

Growing Connections



We developed Growing Connections back in 2019 and we published the guide just before our world changed dramatically due to Covid-19.

When we produced this work we didn't know what was about to hit us. Spring and Summer 2020 has been so challenging and we know that worst hit have been the most vulnerable and most isolated members of our communities.

Community gardens and projects have started to re-introduce volunteers safely, including older and more vulnerable/shielded volunteers. We know how important gardening and food growing is for positive mental health and our feeling of connectedness. So, we believe that following age-friendly and inclusive gardening approaches in community gardening has never been more important!

However, we also want to highlight the importance of following guidelines in order to keep everyone safe. Please follow the tips in this guide but always check in with government advice: <https://www.gov.uk/coronavirus>

You may also find our Capital Growth Covid-19 webpage useful: <https://www.capitalgrowth.org/coronavirus/>