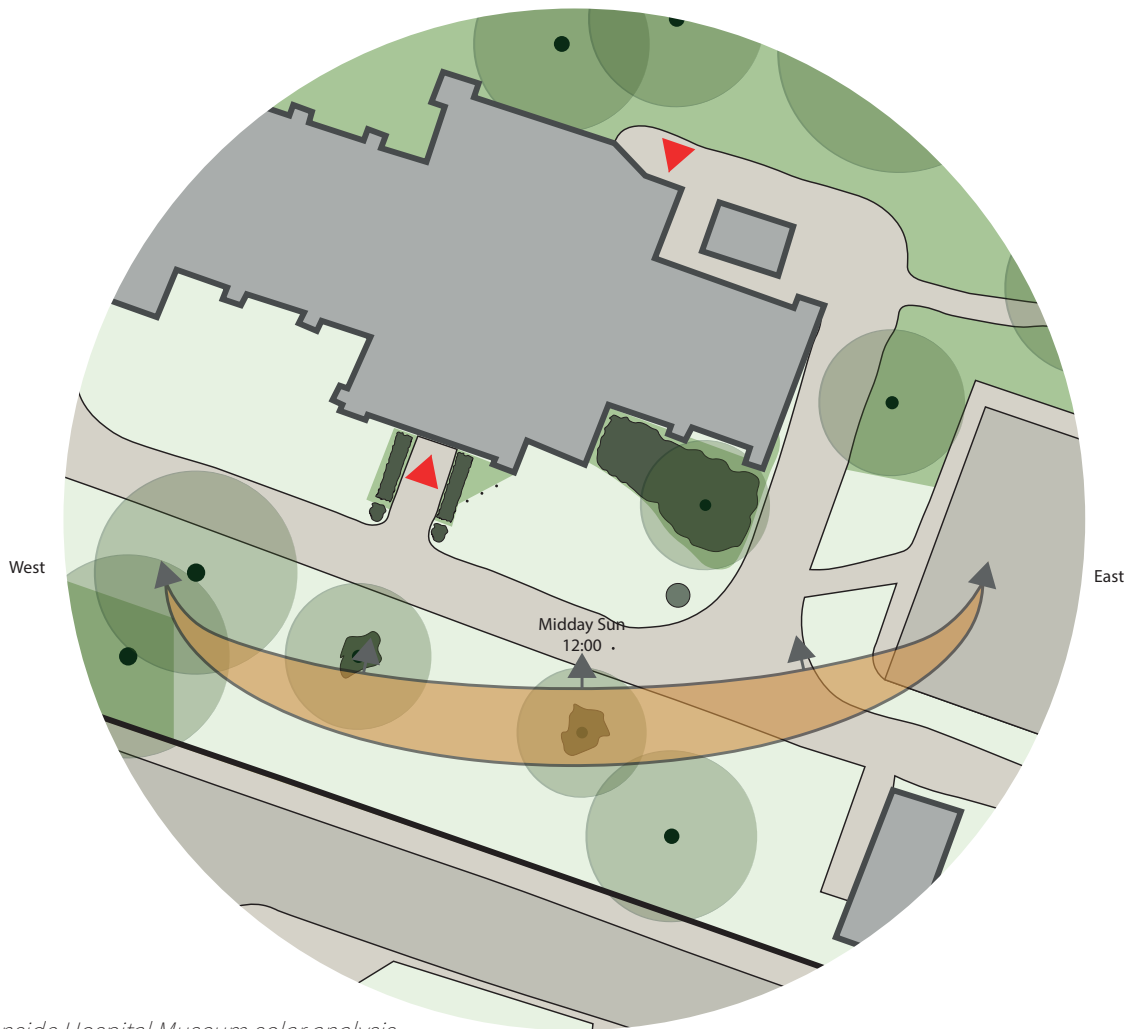


Fig.3.3 Glenside Hospital Museum solar analysis



Fig.3.2 Glenside Hospital Museum close up site analysis

## Overview of the site

1

The site is situated on the right-hand side of the main entrance. It is a small patch of green space bordered by the wall of the converted church, a heavy foliage area, a small hedge line dividing the entrance route from the green space and the main pedestrian path used to reach the Glenside campus.

The site features two rainwater downpipes and a disused door, a space which can be repurposed.



Fig.2.15 Manhole cover on path

## Signage Posts

2

Three metal posts erected from the ground are in the northern corner of the area. These are between uses to hold banners that communicate the current exhibition being held within the museum.

Behind this area is a small patch of wild bracken; this suggests that the site doesn't receive full southern sunlight throughout the year and is dappled by trees to the southern portion. These bracken ferns are common in wooded areas with high humidity.



Fig.2.15 Manhole cover on path

## Trees to the South

3

To the southern portion of the site are a collection of trees which dapple the sunlight; in the spring and summer months, they would block direct sunlight and, in the winter months, allow the sun to hit the site directly.

This would allow a wider variety of plants to grow on the site that would typically suffer in an exposed southern wall. However, the dropping of the leaves in Autumn would suppress any late blooming foliage but would provide a sustainable layer of mulch each year



Fig.2.15 Manhole cover on path

## Heavy foliage and Concrete Planter

4

To the eastern point of the site is a dense patch of foliage which provides a small amount of shade against morning sunlight; it will also block any breezes from the east.



Fig.2.15 Manhole cover on path

# Victorian Herbs and Medicinal Use



<b>Common name</b>	Bay tree, sweet bay, bay laurel
<b>Botanical name</b>	Laurus nobilis
<b>Group</b>	Evergreen shrub
<b>Flowering time</b>	Spring
<b>Planting time</b>	April to September
<b>Height and Spread</b>	Up to 7.5m tall (23ft) unless clipped
<b>Aspect</b>	Full sun or partial shade
<b>Hardiness</b>	Generally hardy to -5°C (23°F). Can withstand lower temperatures in sheltered positions. Hardier when planted in the ground
<b>Difficulty</b>	Easy

## Medicinal Uses (Shirley)

- Can be used externally for treating sores and bruises.
- The leaf essence, in a bath, relieves aching muscles and focus the mind.
- Can be used to treat digestion problems, colic and flatulence.
- Can help relieve cold and flu symptoms.
- Berries can be used to help dandruff and rheumatism.
- Vets use it for treating sore udders, sprains and pulled muscles.



<b>Common name</b>	Wild Bergamot
<b>Botanical name</b>	Monarda fistulosa
<b>Group</b>	Deciduous
<b>Flowering time</b>	Spring and Summer
<b>Planting time</b>	April to September
<b>Height and Spread</b>	1-1.5m height, 0.1-0.5m spread
<b>Aspect</b>	Full sun or partial shade
<b>Hardiness</b>	H5 (-10°C to -15°C)
<b>Difficulty</b>	Easy

## Medicinal Uses (Shirley)

- Can relieve nausea, flatulence, menstrual pain and insomnia as a tea.
- Steam inhalation can help bronchial catarrh and sore throats.
- Has antiseptic properties.
- Can relax nerves and reduce tension.
- Induces perspiration so can help reduce fever and easing colds.
- Can relieve rheumatic aches.



