



Top Tips for Weekly Gardening Activities Family Carers and Friends

Look at gardening books or magazines, listen to radio programmes such as 'Gardeners Question Time' or watch some of the gardening or country life programmes on television.

Growing seeds

The first stage in this activity could be deciding what to grow, where and when, your relative could get involved in planning and deciding what to grow. Then buy the seeds – you might go on a trip to the garden centre. Plants could be started off in seed trays indoors then potted and planted out when ready. The overall activity could culminate in eating the homegrown produce which will hopefully provide a great sense of satisfaction and achievement.

Potting for all

Potting plants is an easy activity which can be tailored to your relatives needs and abilities. If your relative is more adept, then they could pot seedlings or arrangements for hanging baskets. Potting larger items such as bulbs may be more suitable, this could be done indoors using dry compost which can be easily swept or vacuumed up. The items created could be used as gifts or grown on windowsills.

Allotments

If your relative has a large garden, then perhaps you could consider making an area into an allotment. Your relative might watch you work the allotment or get involved!

If you would like to discuss the information included in this resource, please call the NAPA Helpline; our free and confidential activity support service.

