



Gardening 4 Health!

Welcome to Mind, Norfolk and Waveney's award-winning community allotment and garden.



 mind Norfolk and Waveney

About Gardening 4 Health.

Gardening 4 Health is supported by trained staff and volunteers, attendees can take part in free practical activities and workshops, from planting and cultivating a range of fruit, veg and flowers to woodwork.

Seasonal activities such as pumpkin carving, scarecrow making, Easter egg hunts and workshops in knitting and crocheting are also organised throughout the year.

How does gardening benefit mental and physical wellbeing?

Spending time in green space or bringing nature into your everyday life can benefit both your mental and physical wellbeing.

It can:

- Improve your mood
- Reduce feelings of stress or anger
- Help you take time out and feel more relaxed
- Improve your physical health
- Improve your confidence and self-esteem
- Help you be more active
- Help you make new connections
- Provide peer support

What will I gain from the project?

On joining the group, attendees have the opportunity to discuss with staff any practical and/or personal goals they may have. Goals are not time limited and can include growing a plant from seed, learning more about horticulture, gaining more confidence or just meeting new people.

Once a goal has been achieved, a new goal can be set or if you prefer, you can join the “Keep Growing” team who help to keep the garden and allotment looking it’s best.

Who can attend?

Gardening 4 Health is open to any adult who recognises and appreciates the benefit fresh air and physical activity can have on their mental wellbeing.

Opening times

Tuesdays and Thursdays,
10am – 2pm



Registered charity no. 1118449

Contact details:

Allotment Way, Off Front Way, North Lynn, King’s Lynn PE30 2FG
allotment@norfolkandwaveneymind.org.uk
0300 330 5488
norfolkandwaveneymind.org.uk