<b>Common name</b>	Common chamomile
<b>Botanical name</b>	<i>Chamaemelum nobile</i>
<b>Group</b>	Perennial
<b>Flowering time</b>	Summer
<b>Planting time</b>	April to September
<b>Height and Spread</b>	Up to 7.5m tall (23ft) unless clipped
<b>Aspect</b>	Full sun or partial shade
<b>Hardiness</b>	Generally hardy to -5°C (23°F) but can withstand lower temperatures in sheltered positions. Hardier when planted in the ground
<b>Difficulty</b>	

#### Medicinal Uses (Shirley)

- Use as a hand soak to soften skin.
- Make into eye baths to reduce inflammation and fatigue shadows (or 'bags'!)
- Can be used to treat wounds and eczema.
- Can be used in a bath to relieve sun or wind burn and bites. It will also help you relax.
- Used as a facial steam and inhaled can ease colds, flus, throat infections and hayfever.



<b>Common name</b>	Chive
<b>Botanical name</b>	<i>Allium schoenoprasum</i>
<b>Group</b>	Hardy perennial
<b>Flowering time</b>	Summer
<b>Planting time</b>	March to April
<b>Height and Spread</b>	0.1-0.5m height, 0-0.1m spread
<b>Aspect</b>	Full sun or partial shade
<b>Hardiness</b>	H6 (-15°C to -20°C)
<b>Difficulty</b>	Easy

#### Medicinal Uses (Shirley)

- Contain mild antibiotics and some iron.
- A source of Vitamin C.
- Can stimulate your appetite
- Can improve your digestion and help with intestinal problems.
- Can be used as a mild laxative.
- Homeopaths use to treat colds and bronchitis.



<b>Common name</b>	Curry Plant
<b>Botanical name</b>	<i>Helichrysum italicum</i>
<b>Group</b>	Deciduous
<b>Flowering time</b>	Summer
<b>Planting time</b>	Deciduous
<b>Height and Spread</b>	0.1-0.5m height, 0.5-1m spread
<b>Aspect</b>	Full sun
<b>Hardiness</b>	H4 (-5°C to -10°C)
<b>Difficulty</b>	Easy

#### Medicinal Uses (Shirley)

- Anti-inflammatory properties.
- Fungicide properties.
- Astringent properties.
- Can help soothe burns.
- Can aid chapped skin.



<b>Common name</b>	Fennel Plant
<b>Botanical name</b>	Foeniculum vulgare
<b>Group</b>	Evergreen
<b>Flowering time</b>	Summer
<b>Planting time</b>	April to September
<b>Height and Spread</b>	1.5-2.5m height, 0.1-0.5m spread
<b>Aspect</b>	Full sun or partial shade
<b>Hardiness</b>	H5 (-10°C to -15°C)
<b>Difficulty</b>	Easy

#### Medicinal Uses (Shirley)

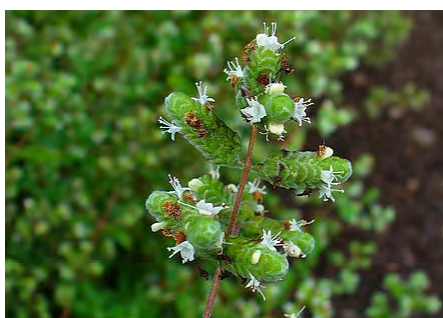
- Used to treat conjunctivitis, sore or inflamed eyes.
- Can be used to aid digestion, help wind, colic intestinal cramps and menopausal symptoms.
- Crushed leaves and stems can be used to ease sore or swollen breasts due to breast feeding.
- Is used as a relaxant.
- Can be gargled for sore throats or as a mouth wash for gum disease!
- Can ease colds.
- Can be used as a liver tonic
- Sometimes used as a complimentary treatment for prostate cancer.
- Has been proven to reduce toxic effects in the body caused by alcohol.



<b>Common name</b>	Lavender
<b>Botanical name</b>	Lavandula angustifolia
<b>Group</b>	Deciduous
<b>Flowering time</b>	Summer
<b>Planting time</b>	March to September
<b>Height and Spread</b>	0.5-1m height, 1-1.5m spread
<b>Aspect</b>	Full sun
<b>Hardiness</b>	H5 (-10°C to -15°C)
<b>Difficulty</b>	Easy

#### Medicinal Uses (Shirley)

- Can soothe headaches. Can calm nerves and act as a relaxant. Can also relieve depression.
- Eases flatulence, fainting, dizziness or halitosis.
- Lavender oil has antiseptic and anti-inflammatory properties.
- Has antifungal properties.
- Can be used as a decongestant.
- Is a mild sedative and pain killer.
- Can ease insect bites and stings.
- Can minimise scarring and help heal wounds.
- Is great for tired or tense muscles, sprains or rheumatism.



<b>Common name</b>	Marjoram Plant
<b>Botanical name</b>	Origanum majorana
<b>Group</b>	Annual/Biennial
<b>Flowering time</b>	Summer
<b>Planting time</b>	Spring
<b>Height and Spread</b>	0.5-1m height, 0.1-0.5m spread
<b>Aspect</b>	Full sun
<b>Hardiness</b>	H3 (-5°C to 1°C)
<b>Difficulty</b>	Easy

#### Medicinal Uses (Shirley)

- Can ease tonsillitis.
- Can help flatulence.
- Can ease stomach bloating.
- Can help sleep or calm children.
- Can ease anxiety.
- Homeopaths sometimes use to treat female sex disorders and painful menstruation.
- Good for bruises.
- Has good antiseptic properties.
- Used to make essential oils.

Shirley, S. (no date) Healing herb plants, Healing Herb Plants- Medicinal Herbs. Floriculture International Ltd . Available at: <https://www.victoriananursery.co.uk/Healing-Herb-Plants/> (Accessed: December 5, 2022).





<b>Common name</b>	Common Thyme
<b>Botanical name</b>	Thymus vulgaris
<b>Group</b>	Deciduous
<b>Flowering time</b>	Summer
<b>Planting time</b>	February to May
<b>Height and Spread</b>	0.1-0.5m height, 0.1-0.5m spread
<b>Aspect</b>	Full sun
<b>Hardiness</b>	H5 (-10°C to -15°C)
<b>Difficulty</b>	Easy

#### Medicinal Uses (Shirley)

- Antiseptic, anti-bacterial and antifungal properties.
- Stimulates circulation.
- Good to prevent spots and dandruff!
- Can aid digestion.
- Said to be good for hangovers!
- Good for convulsive coughs, whooping cough, chronic bronchitis, colds and sore throats.
- Good in massage oil
- Can relieve insomnia.
- Can relax spasms.
- Can ease Asthma, bronchial catarrh and chest infections.
- Good for inflammation, rheumatism and arthritis.
- The oil can ease athlete's foot.
- Can help vaginal thrush.
- Can stimulate production of white blood corpuscles to help resist infection.
- Sometimes used in mouthwash.



