



# NATURE FRIENDLY GARDEN

**HOW COMMUNITY GARDENS HELP PRESERVE NATURE AND ENRICH PEOPLE'S LIVES**

**Let's Grow Together:  
A Community Garden for All**

Discover the power of community gardening to enrich lives and strengthen bonds. Explore its many benefits, from reusing resources and nurturing wildlife to fostering wellbeing and community spirit.

Engage with nature, volunteer, or garden - there's a way for everyone to get involved. Together, we can flourish and create a greener, more vibrant world!



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# Enriching Communities



## FOOD LARDER

Community gardens cultivate fresh produce for food larders, providing food to those in need.



## COMMUNITY HUB

This is a place where people from all walks of life come together, connect and build relationships.



## SEED LIBRARY

People can borrow and deposit seeds here. This promotes gardening, preserves varieties, and encourages self-sufficiency.



## WORKSHOPS

Workshops can be held on gardening, sustainability, and all sorts of fun activities.



## INTERGENERATION

Community gardens serve as a common ground for people of all ages to connect with, learn from and inspire one another.



## SHARING MEALS

Producing fresh ingredients for the kitchen helps reduce food waste, create jobs and dish up a sense of belonging.





### HEALTHY EATING

Better access to fresh produce, learning about nutrition and deepening our connection to food all help to promote healthy eating.



### BOOST BRAIN HEALTH

Physical activity, mental stimulation, stress reduction and social interaction in the garden can help support brain health and protect against cognitive decline.



### IMMUNITY BOOST

Fresh nutrition, exercise and lower stress in a social setting can strengthen our immune system.



### FLEXIBILITY

Tasks in the garden involve a range of movements that can help improve body flexibility.



### MOOD ENHANCER

Gaining a sense of accomplishment, connecting with nature and social interaction enhance our mood.



### PHYSICAL STRENGTH

Gardening offers a full-body workout, which improves strength, cardiovascular health and coordination.

# Promoting Health & Wellbeing





# Reusing Resources



## COMPOST FERTILISER

Composting food and garden waste enhances soil by providing nutrients, improving structure, and reducing pests.



## RAIN COLLECTION

Collecting rainwater in barrels or cisterns is a simple and effective way to store and reuse water for gardening tasks.



## WOOD CHIPS

Mulch protects soil against temperature fluctuations. As it decomposes, it adds organic matter to the soil. It is also a great substrate for growing mushrooms.



## COFFEE GROUND

Coffee grounds improve soil fertility, retain soil moisture, repel slugs and snails, and provide food for worms.



## SHEEP WOOL

Sheep wool can be used as a mulch to protect plants from temperature shifts, fertilise soil and deter slugs and snails.



## SEAWEED

Seaweed contains plant growth hormones that promote healthy plant growth. It also improves soil structure.





### FROG BOG

Frogs can benefit from ponds and native plants that offer cover and moisture. A diverse garden supports a wider range of amphibian species.



### BAT FRIENDLY

A variety of trees and shrubs can form suitable shelters for bats. Additionally, bats can feed on various insect populations.



### HEDGEHOG

A garden with native plants and undisturbed areas can form a habitat for hedgehogs, which can eat insects, worms, slugs and fruits.



### BIRD FRIENDLY

Planting native trees and bushes gives birds food and shelter whilst encouraging biodiversity. Birds help control pests and pollinate flowers.



### BEE FRIENDLY

Bee hotels serve as nesting spaces. Bees feed on nectar and pollen from a variety of flowering plants. By pollinating crops, bees increase yields, quality and fruit size.



### WORMERY

Worms provide nutrient-rich compost, improving soil health and plant growth. A wormery also reduces food waste.

# Nurturing Wildlife





# WANT TO CREATE A NATURE-FRIENDLY GARDEN? EXPLORE THESE LINKS FOR INSPIRATION AND TIPS!



## The Wildlife Trusts

The Wildlife Trusts is a movement made up of 46 Wildlife Trusts: independent charities with a shared mission.

<https://www.wildlifetrusts.org/>

## Wild About Gardens

The Wildlife Trusts and RHS set up Wild About Gardens to celebrate wildlife gardening and to encourage people to use their gardens to take action to help support nature.

<https://www.wildaboutgardens.org.uk/>



## RHS

The Royal Horticultural Society is the UK's leading gardening charity. It aims to enrich everyone's life through plants, and make the UK a greener and more beautiful place.

<https://www.rhs.org.uk/>



## Keep Scotland Beautiful

Keep Scotland Beautiful is an environmental charity based in Scotland, which aims to make Scotland a cleaner, greener and more sustainable place to live, work and visit.

<https://www.keepsotlandbeautiful.org/>

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