

Gardening and your wellbeing

what can you do?



Gardens and gardening can make us feel better and anyone, anywhere can enjoy their positive benefits.



EAT HEALTHY

Growing your own fruit and vegetables is one of the best ways to improve health and wellbeing for you and your family. To get your five a day you can grow lettuces, radishes and salad onions indoors during cold weather even if you only have patio containers or tubs on balconies.

START GROWING

Growing your own plants and flowers is hugely rewarding, bringing all sorts of health and wellbeing benefits. If you're not quite sure where to start, why not fill containers including window-boxes and hanging baskets with flowers. Early May is the ideal time to grow colourful flowers.

BE SOCIAL

Join a community gardening project online. Engaging with new people can relieve stress, provide comfort and prevent loneliness and isolation.

GET LEARNING

Grow your knowledge and skills by signing up to a gardening course. Learning something new can be hugely rewarding and great for mental health.

Whether you're inside or outdoors, get stuck in!

**NATIONAL
GARDENING WEEK
29 APRIL-2 MAY**

