



# GROW WELL COMMUNITY NEWSLETTER



Grow Well is a health and well-being project offering supported gardening sessions to anyone living in Central or South/South West 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.

## Garden Transformation

Following a winter/spring of planning and action, we were delighted to relaunch our ACE/Dusty Forge Grow Well garden in June 2024, welcoming lots of people to a co-produced garden space with safe access routes, enhanced biodiversity and new structures to support community food growing. We're thrilled to be shortlisted for a **Tidy Wales Transformation Award** this Autumn, in recognition of all the hard work to transform this garden.

Thanks to all our partners for their support and particularly to C3SC, Cardiff Council and Keep Wales Tidy for the funding. Please pop in on a Monday at ACE between 10:30 and 3pm if you would like to meet the Grow Well team and some of our brilliant volunteers.





# 'NEW' Cardiff City & South Primary Care Cluster

We are delighted to have opened a 4th Grow Well community garden site this summer within the City & South Cluster (Grangetown, Butetown, Cardiff Bay and Central Cardiff).

We are based at Grange Medical Practice, Bishop Street, Cardiff CF11 6PG on Thursday afternoons from 1-3pm.

If you live or are registered with a GP in these areas, please get in touch or drop in to one of our sessions. You can also be referred by a GP/Health Professional.

We're looking forward to celebrating our harvest this Autumn and welcoming the community into the garden to help us shape the future of this site, with a design overhaul over Winter/Spring'25 planned to improve accessibility and layout.



## Wildlife Corner

We always keep nature in mind in our gardens, planting to encourage pollinators and creating habitats for our native wildlife to shelter in. Here are some of the visitors we've spotted so far in the gardens this year. Please send us your photos or tag [@growwellcardiff](https://www.instagram.com/growwellcardiff) if you've spotted any creatures in our gardens, we'd love to see your pictures.





## Patient Story

The Grow Well project is such a great space: a group of people, with a shared love of gardening, keen to understand everyone's stories – over a nice cup of tea (or homemade soup!)

My GP recommended the Grow Well project to me and I've been coming ever since. For me it's something unique in my life, separate to my work and personal life. It's a chance to step outside my normal routines and focus on something different.

Attending the group each week, I feel part of something special. We all have different reasons for being there and we all have something unique we bring to the group. I'm continually learning different things about gardening and I love seeing how the garden develops over time. I've particularly enjoyed watching my nasturtiums grow! I still struggle with my anxiety from time to time and I have really valued being able to sit down and talk it through if I need to. The staff are always on hand to offer help and support and I never feel judged for having a bad day.

Overall, I feel the project has done wonders for my confidence – so much so that I even took it upon myself to tidy up my street in the summer. I cleared overgrowth, twigs, moss, and cleared kerbs. Many of the neighbours thanked me for my efforts and a couple even came to help! If it wasn't for the Grow Well project, I likely wouldn't have done it, so I am very grateful to them for that.



For anyone in a similar position who either likes gardening, being outside, or just simply being around others for company and a nice warm drink, I would definitely recommend the Grow Well project.

**Nick**

## Wellbeing Boost

Did you know that listening to birdsong has proved to be soothing? A Swedish study showed that after completing a stressful task, participants who listened to natural sounds had the fastest drop in their stress levels, compared to those who listened to traffic noise, a ventilation unit, and a splashing fountain.

Our volunteers enjoy looking after the birds that visit our gardens, you might need to be patient to wait for them to appear, but even in a busy city like Cardiff, they are all around. There are apps that can help you identify birds from their songs:

[BirdNET Sound ID – The easiest way to identify birds by sound.](#)





# How much food can we grow?

This year, we have challenged ourselves to weigh all of the food we grow at the Grow Well gardens. We did this previously in 2021 and recorded a harvest of 66.3kg from 2 gardens.

How will we do this year?

Which garden will be top of our leaderboard?



## 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.



Please contact [growwell@growcardiff.org](mailto:growwell@growcardiff.org) or our Grow Well Co-ordinator Chris Miller on 07935 734 577 for more information.

- For **Grow Well** Health & Wellbeing session times in the **South West** please [click here](#).
- For **Grow Well** Health & Wellbeing session times in the **City & South** please [click here](#).
- **Referrers** please [click here](#) for **more information about the project**.
- We are delighted to announce we will be running our **FREE Indoor nature based Arts & Crafts** sessions again this Autumn/Winter 24/25. For '**Creative Grow Well**' Session information and **how to book** please [click here](#).

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

### Our Funders

