THE BENEFITS OF GARDENING

Gardens can be great for the environment and for wildlife - and they're good for our health too.

Research shows that:

Gardens and green spaces are associated with better physical, social and mental health.

Gardening can help keep you fit and healthy with the number of calories burnt from 30 minutes of gardening comparable to playing badminton, volleyball or practising yoga.

Gardening can reduce depression and anxiety and improve social functioning.

Gardening can help maintain independence and prevent cognitive decline.

Four in five teachers who signed up to the RHS Campaign for School Gardening reported that gardening has had a significant positive impact on pupil health and wellbeing.

Those who garden every day have wellbeing scores 6.6% higher and stress levels 4.2% lower than people who don't garden at all.
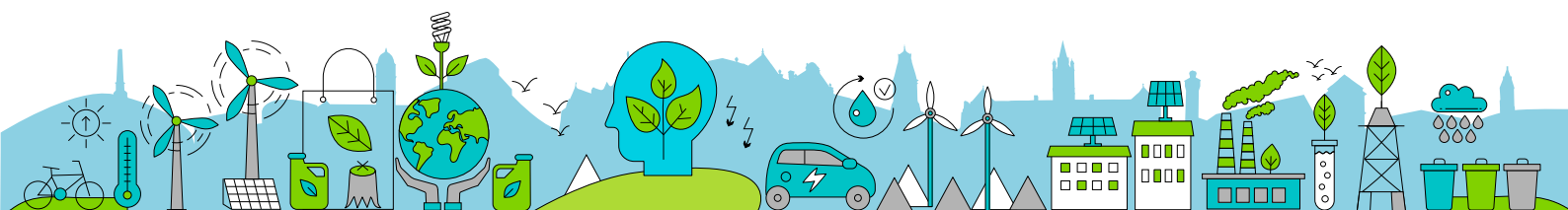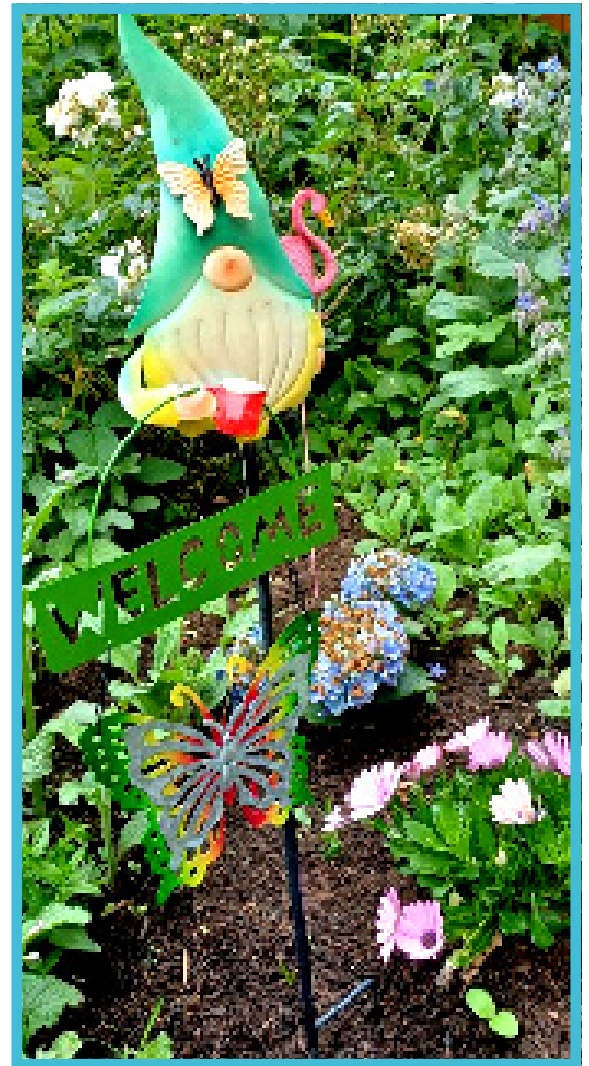
The benefits of gardening has led to an increasing number of GPs prescribing gardening not only for rehabilitation but also as a preventative measure.
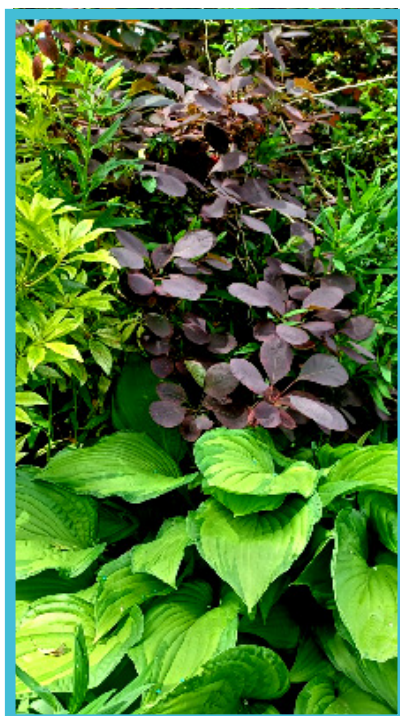
Patients with rooms overlooking nature recover faster than those who face buildings.

Diets higher in plant foods and lower in meat may be linked to a lower risk of dying of a heart attack, stroke, or other cardiovascular disease.

Fruit and veg are important for maintaining a healthy weight – and growing your own provides plenty of fruit and veg on tap.

If you only have a small space then pots or planters can be beneficial or charity Leap have community allotments you can get involved in, visit www.leapcfc.org.uk