

# DID YOU KNOW?

**50%** of the elderly population (+75) feels lonely

A lonely person is **2 times more likely** to develop Alzheimer's disease

**59%** higher risk of developing mental and physical health decline

**44%** of the lonely elderly population suffer from depression



# Goodness Gardens

A COLLECTIVE GARDENING WORKSHOP FOR THE ELDERLY

**NO ONE SHOULD FEEL LONELY.**

## WHY JOIN US?

- Build new relationships and meet new people
- Gain cognitive skills and remain physically active
- Learn about gardening and share your knowledge with others
- Get in touch with nature and the cycle of life
- Feel useful and regain a sense of purpose in your life – we need you!
- Reduce stress and increase relaxation
- Learn about wellness and sustainable gardening of seasonal plants
- Cultivate a new hobby!



## WHERE TO FIND US?

You can find us at your local care home on the first weekend of every month! For more information please get in touch with us at: [goodnessgarden@garden.com](mailto:goodnessgarden@garden.com)

## HOW CAN YOU HELP?

Whether you're feeling lonely, love gardening and wish to come with your family, want to volunteer at a Goodness Garden session, or simply make a donation for this very important cause, we are here to listen to you!