What people say about New Shoots

"When I came to the Triangle Garden my mental health was poor, I constantly felt tired and anxious and felt I had no time or motivation to do anything about it.

"Initially, just meeting the staff and volunteers was reassuring, as they were all friendly and calm with a passion for the project that was contagious.

"Steve spent time showing me around the forest garden and sharing his knowledge and enthusiasm about the different plants, their purpose within the garden, what they produced and how this was used. It was fascinating and inspiring, a magical place to forget the stresses of daily life and feel at one with nature.

"I joined the New Shoots programme and started to look forward to this time every week when I could feel calm and energised. As someone with a sedentary lifestyle these sessions provided a good variety of activity to improve my physical as well as my mental health. I learn something new each week about gardening and nature, which has motivated me to get out walking more in nature and grow my own food this year."

Who can New Shoots help?

If you're a carer who needs a break or a wellbeing boost, or just to get out and spend time doing mindful tasks in nature with others in similar situations, then New Shoots could be for you!

How can I sign up?

If you'd like to sign up for our next six-week block please contact our Project Manager - details below.

We will guide you through the simple sign up process and let you know when the next New Shoots block will start. This is a fully funded project with an up-front payment of £30pp, refundable on attendance.

All enquiries should be directed to:
Hayley Lanfear 07887 725962
Email: hayley@trianglegarden.org

New Shoots For Carers

The Triangle Community Garden
Connect, grow, enjoy!

Nature-based therapeutic outdoor sessions using the Five Ways to Wellbeing to boost mental health
Fridays 1.30-3.30pm

www.trianglegarden.org

How can being in nature help?

Gardening, when incorporated into therapeutic and mindfulness activities can have a wide range of psychological and physiological health benefits. One systematic review found significant effects of gardening on mental wellbeing, physical activity and reduced social isolation.

Caregivers facing mental exhaustion can be supported with therapeutic interventions based in the natural environment.

Loneliness and social isolation can compromise physical and psychological health. Social activities based in nature can improve connectedness and belonging, particularly when they work alongside community gardens. Such activities can promote nature contact, strengthen social structures, and improve longer term mental and physical health by activating intrapersonal, interpersonal, and environmental processes.[1]

1 *'How the natural environment can support health and wellbeing through social prescribing'* by Mughal R., Seers H., Polley M., Sabey A. & Chatterjee H.J. (2022)

How can New Shoots help?

New Shoots for Carers is a six week block of nature-based 'greencare' sessions, outdoors in nature, using the 'five ways to wellbeing' to boost mental and physical wellness.

As well as helping with seasonal tasks at the Triangle Community Garden's horticulture therapy sites, each session will focus on one of the five ways to wellbeing:

- Connecting with people
- Being active
- Taking notice
- Learning new things
- Giving to others

The sixth session will be a group outing to Cambridge Botanical Gardens by train, together with members of our Friday morning Garden Club. This is a chance to meet some other people who've benefited from New Shoots and to find out what happens at Garden Club.

Where and when are sessions?

Sessions run on Friday afternoons 1.30-3.30pm at the Triangle Community Garden and its growing spaces, in Ransom's Recreation Ground, off Nightingale Road Hitchin SG5 1RQ. Please see over for how to book yourself on.

Who will be running sessions?

New Shoots sessions are run by experienced horticulturist and mental health first aider Steve Granger, who is trained in social therapeutic horticulture and has been running New Shoots since it started in 2022. Steve will be assisted by one of our skilled volunteers.

What if I need respite care?

If you think New Shoots sounds like it will help you or a carer you know, please do get in touch with us.
If your loved one will need respite care while you take part in New Shoots, we will put you in touch with Carers in Herts who offer this service.