

Come and join our FREE class for patients and carers at **ellenor** Gravesend – every Tuesday afternoon from 1:30pm to 3pm.



EVERYTHING IN THE GARDEN IS ROSY

Something of a revolution is afoot in the world of gardening – and **ellenor** is naturally at the forefront. More and more of us are coming to appreciate the huge benefits of getting outdoors. A growing body of research demonstrates that time spent enjoying nature boosts both our skills and knowledge, and our mental and physical wellbeing.

In August last year, **ellenor** Wellbeing Services created the Green Shoots gardening group for patients and carers, facilitated by remarkable therapeutic horticulturalist Alison Marsden.

Our Green Shoots gardeners not only keep the gardens at **ellenor** Gravesend looking beautiful, but also enjoy socialising with one another whilst learning new skills. If they wish, they can also create and plant memories for their loved ones.

In order to cater for all abilities, each session is held at tables with a focus on growing in pots. But that has not limited our

ambition and this summer has seen us harvest potatoes and runner beans, alongside a tower of fragrant sweet peas – vibrant orange, of course!

Green Shoots gives people space to come to terms with life-limiting illness and an invaluable opportunity to recognise the importance of time by savouring the passing seasons.



Dr Russ Hargreaves,
Head of Wellbeing

