

5 Ways to Wellbeing in the garden

Connect with others...

In the garden I can mix with people at my own pace. I can work alone on a bad day or in a group when I feel more confident

Be active....

Gardening is relaxing and good physical exercise. I feel good afterwards and I'm definitely healthier than when I joined

Keep learning...

I've learnt loads. The names of plants, identifying weeds, how to use tools safely and how to look after different plants

Take notice...

You notice things like the changing seasons and how much better you feel after being outside

Give...

It's really rewarding , I'm part of a team and I get great satisfaction from seeing what we've achieved

The 5 Ways to Wellbeing are based on research by the New Economics Foundation. Comments are taken from the experiences of people using gardening and conservation projects across England.



Follow us on Facebook at:
Growing with Dudley Mind
and at
Cradley Wildlife Garden

For further information please contact
Dudley Mind on the number or email
address below



Dudley



Dudley Mind

221 Hagley Road,
Stourbridge, West Midlands DY8 2JP
Web: www.dudleymind.org.uk

Phone: 01384 442938

E-mail: jill.hogan@dudleymind.org.uk

Dudley Mind, a Registered Company no. 2533622
(England and Wales) registered charity no. 1002257

Dudley Mind and St Peter's Church Cradley
working in partnership



Web: www.stpeterscradley.org

Phone: 01384 411 383

E-mail: revkat@halasteam.org.uk



Cradley
Wildlife Garden

What you can do

We meet at St Peter's Churchyard every Tuesday from **10:00 to 4:00** all year

- Learn new skills in gardening and activities for nature conservation
- Help to improve this historic site for people and wildlife to share
- Enjoy the health benefits of being outdoors and getting some exercise in the fresh air
- Watch the seasons change and enjoy the visiting wildlife and birds
- Share the company of others in this beautiful and tranquil setting

We do a mix of clearing weeds, doing new planting and improving wildlife habitats, while also helping to keep the site attractive to human visitors. There is a variety of task to suit most people.

Tools and equipment provided. You will need strong shoes or boots (no sandals or thin trainers please) and a coat. We have refreshment facilities and indoor space in the church in bad weather.

To find out more call Jill on 01384 442938 or email jill.hogan@dudleymind.org.uk

Remember to let us know if you have any allergies or other health conditions like a bad back. It's unlikely to stop you taking part but we need to know.

Did you know?

The garden is in the old churchyard and forms part of an eight acre registered Site of Interest for Nature Conservation.

St Peter's Church and Dudley Mind have come together, with funding from the Churches Community Trust, to help manage the garden for people and wildlife. The site plan includes work to encourage more birds and butterflies



Research shows that working outdoors, close to nature, improves our wellbeing. It can help us to keep well, physically and mentally and connects us with our communities.

Watch out for details of open days, gardening and nature conservation workshops. In November 2015 there will be a Mental Health First Aid course (accredited MHFA England) with up to 12 free places for the project's volunteers.

Getting there

**St Peter's Church
Church Road
Cradley
B63 2UL**

By car: St Peter's is next to the school on Homer Hill Road. There is a small car park in front of the church, at the end of Church Road. This road is narrow and may be limited by parked cars. Alternatively, there is a car park on Colley Lane, below the church. Access to the church is then by a steep footpath.

By bus: (At time of printing, check before you set out) The 214 and 243 go to Cradley and the 002 drops you close to the church at the junction of Colley Lane and Butcher's Road.

The 9, 4, 142, and 13 will drop you off at Colley Gate. From there it's a walk down Colley Lane to Church Lane and Church Road.

