

## Green Spaces Trail

The Kingston Hospital site has designated gardens and some lovely green spaces that are tucked away. This '11 step' trail guide will take you around the site and familiarise you with what is on offer. The 'Green Spaces Trail' map numbers correspond to the following:

1. Starting at front of the hospital, as you walk out of the main entrance, turn right down the slope to the maternity garden on the corner, check out their new trees and raised beds.



2. Turn right and walk towards the Aspen Unit. There are some planters around the building which are gradually filling in with small trees and shrubs. You will pass the Royal Eye Unit mini-garden – you can do a lot with a wooden planter!



3. Behind the Aspen unit, next the 'Admission on the Day' area is the new Esher Garden. You have to walk around the wooden bike shed, but you will find get there. It features large planters with flowers and shrubs for all seasons. It is a quiet and easily accessible space with picnic benches.



4. Pop back across the carpark to the Garden of Reflection behind Bernard Meade Wing & REU, and take a breather on the benches amongst the trees and planters. There are also picnic tables there to have lunch. This garden is right next to another secure cycle shed, so if you are a cyclist there are some safe places to leave your bike.



5. Some discovery now. Navigate across the carpark under the walkways going toward the Surgical Centre. Opposite the Physiotherapy entrance, at the end of the red brick building is a walkway beside the blue storage container. This is the Pharmacy Garden where you can check out their veg patch and tomatoes competition, and have seat at the cable-reel table.



6. As you come out of this garden turn right and walk along the path across the back of the Princess Alexandra Wing. Past the cycle rack there is a lovely tree with picnic benches. Just past this, turn sharp right under the raised walkway, up what looks like a brick alleyway. You emerge into a little gem, the Haven Garden with its water feature, all cared for by the Dental Team. It's quiet and secluded.

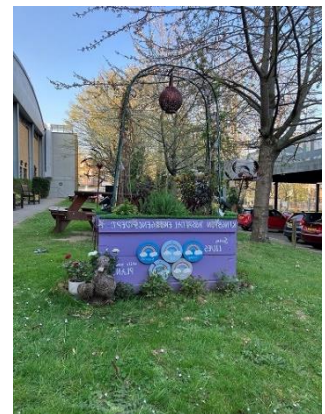




- 7.** Come out and cross to Vera Brown House, around the two-level carpark. There are trees and picnic benches outside. If you go to the right-hand end of VBH, you can pass alongside the Regent Unit and circle round behind the building. Here you will find some large trees and some very friendly squirrels fed by the IT team. It's OK to go round there although it looks a bit closed off.



- 8.** Now head back toward the rear of the Emergency Dept building, back to the other side of the two-level carpark again. Immediately behind the carpark is the narrow ED garden with some picnic benches – a good place to catch the sun at lunchtime.



- 9.** Walk round on the narrow path, following the 'Wolverton Centre' sign. This pathway turns right towards a beautiful Willow tree, this is another staff garden area, used a lot at lunchtimes. It is outside the rear of the Occupational Therapy & JADT building.



- 10.** To your left is a car park area that used to be tennis courts. If you take the left pathway under the Willow tree, it leads around a woodland walk - listen to the parakeets who live in the canopy above you. This area has picnic benches and despite being next to a busy road, can be quite peaceful. This is the location of the hospital Memory Tree sculpture.



If you head up the sloping path at the top, you are on the Elizabeth Garden terrace, a great place to stop for lunch, or a team get-together. There is a covered pergola area if it is raining.



- 11.** Time to get back to where you started, so walk along the tree line of the flats on your left (you will see vines and grapes above in the latter part of the summer). You can admire the mixed flower beds around the Willow and Outpatients buildings. There are planters and benches all the way along your journey back to the main entrance.