<b>Common name</b>	Tarragon Plant
<b>Botanical name</b>	Artemisia dracunculus
<b>Group</b>	Deciduous
<b>Flowering time</b>	Summer
<b>Planting time</b>	March to September
<b>Height and Spread</b>	0.5-1m height, 0.1-0.5m spread
<b>Aspect</b>	Full sun
<b>Hardiness</b>	H6 (-15°C to -20°C)
<b>Difficulty</b>	Easy

#### Medicinal Uses (Shirley)

- Sweetens the breath.
- Can stimulate appetite and improve digestion.
- Can be used to cure flatulence and hiccups.
- Rich in Vitamin C and once used to prevent scurvy
- Used to cure tooth ache.



<b>Common name</b>	Feverfew Plant
<b>Botanical name</b>	Tanacetum parthenium
<b>Group</b>	Annual/Biennial
<b>Flowering time</b>	Summer
<b>Planting time</b>	March-April
<b>Height and Spread</b>	0.1-0.5m height, 0.1-0.5m spread
<b>Aspect</b>	Full sun
<b>Hardiness</b>	H6 (-15°C to -20°C)
<b>Difficulty</b>	Easy

#### Medicinal Uses (Shirley)

- Aids melancholy, vertigo, aches and pains.
- Reduce the symptoms of migraines.
- Can aid the soothing of muscle spasms.
- Can be dried and used for tea.
- Can aid more restful sleep.
- Can aid relief for arthritis and rheumatism.
- Can be used as a mouth rinse.
- Mild laxative.
- Tonic for appetite.
- Can ease depression.
- Promotes good digestion.
- The leaves can induce menstruation if delayed.
- The oil from the leaves can act as an insect repellent, as can a skin wash made from the leaves.
- The flowers can be used for instant relief from insect bites.
- Can relieve symptoms of hay fever.
- Many of our customers have found it effective for dogs with movement problems (with rapid results, even after the vets have said there is nothing else they can do for them).

Shirley, S. (no date) Healing herb plants, Healing Herb Plants- Medicinal Herbs. Floriculture International Ltd . Available at: <https://www.victoriananursery.co.uk/Healing-Herb-Plants/> (Accessed: December 5, 2022).



<b>Common name</b>	Hyssop
<b>Botanical name</b>	Hyssopus officinalis
<b>Group</b>	semi-evergreen
<b>Flowering time</b>	summer and early autumn
<b>Planting time</b>	Spring
<b>Height and Spread</b>	0.1-0.5m height, 0.5-1m spread
<b>Aspect</b>	Full Sun/Partial Shade
<b>Hardiness</b>	H7 (<-20°C)
<b>Difficulty</b>	Easy

#### Medicinal Uses (Shirley)

- Anti-inflammatory and therefore can relieve rheumatic pains.
- Used in the bath it will help lighten a negative mental state and anxiety.
- Can help sore throats if gargled.
- Can help weak stomachs, help digestion (especially with fatty meats and fish) and colic.
- Can loosen catarrh, soothe lungs and chest so helps coughs and colds.
- Can calm your nervous system if drunk as a tonic.



<b>Common name</b>	Oregano
<b>Botanical name</b>	Origanum vulgare
<b>Group</b>	Perennial
<b>Flowering time</b>	Summer and early autumn
<b>Planting time</b>	Spring
<b>Height and Spread</b>	0.5-1m height, 0.5-1m spread
<b>Aspect</b>	Full Sun/Partial Shade
<b>Hardiness</b>	H6 (-15°C to -20°C)
<b>Difficulty</b>	Easy

#### Medicinal Uses (Shirley)

- Good for helping bad coughs and whooping cough.
- Used to treat intestinal problems.
- Can stimulate appetite.
- Can ease diarrhea.
- Can help gall bladder problems.
- Can ease nervous headaches.
- Can help general exhaustion, irritability and menstrual pain.
- Can be drunk as a sedative to help sea sickness.
- Can help swelling, stiff necks and rheumatism.
- Leaves can relieve toothache.



<b>Common name</b>	Common Rosemary
<b>Botanical name</b>	Rosmarinus officinalis
<b>Group</b>	Evergreen
<b>Flowering time</b>	Spring
<b>Planting time</b>	Spring
<b>Height and Spread</b>	1.5-2.5m height, 1.5-2.5m spread
<b>Aspect</b>	Full Sun
<b>Hardiness</b>	H4 (-5°C to -10°C)
<b>Difficulty</b>	Easy

#### Medicinal Uses (Shirley)

- Can be used to treat rheumatism and circulations problems.
- Can ease systems of gout.
- Can aid fat digestion.
- Can stimulate and tone skin.
- Can relieve tiredness, nervous exhaustion and headaches.
- Can increase alertness.
- Can relieve water retention.
- Can stimulate your liver, leading to faster processing of toxins.
- Helps to cleanse your skin and dry itchy scalps.
- Has anti-bacterial properties.



<b>Common name</b>	Common Sage
<b>Botanical name</b>	Salvia officinalis
<b>Group</b>	Evergreen
<b>Flowering time</b>	Early summer
<b>Planting time</b>	Spring
<b>Height and Spread</b>	0.5-1m height, 0.5-1m spread
<b>Aspect</b>	Full Sun/Partial Shade
<b>Hardiness</b>	H5 (-10°C to -15°C)
<b>Difficulty</b>	Easy

#### Medicinal Uses (Shirley)

- Excellent for helping digest fatty foods.
- Disinfectant and antifungal properties.
- Contains oestrogen.
- Can help combat diarrhoea.
- Can be used as a teeth whitener. or as a mouthwash to help mouth ulcers, inflamed gums, laryngitis and tonsillitis.
- The seeds can be infused in water to remove foreign matter from your eyes.
- Can soothe tired muscles.
- Can be used as a blood tonic
- Suppresses sweating (so can be useful for hot flushes during menopause).
- Will help strengthen your nervous system.
- Can help soothe coughs, colds and rheumatism.
- Can be used to help insect bites and skin infections.
- Can improve your memory!



<b>Common name</b>	Holy Basil
<b>Botanical name</b>	Ocimum tenuiflorum
<b>Group</b>	Short-lived perennial
<b>Flowering time</b>	Summer
<b>Planting time</b>	Spring
<b>Height and Spread</b>	0.1-0.5m height, 0.1-0.5m spread
<b>Aspect</b>	Full Sun
<b>Hardiness</b>	H1c ( 5°C to 10°C)
<b>Difficulty</b>	Medium

#### Medicinal Uses (Shirley)

- To help deal with stress.
- Used to treat coughs and colds.
- Can help to relieve hepatic dysfunction and eczema.
- Used to relieve nausea, vomiting, diarrhoea and flatulence.
- Can ease peptic ulcers.



