

# Mindful Gardens



SENSORY & WELLNESS DESIGN

Information booklet





# Designs That Enrich Your Senses

At Mindful Gardens, we craft unique and personal designs that bring your dream garden to life.

Focusing on sensory and mindfulness, our designs aim to stimulate your senses and soothe your mind. We believe that a garden should be a place of peace and tranquillity, and our designs reflect that.

We can create designs in an array of themes suiting all types of budgets, and we will be with you on your mindfulness journey from design concept to realisation.

RTE Super Garden 2024 finalist Gary Hegarty is the designer behind Mindful Gardens.

With a personal interest and passion for sensory and wellness design, Gary wants to highlight the benefits of bringing mindfulness to your outside space and its importance for those who are neurodiverse.

We can recommend a trusted landscape company, or can provide detailed designs for a landscaper of your choice.

Services we offer: Design Consultation  
Project Management  
Aftercare



**Begin your mindfulness journey and book a 45 minute consultation. We will then create a 2D computer generated plan, including planting plan, of your project based on a brief we develop together to bring your dream space to life.**

We can provide this service on-site (dependant on location) and virtually, throughout the UK and Rep.Ireland.

What you get with this package:

## **ONSITE**

- 45 minute consultation from Gary.
- A project brief created based on your needs and wants.
- Measurements taken of site.
- Photographs of site.
- Site aspect and soil test to ensure plants will thrive.
- 2D computer generated plan, including planting plan, within 10 days.
- Approximate quotation for the build.

## **VIRTUALLY**

- As above, however client will need to supply photos, measurements, and site aspect. We will of course guide you through this.
- Unfortunately soil testing cannot be carried out, we can however examine the type of soil on site during the consultation.

from £150



**Begin your mindfulness journey and book a 60 minute consultation, followed by a further 30 minute virtual presentation, at a time of your convenience. We will present our 3D computer generated design of your outdoor space, including planting plan and reasons for plant choices. At this stage, customer input is welcome, and we can tweak the design if necessary.**

What you get with this package:

## **ONSITE**

- 60 minute consultation from Gary, plus 30 minute virtual presentation
- A project brief created based on your needs and wants.
- Measurements taken of site.
- Photographs of site.
- Site aspect and soil test to ensure plants will thrive.
- 2D computer generated plan, and 3D generated drawings within 14 days.
- Planting plan and building plan.
- Maintenance plan.
- Approximate quotation for the build.

## **VIRTUALLY**

- As above, however client will need to supply photos, measurements, and site aspect. We will of course walk you through this.
- Unfortunately soil testing cannot be carried out, we can however examine the type of soil on site during the consultation.

from £250

**We can help you begin your mindfulness journey when you book a 60 minute consultation, followed by a further 30 minute virtual presentation, at a time of your convenience.**

**We will present our 3D computer generated design of your outdoor space, including planting plan and reasons for plant choices. The client will have ongoing consultation throughout, with unlimited changes to the design. This package also includes the option for us to project manage the build.**

What you get with this package:

#### **ONSITE**

- 60 minute consultation from Gary, plus 30 minute virtual presentation, and further presentation and/or consultation if needed.
- A project brief created based on your needs and wants.
- Measurements taken of site.
- Photographs of site.
- Site aspect and soil test to ensure plants will thrive.
- First draft 2D computer generated plan, and 3D generated drawings within 10 days.
- Planting plan and building plan.
- Maintenance plan.
- Approximate quotation for the build.

