GARDEN GATE GROUP **FOR SUPPORT** communiarow **AFTER BEREAVEMENT**

Communigrow, East Malling, Kent



Charity No.1159534



Our Garden Gate bereavement group

Our Garden Gate Group is a free 2 hour session on Friday mornings, 10.30am-12.30pm, for people who feel that a community gardening experience may help them in their time of loss.

We don't provide 1:2:1 therapy, or talking therapy in the traditional sense. Instead, we offer activities we hope will make you feel better alongside people who understand how you feel. Importantly, there will always be a cup of tea and somewhere lovely to sit, chat or just be.



For more information about joining, email: gardengate@communigrow.org.uk

How can gardening help at a time of loss?

Communigrow Trustee and local GP, Dr Becky Prince says,

"Therapeutic gardening has proven positive effects on both physical and psychological wellbeing.



Being active outdoors, amongst nature and other people, is hugely beneficial.

I am really looking forward to seeing the impact our Garden Gate bereavement group has on the people who join."

Proven benefits

Recent research, backed up by the Royal Horticultural Society and the NHS, has evidenced the profound impact of gardening and nature for people on the journey of recovery from a loss.

Incredibly, research has suggested that frequent human contact with the microbes in soil results in a higher production of serotonin, mirroring the calming and mood enhancing effect of antidepressants.

The group will be supported by Richard King, a qualified counsellor and CBT Therapist who currently works within primary care mental health services. Richard has also spent time as a volunteer counsellor for both Cruse Bereavement Care and the Heart of Kent Hospice.

Richard joined the Communigrow volunteer team, motivated by the healing power of nature and the health benefits of growing your own food.



This group has been funded by people for people in our first ever crowdfunder, enabling us to provide this free support from January 2025.

Chris' story

About Communigrow

Chris' Story:

"When my wife passed away in November 2023 I joined a bereavement group called Friends Together. They arranged a trip to Communigrow in East Malling where we had a great day.

I was invited to become a Communigrow volunteer.

Coming to Communigrow gives me a sense of purpose. The people are fantastic and every week we have a variety of jobs to do. I would recommend Communigrow to anyone who finds themselves in the same position as I was"

Communigrow is a sustainable food education charity in East Malling, Kent. We have been providing 'green therapy' in the local community for the last 14 years.

Our key aim has always been to grow fresh food in an environmentally sustainable way in partnership with the natural world.

We now realise the equally important by-product of our aim is 'Therapeutic Gardening.' Improving our beneficiaries' mental and physical wellbeing, and reconnecting them with the natural world.



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www.communigrow.org.uk