



Social and Therapeutic Garden April News 2026

April 2026

Spring is nature's way of saying 'Let's party!'
Robin Williams



Spring Event Highlights

- **Apr 4**, Easter Egg Hunt - Family Fun day
- **Mar 30 to April 9**, Kids Easter Nature Camps
- **From April 19**, Essential Skills for Creating a Wellbeing Garden
- **From April 19**, The Victorian Kitchen
- **May 16**, Candle Light Within
- **May 17**, Awaken the Senses
- **May 24**, A Deep dive into Dog Rose
- **June 13**, Botanical Sun Printing
- **June 21**, The Bright Nature Spark

Your Support Matters

Every ticket purchased for a Festina Lente Workshop directly supports our charitable mission in equine-assisted learning and social horticulture.

Thank you for helping us grow.

*Warmly,
The Festina Lente Team*

Welcome!

As the first foxgloves begin their ascent in the Festina Lente Walled Garden, we are reminded that Spring is a season of reach—reaching for the sun, reaching for new skills, and reaching out to our community.

This quarter, we invite you and your family to grow alongside us. From our high-energy nature camps to mindful mornings in the garden, there is a place for everyone to bloom.

Our Spring sessions fill up quickly, secure your spot today:
www.eventbrite.ie



www.festinalente.ie

Old Connaught Avenue, Bray, Co. Wicklow, A98 F702



Grow tall and strong this Spring...

This month's feature plant is the Foxglove, *Digitalis purpurea*, spend some time connecting to this wonderful plant

Kids' Corner: The Foxglove Stretch

Try this mindful manifestation with your little ones today

The Affirmation:

"Like the foxglove reaching for the sun, I grow tall, bright, and strong every day."

The Activity:

1. Stand tall with feet shoulder-width apart.
2. Take a deep breath in, imagining you're a tiny seed in the soil.
3. Slowly raise your arms as you breathe out, growing toward the sun.
4. Stretch your fingers wide like blooming petals, smile, and say your affirmation!



Did you know?

Digitalis means 'finger-like' referring to the long tubular flowers



Owen Hartmen

While the children reach upward, take a moment for your own internal spring cleaning:
"What new part of myself am I ready to wake up this spring?"

Feature Plant Guide - *Digitalis purpurea* (Foxglove)



Foxgloves are one of our most beautiful native plants

They can be biennial (completes its lifecycle in 2 years) or short-lived perennials.

Typically, the one we see in our hedgerows and along the margins of woodland is the native biennial *Digitalis purpurea*.

Taking our cues from nature, the foxglove thrives in woodland conditions, dappled to deep shade in acidic soil that is rich in organic matter.

Important note!

Foxgloves are highly toxic if ingested, so always wear gloves when handling plants or seeds.

They are an excellent source of nectar for bumblebees, moths and honeybees.

Despite their toxicity, these plants play a crucial role in medicine, as they contain digitoxin and digoxin, which are significant for treating heart conditions.

Collect seed in autumn and sow autumn or spring, give them plenty of space. For biennial types, sow 2 years in a row for succession flowering.

At this time of year, why not mindfully look out for the basal rosettes of new plants!

