



Workplace Workshops, Events  
+ Nature Away Days //

**HACKNEY  
HERBAL //**



## About Hackney Herbal //

Hackney Herbal is a garden-based social enterprise that promotes wellbeing by connecting people with herbs through creative and nature-based activities. To fund our community work, we sell a range of unique hand packed herbal tea blends and run hands-on workshops that teach people how to use herbs for their own health. 10% of each booking made goes directly to funding the work we do to support people's mental health in Hackney.

Hackney Herbal was established in 2015 to show people how to grow and incorporate herbs into their lifestyles, for health and improved wellbeing. We wanted to show people how abundant herbs were in urban areas, whether that be in private, public and/or community gardens. A core focus of our work since the beginning has been ensuring our work is accessible and freely available to people in our local community.

**HACKNEY  
HERBAL //**



## Workplace Workshops //

Our workshops give participants the chance to take part in a mindful and hands-on activity where they will learn how to use herbs to support their wellbeing. Key themes include herbal tea & remedies, self care and urban gardening. Our workshops are a mix of theory and practical with everyone being supported to make something to take home. Our experienced teachers will share knowledge, tips and ethical practices that support healthy lifestyles for both people and the planet.

**Workplace Wellbeing Workshops** can be designed around the themes of relieving stress, improving sleep & immunity, boosting productivity whilst also giving colleagues some time out together. We can design a quarterly programme for your team in line with the seasons.

**Member Event Workshops** offer a chance for members to connect with each other whilst experiencing a fun and creative activity together. We can design a monthly seasonal programme in-line with any particular themes you are working with.

HACKNEY  
HERBAL //



## Event Workshops //

Event workshops can be tailored to the location, duration and format of your event.

We can provide a more in-formal session incorporating simple activities that can be completed in 5 - 15 minutes (drop-in style). They work well for public or larger events where the aim is to accommodate larger numbers of people over a period of time. Participants are shown and supported to make their own customised herbal products to take home.

Sessions include:

- Herbal tea blending
- Aromatherapy spray making
- Bath soaks
- Urban gardening
- Herb growing



**HACKNEY  
HERBAL //**



## Nature Away Days //

Our Nature Away Days provide an off-site opportunity to get away from the workplace and really switch off whilst surrounded by nature. These sessions are designed to have a positive effect on staff's physical and mental wellbeing, provide a fresh and inspiring space for new ideas and support team bonding and connection. We believe it is important to offer restorative spaces for people to connect with nature.



These sessions feature a range of nature-immersive experiences including Grounding Meditations, Tea Tasting, Plant Identification, Herbal Remedies, Wildlife Spotting and Land Art. Half Day or Full Day Options.

These sessions take place at either our garden in Hackney Wick, East London or around the Hackney Marshes/River Lea area. We can also curate a nature immersive experience in a green space of your own choice too.



**HACKNEY  
HERBAL //**

## Seasonal Workshops //



### Spring

- Growing Your Own Herbs
- Herbal Teas - Spring Detox
- Awakening the Senses: Nature Away Days
- Skin Remedies - Balms and Bath Soaks



### Summer

- Fresh Herbal Tonics
- Urban Gardening
- Self Care: Relax & Restore
- Herb Walks (off-site)



### Autumn

- Indoor Gardening: Microgreens
- Immunity Boosting Remedies: Fire Cider
- Teas and Tonics for Seasonal Shifts



### Winter

- Self Care: Keeping Warm and Well
- Making Your Own Gifts
- Remedies for Seasonal Colds and Flu
- Aromatherapy for Stress and Relaxation

*“We really enjoyed our nature connectedness morning with Hackney Herbal for our team away day. We particularly loved the 'meet the tree' exercise, and also trying the foraged tea. We'd love to come back in future, thank you Nat!”*

**Elodie Read, Subak**

*“This was the second session that Nat held for COS, after such great feedback from our first session back in the summer. We focused on seasonal growing, harvesting plans and mindful moments in nature. Attendees responded with how informative and useful the session was.”*

**Annabelle Brown, COS**

*“A big thank you to Nat and the team for showing us how to make herbal teas and relaxation sprays. It was very well executed and lots of fun.”*

**Naana Appiateng, PWC**

Royal Botanic Gardens  
**Kew**

STELLA  
McCARTNEY

  
**THE NED**  
LONDON

 **bumble**

 **RHS**

 **SoftBank**

The House of  
St Barnabas  
LONDON

**LUSH**

 **pwc**

 **Chelsea Physic Garden**  
FOUNDED 1673

**Westfield**

**TOAST**

**Bank of England**

  
SOHO HOUSE

**barbican**

 **Spotify**

**AECOM**



**GARDEN MUSEUM**

**COS**

**SELFRIDGES & CO**



[Click for a snapshot of how our workshops look and feel](#)





[Make an enquiry](#)

**HACKNEY  
HERBAL //**

[www.hackneyherbal.com](http://www.hackneyherbal.com)

hello@hackneyherbal.com