<b>Common name</b>	Caraway Plant
<b>Botanical name</b>	Carum Carvi
<b>Group</b>	Biennial
<b>Flowering time</b>	Summer
<b>Planting time</b>	Spring
<b>Height and Spread</b>	0.1-0.5m height, 0.1-0.5m spread
<b>Aspect</b>	Full Sun
<b>Hardiness</b>	H7 (<-20°C)
<b>Difficulty</b>	Easy

#### Medicinal Uses (Shirley)

- Can be used to treat flatulence, indigestion and infantile colic.
- An extract of the seeds can be used to treat muscle aches.
- Used as a fragrance in toothpaste and cosmetics.
- Used as a flavouring in mouthwashes.



<b>Common name</b>	Mint Plant
<b>Botanical name</b>	Mentha Spicata
<b>Group</b>	Rhizomatous perennial
<b>Flowering time</b>	Summer
<b>Planting time</b>	Spring
<b>Height and Spread</b>	0.5-1m height, 1-1.5m spread
<b>Aspect</b>	Full Sun/Partial Shade
<b>Hardiness</b>	H7 (<-20°C)
<b>Difficulty</b>	Easy

**Medicinal Uses** (*Shirley*)

- Tea can be used to treat fever.
- Helps headaches.
- Can aid digestive disorders (including irritable bowel and especially flatulence!)
- Peppermint is regularly found in indigestion remedies but can help nausea and vomiting.
- Has antiseptic and antibacterial properties.
- As a lotion can reduce sensitivity (particularly good for muscle and nerve pain).
- Can be used as a chest rub for respiratory problems.
- Taken in excess can cause abortion.
- Tests have shown that it can help reduce blood sugar (so aids mild diabetes).
- Can help reduce blood pressure.

**2.1 Plants that fulfill the senses**

**Touch**

- Lamb's Ear
- Curly Leaf Parsley
- Geraniums
- Borage
- Feather Grass
- Gayfeather
- Pussy Willow
- Bunnys Tails Grass
- Silver Mound
- Straw

- Onion
- Green Beans
- Radish
- Garlic
- Chives
- Cucumber
- Beets
- leeks
- Greens
- Eggplant
- Pansy (flower)

- Roses
- Chamomile
- Lily of the valley
- lilac
- Nicotiana

**Taste**

- Lamb's Ear
- Tomatoes
- Peppers
- Lettuce
- Carrots
- Spearmint
- Apple mint
- Pineapple Sage
- Nasturtiums (flower)
- Oxalis
- Burnet
- Rhubarb

**Smell**

- Sage
- Thyme
- Lavendar
- Dill
- basil
- Rosemary
- Four O'
- Lemon Grass
- Scented Geraniums
- Spearmint
- Apple mint
- Bee balm
- Sweet Pea
- Lemon grass

**Sight**

- Poppy
- Sunflower
- Zinnia
- Swiss Chard ('Bright Lights')
- Chocolate beauty Peppers

**Noise**

- Baptisia
- Rattlesnake Grass
- Animated Oats
- bamboo
- Quaking Grass

*Glenside mental health exhibit*



*Eco-Club*

*Sustainability*

*Botany*

**Client**

## **Context**

*Glenside Community*

*Sensory garden for all 5 senses*

*Students*

*Locals*

*Victorian mental health diagnosis and treatment*

*Relaxation*



**Glenside Park**

*Local adults and children*

*Uni students  
19-30*

*Local community*

*Spatial Organisation*

## **Demographic**

*Online*

**Research**

*School children*

*Botany*



*What was a mental health*

Glenside Museum

ent

Co-design garden  
with Eco-Club



Local Learning

# Objectives

Mental health history  
research

Herb garden  
for community

# Project Brief



Community  
Meeting

School Children  
Eco-Club



al  
ation

Mental  
Health

# Engagement

earch

Who is  
the  
garden for?

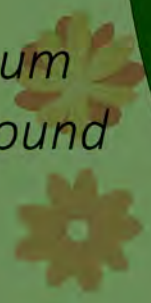
Local Gardeners

Museum  
Background

UWE Green  
Society

Historians and  
Curators

considered  
health issue



# Flora Elements within Architecture

## Assessment Report

### Oak Tree

Location: Railing & Window

Meaning: Strength

Oak has been associated with strength or masculinity as far back as Norse culture.



### Lily (Yellow)

Location: Railing Detail

Meaning: Happiness

Fleur-de-lis were used often in connection with French saints such as the Virgin Mary or Saint Joseph.



### Rose (Red/Crimson)

Location: Rose Window

Meaning: Love/Mourning

Usually depicted the final judgement, this rose window uncommonly depicts Jesus healing the sick.



### ????

Location: Roof Boss

Meaning:

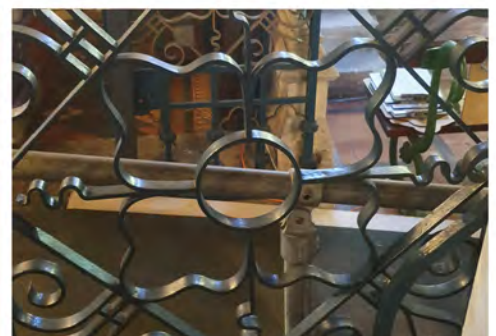


### Poppy

Location: Railing Detail

Meaning: Consolation

In Christianity the poppy is a symbol of the blood of Christ and the sacrifice of his death on Earth.



**Daisy**

Location: Floor Tile  
Meaning: Innocence

Daisies were long associated with the Virgin Mary due to its meanings of innocence, chastity and humility.



**Geranium**

Location: Floor Tiles  
Meaning: Folly/Stupidity



**Rose (Yellow)**

Location: Floor Tiles  
Meaning: Jealousy/Infidelity

Yellow roses have been associated with spiritual enlightenment and were giving to encourage spiritual growth.



**Three-Leaf Clover**

Location: Floor Tile  
Meaning: Think of Me

The Three-Leaf Clover was associated with the Holy Trinity: The Father, The Son & The Holy Spirit.



