



Report to the Nineveh Trust on the use of the grant of £1640 received June 2021 by the Friendly Gardeners Group

This grant enabled the Friendly Gardeners Group to continue for the whole of the planned season for 2021, ie 35 Friday sessions.

Funds to pay for hire of the premises had already been obtained. The grant of £1640 went towards staff costs (total £2040); the balance was raised through donations and grants already obtained.

Six members have enjoyed the group over the year (March – October inclusive). In addition to sessions at the regular site, we have also enjoyed two Tree Walks in the locality – members were introduced to local places that they had not known before. Members were also referred to other local activities, such as Singing for Health, and some took those up.

Many of the activities have of course involved gardening, but there have also been creative activities such as using celandine sap to do simple illustrations, and a joint dried flower collage, and also constructing a plant display unit.

Members of the group who have completed the review questionnaire all strongly agreed that coming to the FGG:

helped to improve their health and wellbeing

gave them things to look forward to

helped them feel less lonely

and that they are very satisfied with the FGG.

*Case study*

A has fibromyalgia. She has been attending regularly since August 2019. She represented the FGG on a stall at the Town Meal, telling people about its benefits.

At her review at the end of 2021, she wrote that



*It has given me an interest in plants, gardens and growing flowers and veg, which has developed a lot at home and got me outside, in nature, being active and focused on external things. I've learned a great deal, and gained confidence in my knowledge. Connecting with people without pressure is very helpful and the group is so accepting and supportive under the gentle, attentive guidance of Christina who plans every detail of each session to perfection. I really look forward to attending each week as it really lives up to its name!*

*We are so lucky to have indoor and outdoor space to be in, the venue is ideal. There are always options of activities and the group is always consulted on what we would like to do, if anything. All abilities are catered for and made allowances for. Being given veg and fruit that we have grown to eat is a bonus as is being given plants to take home, which kindles the interest in keeping them alive and growing them on!*

The FGG is very grateful to the Nineveh Trust for its support.



Collage made by the FGG from plants dried by the FGG