

# BENEFITS OF GARDENING



## WELLBEING

Being outside in the open air is proven to boost mood. Meeting up with others supports friendships and social networks.



## BE ACTIVE

Gardening keeps you moving! Keeping physically active is important for your health.



## CONTRIBUTE

Volunteering is a great way to give back to your local community and support others.

Our Community Garden has a wealth of benefits. It helps those that volunteer feel connected to nature, and it also provides biodiverse space, encouraging natural pollinators such as birds and bees.

It helps to increase food security by helping Linskill Trust provide locally grown produce to its café and catering team, as well as providing for community cookery sessions.

It helps people understand the importance of eating seasonally, with low food miles and reduced packaging – we all need to do our bit to help the environment.



## WANT TO HELP? GET IN TOUCH:



Linskill Centre  
North Shields  
NE30 2AY



0191 257 8000 or  
07800 851 374 (Alan)



[community.programme@linskill.org](mailto:community.programme@linskill.org)



Community  
Programme  
Linskill Trust



## LINSKILL COMMUNITY GARDEN

## JOIN OUR TEAM OF VOLUNTEER GARDENERS

Learn from local experts  
and share your knowledge with  
fellow gardening enthusiasts

# ABOUT US

The Community Upcycle Garden started in 2021, during covid, to provide local residents with a safe outdoor space to grow their own produce.

Since then the garden has gone from strength to strength, with volunteers growing fruits and vegetables for use in Cafe 32, plus ingredients for community cooking sessions. Plant and produce sales are also held seasonally to raise funds to support the garden.

With strong environmental ethos, everything in the garden is donated and upcycled. Fish boxes from North Shields Fish Quay are used as planters and waste hops from local beer producer are used as fertiliser. Many other innovative upcycling ideas are employed to make use of 'waste' materials.



# VOLUNTEER

**Volunteering with Linskill Trust is very rewarding. Our volunteers are very valuable to us and your work is greatly appreciated.**

You might be green fingered and want to share your knowledge and skills, or you might not know a courgette from a cucumber! You don't need to be an expert gardener to volunteer – you might want to learn something new, or you might simply enjoy being outside.

It's a great chance to meet with other members of your local community, get active, and a great way to support your local charity by giving your time and energy.

Volunteering is for all ages (although under 18s must be accompanied by an adult), and you can give as much or as little time as you choose. Our garden is open Monday to Saturday.

# GET IN TOUCH

So, whether it's about sharing knowledge, learning new skills, meeting others, getting active, enjoying being outside, or wanting to improve your local environment – we'd love to hear from you.

Give us a call, or telephone Alan, our lead gardener, on his mobile (provided), who will arrange to meet you and show you around our community upcycle garden and advise of the tasks at hand. If you like what you see and want to join in, we will then enrol you as one of Linskill Trust's volunteers – and then you can roll your sleeves up!