**????**

Location: Floor Tile  
Meaning:





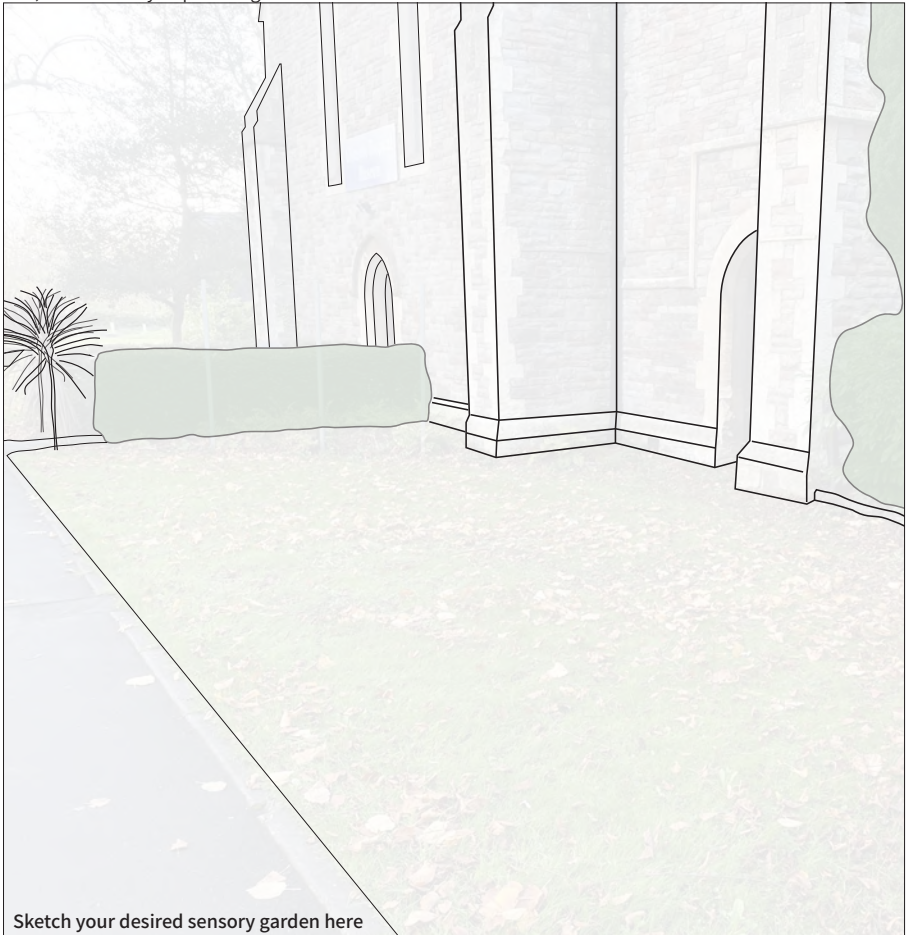
# Eco-Club

**Drawing Exercise:** If you could design the sensory garden, what would you put design?



Draw a plan of your garden

## Top 5 wishes for the Sensory Garden

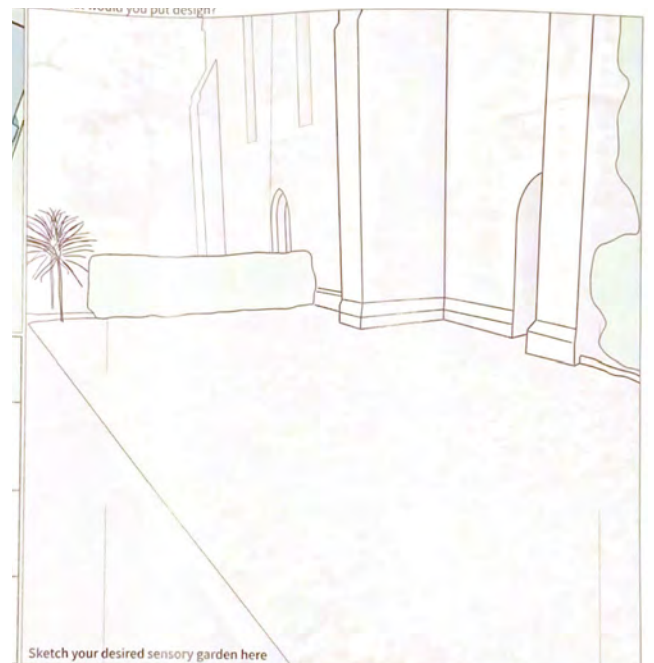
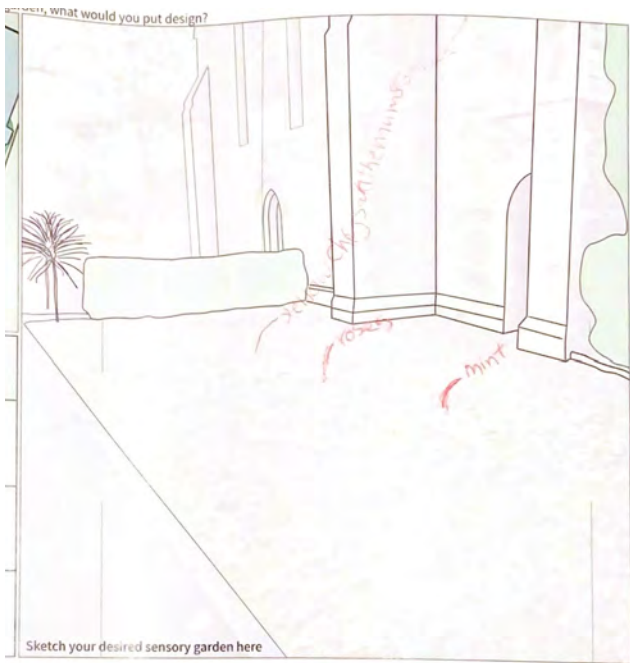
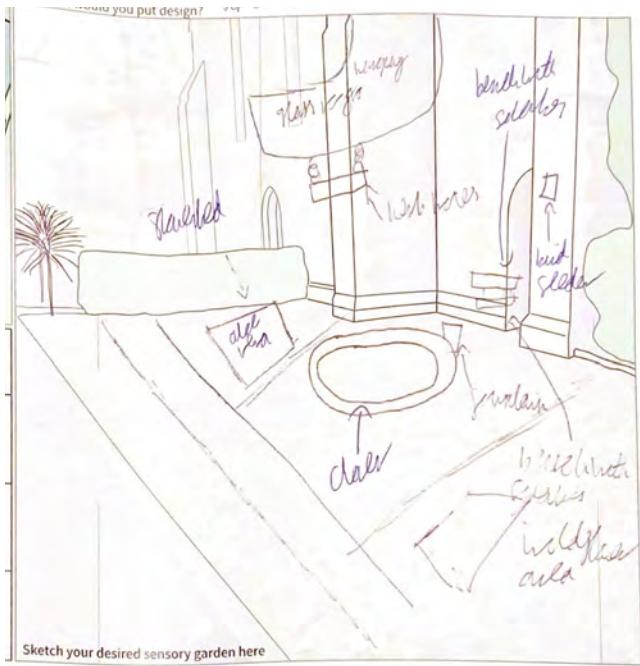



Sketch your desired sensory garden here

## 2.1 Eco Club

We have collaborated with the Eco-club from the local secondary school, Bristol Metropolitan. We have had two meetings with the group to gauge their design wishes for the space. The first session entailed a museum tour, engaging with the current exhibitions and getting a list of first impressions.

