

Fern House Community Garden Project



Covid-19 has left us all feeling a little isolated and in need of getting out and making contact with other folk. That's why we are introducing the Fern House Garden project.

The project aims to support patients of the Witham and Maldon PCN with:

- Loneliness and social isolation
- Depression and other mental health issues



The project is for anyone who:

- want something to do or are in need of company
- are in need of getting out for a little exercise
- are grieving a loss
- are recovering from illness

The volunteers managing the project will offer both a supportive and encouraging role, as we want to ensure everyone feels happy and confident to take part, whatever their abilities or experiences are.

Interested patients can experience the enjoyment of gardening while in the company of others. There's no doubt gardening can be a wonderful way of connecting with others.

The group will meet on a Tuesday – date to be confirmed – in Fern House car park at 1:30 pm for six weekly sessions lasting about two hours. But it doesn't matter if you can't make every one.

You don't need previous gardening experience, just enthusiasm to meet others, enjoy some fresh air and undertake a little bit of work.



For more information, or to get involved, go to:
www.withamandmaldonpcn.nhs.uk/get-involved/local-projects/fern-house-garden-project/