

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

NATURE FRIENDLY GARDEN

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

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.

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 nurturing wildlife to fostering resources 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!

Nurturing Wildlife



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