

# Growing Better Together!



1 and 2. Mary and John - A retired couple who enjoy connecting with others and like to feel that they are doing something that is purposeful and benefits the community. Mainly interested in growing garden flowers.

3. Barry - Recovering from a major illness and gradually getting his life back together. Gardening helps to build himself back up to full strength, by keeping physically active, whilst enjoying the benefits of healthy open air.

4. Robin - Requires gentle activity to help cope with a weight problem that is affecting his general health.

5. Kate - A part time health worker who is interested in helping the community, and learning new skills by growing organic and wholesome produce.

6. Tom - Has learning difficulties but likes helping with gardening and being involved in group activities.

7. Richard - Enjoys spending his spare time working with an outdoor community and learning to relax.

8. Peter - Retired and relatively frail but finds that keeping active is important for wellbeing.

9. Pat - Recently bereaved and finds that community gardening is a great coping mechanism.

10. Katey - Likes healthy eating and growing her own food. Being a single parent with limited income she finds that community gardening helps extend her budget.

## Join a gardening community near you

### The NHS five steps to mental wellbeing

**1. Connect with other people**

**2. Be physically active**

**3. Learn new skills**

**4. Give to others**

**5. Pay attention to the present moment (mindfulness)**

The burden on NHS care is unlikely to lessen no matter how much money is invested in improving the situation and a radical change in thinking is required about ways in which society can provide for itself by promoting initiatives such as community gardening.