The Second session was led by our design team, with aid from Alexis and Jack, 3rd-year UWE History students. We developed two activities for the eco-club; the first was a scavenger hunt of the architectural details within the building that connected the building to nature, and the second was a drawing exercise for the students to engage with that would allow them to draw physically



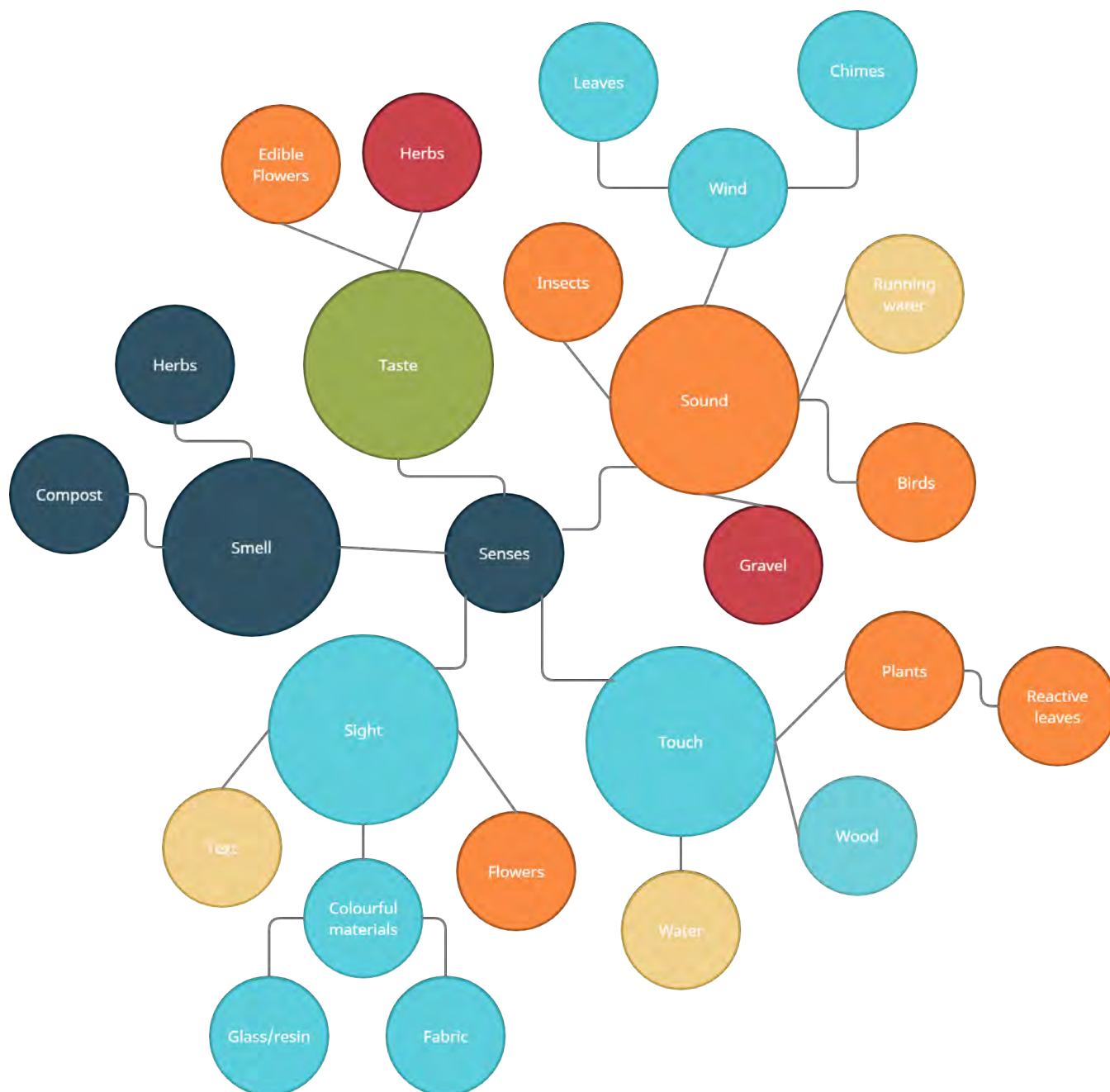
## 2.2 Eco-Clubs Top wishes

During the activity, we asked the eco-club to write down five wishes they would like to see in the sensory garden. We compiled these wishes into a word cloud. The top requests were for permanent seating in the area, an element that includes a body of water with the sounds of running water, and a space to share with the native wildlife, of which birds were most highlighted.



## 2.2 Senses

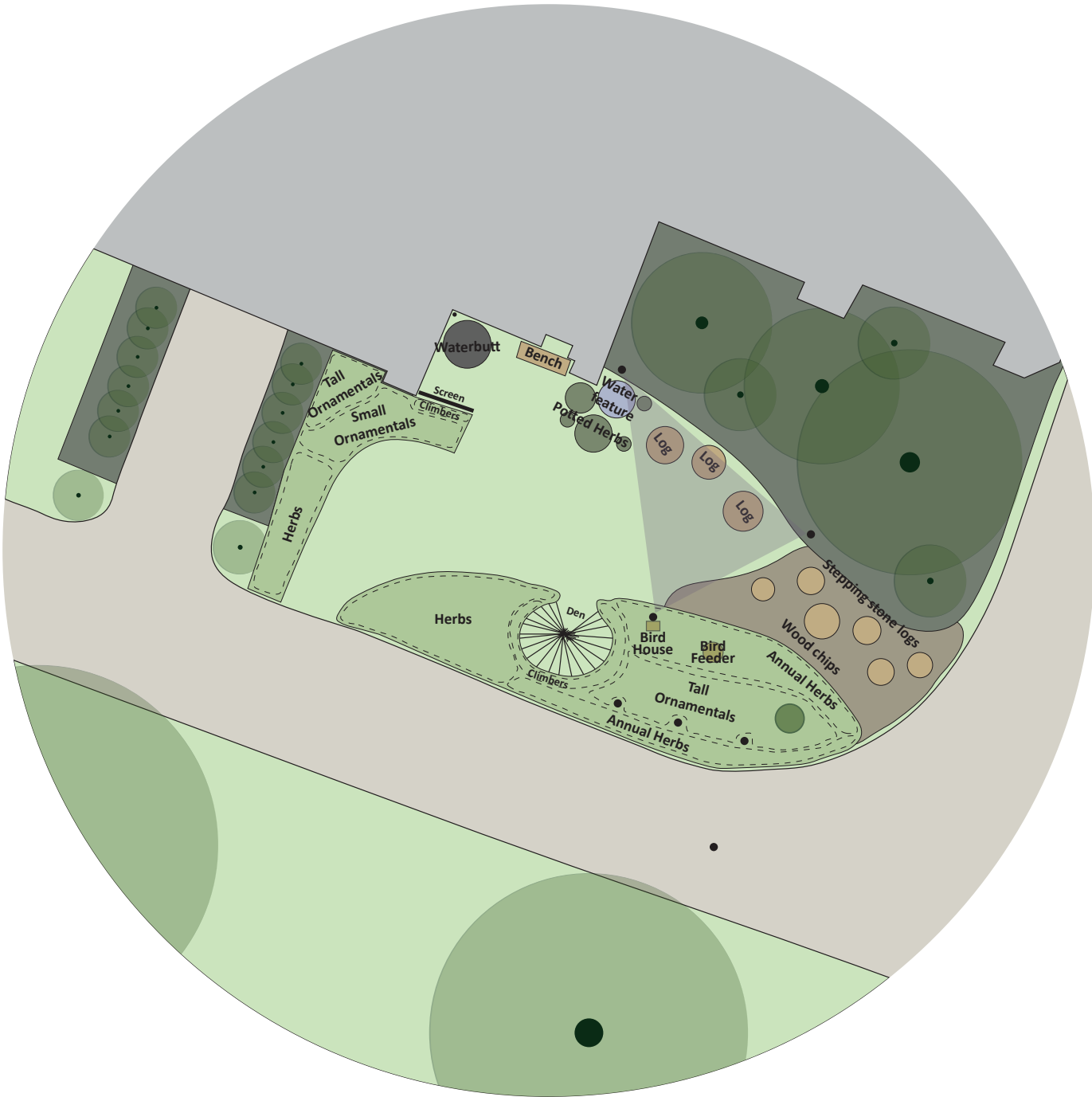
A traditional sensory garden aims to harness all five senses in one space utilising nature. The five senses are; Touch, taste, smell, sound and sight.