### **VIRTUALLY**

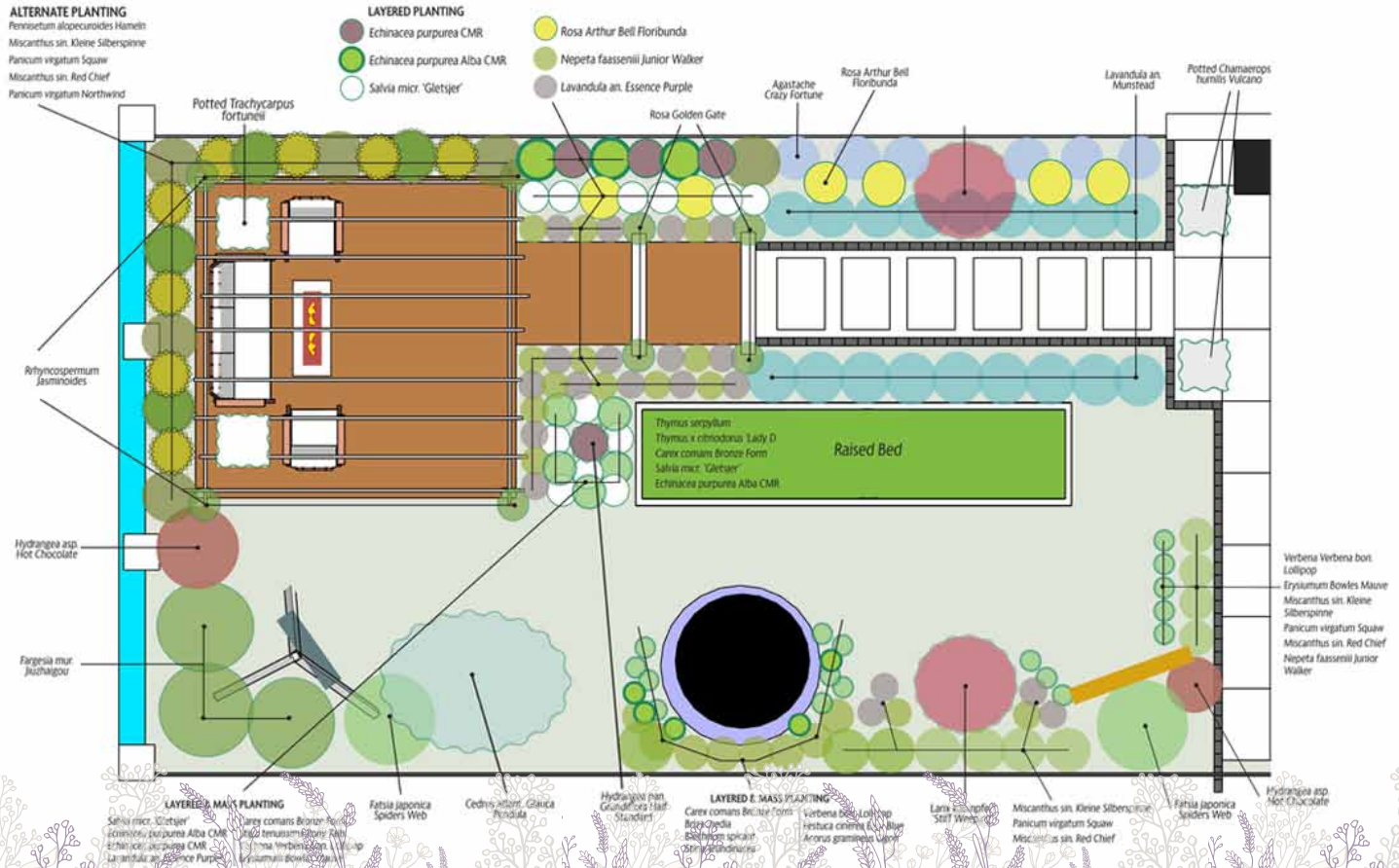
- As listed before, however client will need to supply photos, measurements, and site aspect. We will of course walk you through this.
- Unfortunately soil testing cannot be carried out, we can however examine the type of soil on site during the consultation process.

### **EXTRAS AVAILABLE AT FURTHER COST**

- Project management (only available if site is accessible - We will make visits to the site throughout the time of the build and be on call for the client and landscapers when needed.
- Aftercare - We will be there for you when the build is completed, and inspect the build upon completion. If you have any queries or concerns, we are only one phone call away.

from £500

## Planting Plan



# EXAMPLE 3D DESIGNS

**3D Designs, covering all angles of the garden.** We will provide designs which show many different design perspective of the space and a walk through animation so you can be truly immersed in what will be your dream space.





# EXAMPLE MAINTENANCE PLAN

**In-depth, covering all aspect of the garden maintenance.** Such as: Paint and varnish information, pruning timings and techniques, fertilisers and when to apply, tools to use.



**Climbing Rose & Shrub Rose**

## **SPRING**

To increase flower heads in summer, roses can be fed with a fertiliser (something similar to pe, or right) a minimum of twice a year: once in spring, and once again in mid to late summer.



## **SUMMER**

Feed with fertiliser, increase flower heads by cutting dead or dying flowers from the plant.

## **WINTER**

It is recommended clematis are pruned in late winter/early spring, when the first growth is beginning. This is generally between January and February. Don't worry about cutting back too much. Roses are extremely strong and will grow back.



Above: Cut back stems which look dead, or dying



**Hydrangea Grandiflora Half Standard**

## **SPRING**

To increase flower heads to summer, hydrangeas can be fed with the same feed used on the roses.

## **SUMMER**

Increase flower heads by cutting dead or dying flowers from the plant.

## **AUTUMN**

Deadhead plant to prepare for winter and new growth in spring.



**Jasmine**

## **ADDITIONAL INFO**

Best Summer (2024) when the jasmine starts to decrease in size, it can be separated and tied in using string around the posts, and trained along the pergola roof. In time, the jasmine will cover the entire pergola roof.



**Nepeta**

## **AUTUMN**

Cut back after flowering has finished to keep the plant compact.



**Verbena bonariensis**

## **ADDITIONAL INFO**

Verbena needs very little care, just water in dry spots. They die back in winter and self seed in the spring/summer.

**Lavender** (see info on page 3)

## **ADDITIONAL INFO**

Not to be confused with the plant beside which is Hebe.

