

Defence Garden Scheme

This is a 10 week closed, military veteran only, entry level gardening programme. Individuals and small groups are introduced to basic horticultural skills as well as guided support for managing anxiety, depression and stress.

Sessions run every Tuesday from 10.00am to 1.00pm and are delivered by an experienced team of a head gardener and horticulturalist. No previous knowledge is required, just an interest in working together to a shared and common purpose as part of a small team of like minded individuals.

The Ashes to Gold garden, located in Coleraine, is safe, secure and spacious with a large polytunnel for those days when the weather is typical of Northern Ireland.

Our next 10-week course begins on Tuesday 14th September 2021 – please get your name down quick, places are limited!!



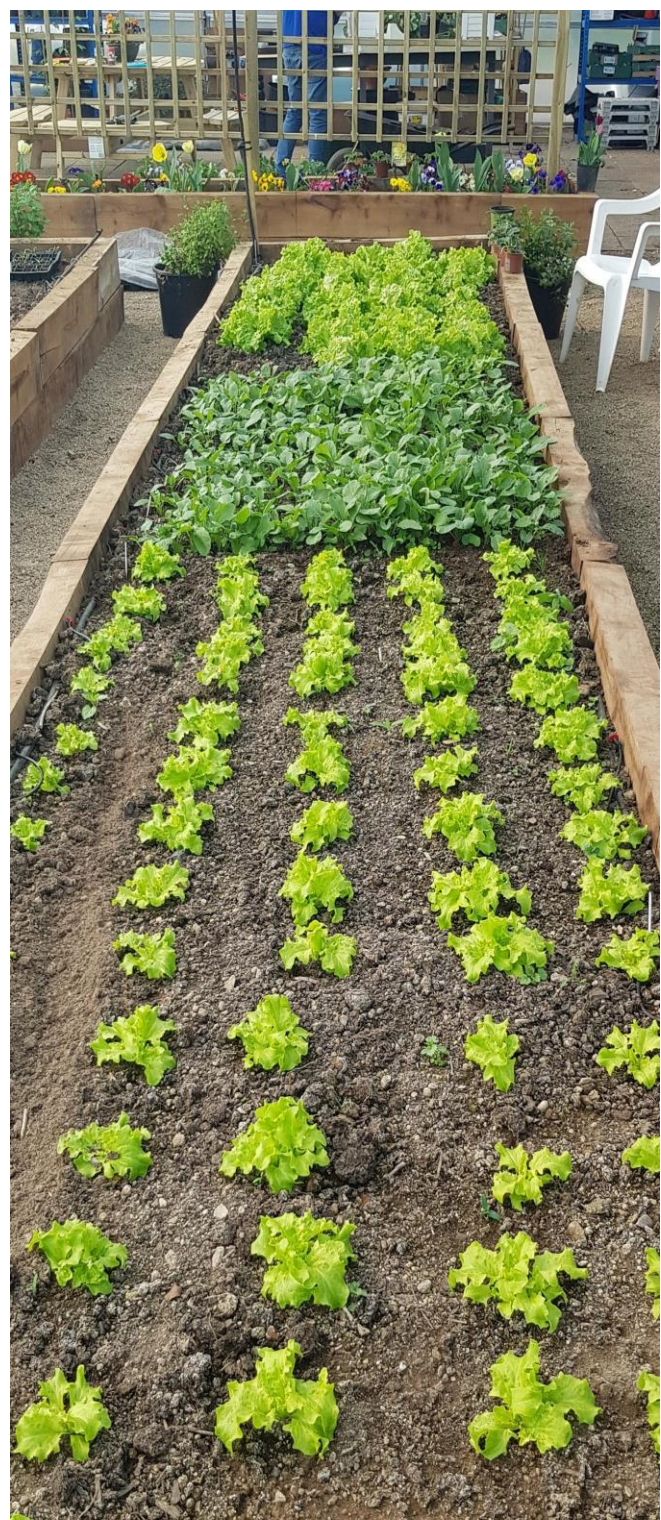
A Typical Day

The group will arrive at 10.00am and enjoy some informal time to settle in and catch up with tea and coffee before activities begin.

Tasks will often be short and varied as our programme shows from planting bulbs to learning how some plants can improve your health.

There will also be a lunch break from 12.30pm to 1.00pm with each session finishing at 1.00pm. The group will be encouraged to take their grown and harvested produce home to show family and friends what they have achieved.

This will all take place within a safe and secure garden setting, with full use of a large polytunnel enabling year round activities.





For further information, contact Peter Finch at Ashes to Gold, using the phone number or email below;

Tel: 028 70440386

Email: peter@ashestogold.uk

Ashes to Gold Grow Head Gardener; Brett Campbell

Ashes to Gold is a community, not-for-profit organisation who's statement is: Working to Restore a Life's Purpose.

This is achieved through the provision of meaningful activities, training and counselling.