## 2.2 Salutogenic approach

Gayle Souter-Brown comments on the 5 key design features that must be achieved when designing a healing garden using a salutogenic approach:

1. The area must be attractive to look at from both within a building, as well as outside for passing people and anyone who interacts with it. It must offer a reason to be outdoors.
2. The area has a function that promotes meaningful activities, offering a healthy and active environment
3. Must be practical. Maintenance required must be minimal and costs are minimised
4. The design should be cost effective. The design needs to be beneficial as a therapeutic environment
5. The space should provide opportunity for rest alongside activity



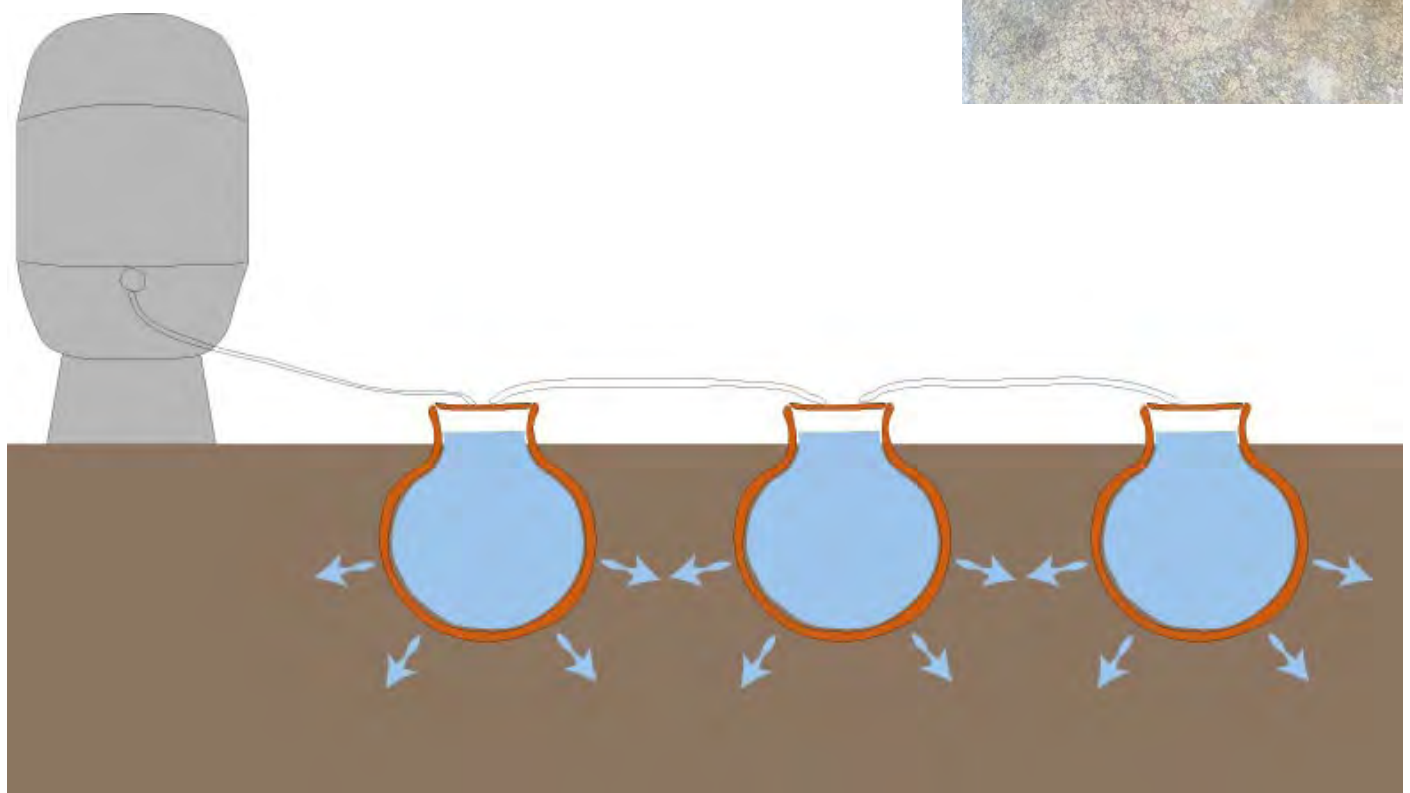
## 2.2 Olla Irrigation

The term olla irrigation comes from the traditional pot style used in the technique. An olla pot is an unglazed terracotta pot with a large bulbous base and a thin neck; the original use of these is as a utensil in the preparation of soups and stews.

A basic olla irrigation system is created when an olla pot is submerged in the earth and filled with water. The unique properties of the unglazed pot allow water to be diffused through the clay walls and pulled into the surrounding earth bed. This creates a 1m<sup>2</sup> area surrounding the olla pot that remains watered but not overwatered to cause root rot.

The olla system can be connected through garden pipes and three-way tap points to allow the water to fill up the pots from a single source. This is a far more sustainable method of watering a garden as the water is only taken as is required for the plants. The plants will be happier as they will receive consistent watering and the pots only need to be filled occasionally. The pots will fill if the system is attached to a water reservoir. You only have to check water levels in a single source.

Olla irrigation can be created using two unglazed terracotta pots and adhering the rims together with a water-proof caulk, then blocking the drainage holes and finally submerging the pots into the ground. Putting a lid on the top of these pots is crucial to ensure they don't become a breeding ground for slugs.



