



Time Out

Time Out is a free 2 hour session on Fridays from 10am-12pm, for armed forces veterans or emergency services personnel.



TIME OUT

Gardening group for veterans & emergency services personnel

Communigrow, East Malling, Kent
info@communigrow.org.uk

www.communigrow.org.uk

How can gardening help veterans & ex-emergency services personnel?

Communigrow Trustee and local GP, Dr Becky Prince says,

“Therapeutic gardening has proven positive effects on both physical and psychological well-being.



Being active outdoors, amongst nature and other people with shared experiences, is hugely beneficial.”

At Communigrow we combine gardening with many practical and garden DIY projects such as constructing and repairing sheds/stores, building growing beds, maintaining our polytunnels, creating a sensory garden.

These are projects the group can really get stuck into, working alongside others who have been through similar experiences while at the same time making a difference to the local community.

Importantly - there will always be a cup of tea and somewhere tranquil to sit and chat or just sit in a safe and calming natural space.

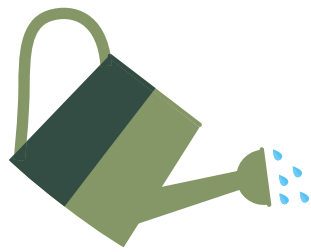


PROVEN BENEFITS

Recent research, backed up by the Royal Horticultural Society and the NHS, has evidenced the overwhelmingly positive impact of gardening and nature on mental and physical wellbeing.

Incredibly, research has suggested that frequent human contact with the microbes in soil results in a higher production of serotonin, mirroring the calming and mood enhancing effect of antidepressants.

About Communigrow



A calming space to get
your hands in the soil,
your feet on the ground and
your mind in the moment

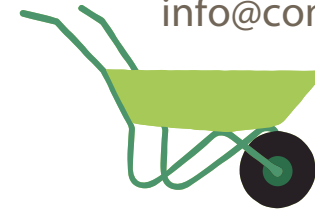
Communigrow is a sustainable food education charity in East Malling, Kent. We have been providing 'green therapy' in the local community for the last 14 years.

Our key aim has always been to grow fresh food in an environmentally sustainable way in partnership with the natural world.

We now realise the equally important by-product of our aim is 'Therapeutic Gardening.' Improving our beneficiaries' mental and physical wellbeing, and reconnecting them with the natural world.



If you are interested in finding out more or want to attend a session, email info@communigrow.org.uk



These sessions have kindly been supported by TMBC with funding from the UK Government People and Skills Fund



www.tmbc.gov.uk

Get in Touch



Website
www.communigrow.org.uk



Email
info@communigrow.org.uk



Address
East Malling, Kent

