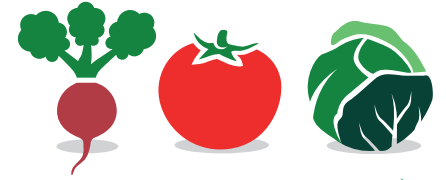




# GROW WELL COMMUNITY NEWSLETTER



Grow Well is a health and well-being project offering supported gardening sessions for anyone living in Southwest Cardiff. Come along – no previous experience necessary – and enjoy nature, good company & a great cuppa. Individuals can self refer or be referred via a health professional.

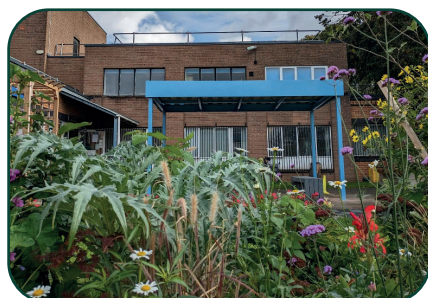
## A Year of Many Highlights

It's been an exciting and award winning 2023 for our Grow Well gardens, thanks to the hard work of volunteer participants across our sites and fantastic support from the SW Cluster and other key partners.

We were awarded the prestigious Green Flag status across our sites, with our Grow Well Riverside garden receiving the award for the first time.

We also received a CLAS (Community Land Advisory Service) Award which recognises the efforts of the community in managing a green space.

Most recently in Riverside we received an 'Outstanding Award' in the RHS and BBC's The One Show Growing Together 2023 Award for Community Gardening. We were so proud to showcase the garden and the stories of people whose lives have been transformed from being in nature and connecting to plants and people.



## Creative Grow Well

Thanks to additional funding from the **Cardiff SW Cluster Health and Wellbeing** we are able to bring nature indoors again this winter following a successful pilot project in Winter 2022 of our health & wellbeing art based group.

The sessions offer participants a chance to learn something new, meet/socialise with people and share some freshly made refreshments including home made soup. All sessions take place indoors at Wesley Methodist Church, Canton on Thursday afternoons 1-3pm. There will be a range of different workshops including, printmaking, herbal hand warmers and bath salts, felting, clay work, painting and drawing.

**We have three remaining sessions of the winter left, on 8th, 22nd and 29th February so contact Ali on 07594761669 to book a place.**

The project is aimed to enable people to build social connections, reduce isolation and most importantly have a good time! We then hope that participants will naturally join us in our Grow Well gardens from the Spring when the weather warms.



## Meet a volunteer... Geoff's story

Geoff joined the Grow Well team as a volunteer in July 2021 following a serious stroke, he credits the garden as a big part of his recovery, getting used to moving, building confidence and meeting people again. Just recently he became a Lead Volunteer in the project and also joined the Grow Cardiff Board of Trustees. You could say he's an all round good egg!

Geoff specialises in reusing materials in the garden and has a love of art and mosaics. Even though he says 'I don't do gardening' his input into the garden at Lansdowne Surgery is unmistakable. He has a real passion for projects like ours and the Health Meadow in Llandough. His personality is so important with new people coming into the garden, where they'll receive a warm welcome, a big smile and a hot cup of tea from Geoff.

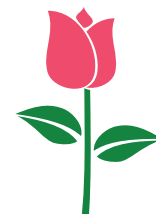
# Winter growing and plans for 2024

We will be in our Grow Well gardens across the winter staying warm by having garden soup and planting all our spring bulbs, plus harvesting our nutritious winter crops.

In the first quarter of 2024 we will also be planning some exciting collaborations. We have a fantastic **landscaping and design opportunity** at our Dusty/ACE garden to enable us to welcome lots more visitors who have barriers to attending or challenges with their mobility, plus increase our **food production** substantially thanks to grants from **C3SC** and **Keep Wales Tidy** respectively.

After consulting with our group participants/partners, some great suggestions are to install nature ponds, more wildflower meadows, fruit trees, hedging/habitat, green roofs, maximise water harvesting and excitingly cut flower gardens so people can pick their own posies.

Anyone **living or registered** with a GP in the SW Cluster; Ely/ Caerau, Pontcanna/Canton and Riverside can join our groups and support this work which will bring people and plants together, plus help to green up and drive sustainability across our communities.



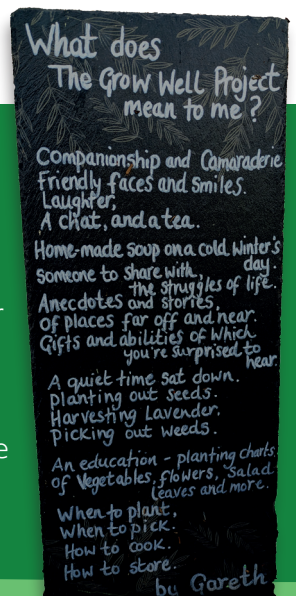
Please contact [growwell@growcardiff.org](mailto:growwell@growcardiff.org) or our Grow Well Co-ordinator Chris Miller on **07935734577** for more information.

- For **garden sessions times** and **project information** [click here](#).
- **Referrers** please [click here](#).
- For **Creative Grow Well information** English [Click here](#) | Welsh [Click here](#)

## A thank you to our funders

Grow Cardiff are thrilled to be one of just ten projects across the UK to be awarded 2 years' funding for our Grow Well project in partnership with Cardiff & Vale Health Charity, from the Greener Communities Fund, supported by NHS Charities Together in partnership with Hubbub and Starbucks.

We have also been awarded funding through the National Lottery People's Project. Together this funding will be transformational for the Grow Well project. It will enable us to change spaces into green oases with local people and through therapeutic gardening together, significantly improve people's health and well-being.



If you would like to become a member or to find out more, go to [www.growcardiff.org](http://www.growcardiff.org)

### Our Funders