## 2.2 Plant tags

Each herb will be selected specifically for its medicinal use during the Victorian period, and therefore would benefit from having a plant tag that identifies the plant and highlights the uses.

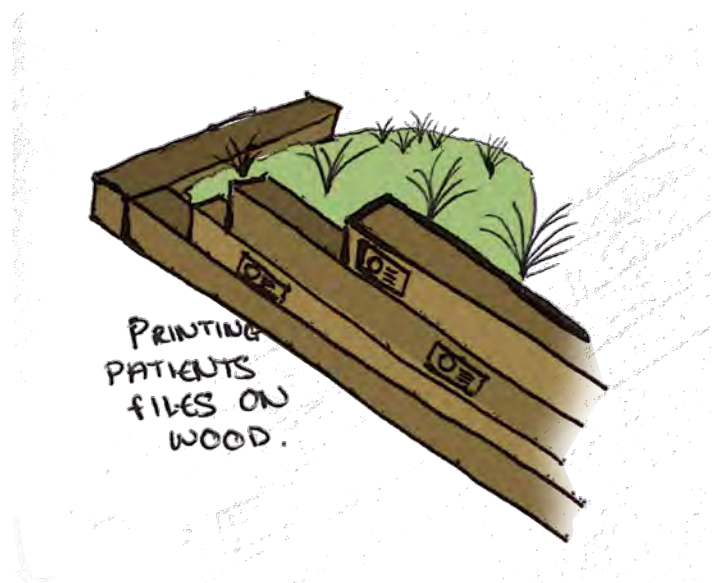
The plant tags would be elevated off the ground and possibly offer a QR code if viewers would like further information on the plants. This would allow the sensory garden to fulfill the additional requirement of an extension to the exhibitions inside.



## 2.2 Patient files onto wood

To make the sensory garden an exhibition element that extends out from the interior exhibition, we have proposed to have a stacked pile of wooden sleepers that create a wall to allow for the garden beds to slope down into the space. The slope would provide architectural interest, as well as creating a subtle feel of an enclosed space that is more separated from the purely public path.

The transfer of the information can be applied to the wooden sleepers by using a thin layer of mod podge and pressing the pages onto the surface. Once cured for 24 hours the paper is able to be softly rubbed away with a wet sponge to leave the ink from the page transferred onto the surface of the sleeper.











Glenside Hospital  
Museum

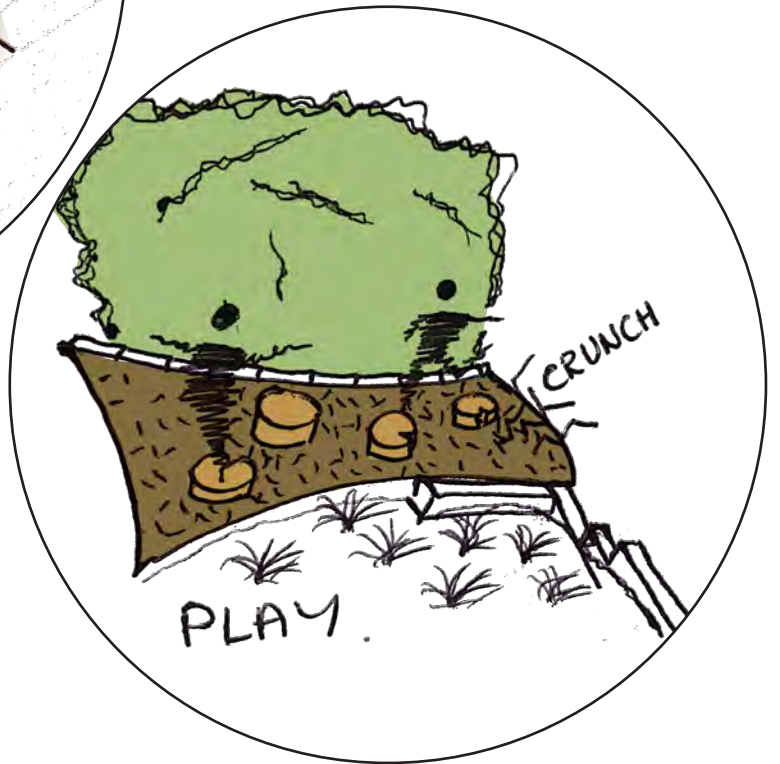
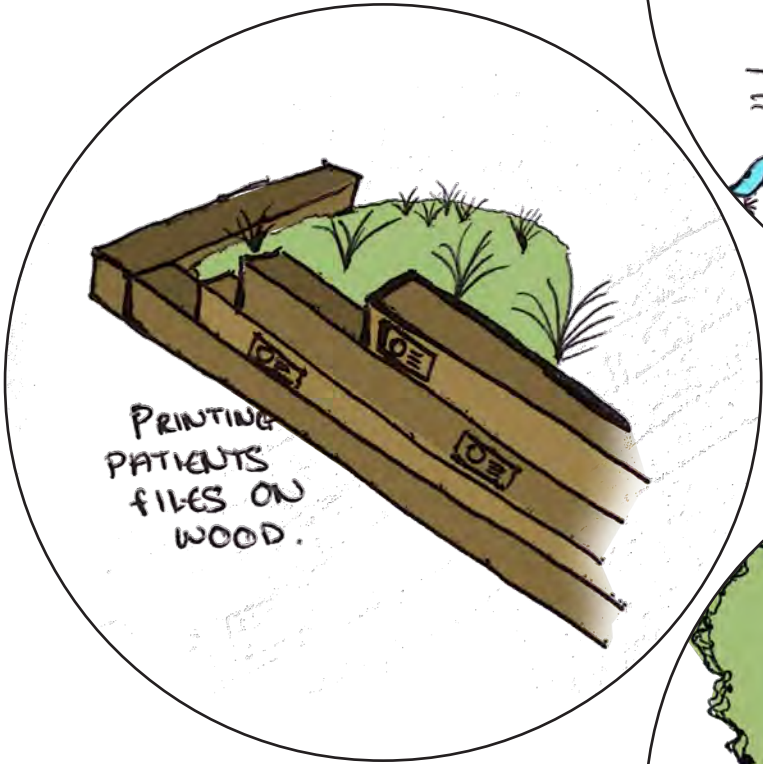


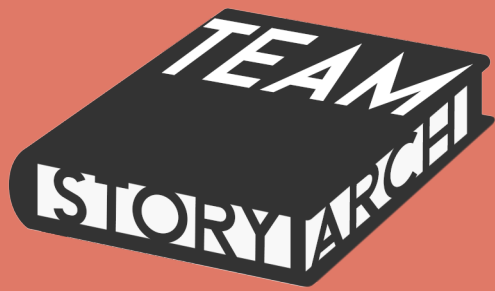
  
Patient bio goes here  
A couple of words to  
explain each patient  
with the PHD files

  
Patient bio goes here  
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explain each patient  
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TEAM STORY-ARCH 2023