



More Than Gardening: Lesley's Green Connection

Sometimes, a little support can make a big difference

Getting to know Lesley

Lesley lives with her husband and their much-loved new addition to the family, a fluffy little puppy called Teddy who has brought extra joy and energy into their home.

She has always loved nature, and being outside brings her a real sense of peace, comfort and connection.

A garden full of life and memories

Lesley and her husband take great pride in their lovely front garden, which has recently been transformed with a beautiful gravel design, thoughtfully arranged pots and a calming water feature.

Their rear garden is quite large, and over the years they have had to reduce the borders to make the space easier to manage. It still holds many special features, including a wonderful waterfall cascading into a small pond, which has been a lifeline for birds during the very hot, dry weather.

However, both Lesley and her husband live with long-term health conditions, which mean that keeping on top of the gardening has become increasingly difficult, even though the garden continues to matter deeply to them.

Creating a garden for Lesley and nature

When Lesley met with Colette, the Green Connections Co-ordinator, she shared how much she wanted to bring more colour, life and wildlife back into the garden. She was especially keen to choose plants that would attract butterflies and other insects, including the hummingbird hawkmoth.

Colette spent time listening to what Lesley hoped for, understanding what the garden meant to her and helping her think about small, manageable changes that would make a big difference. Together, they planted two spare pots with a central lavender plant surrounded by pretty violas, giving Lesley something colourful and uplifting to enjoy while sitting out on the patio.

Colette also sourced two plants chosen specifically to support the insects Lesley wanted to encourage, adding a Buddleia and a Fuchsia into the garden border. These thoughtful additions helped Lesley feel that the garden could continue to be a welcoming space for wildlife, without becoming overwhelming to look after.

Time to enjoy the garden together



The sessions gave Lesley far more than practical gardening support. Spending time with Colette in the garden created space for conversation, confidence and companionship. They chatted, observed nature together and paused to enjoy the birds visiting the garden, including Goldfinches, Greenfinches, Bullfinches, Sparrows and Long-Tailed Tits.

Lesley was delighted with the work completed and loved the plants Colette had chosen. The service helped her reconnect with the parts of gardening she enjoys most: colour, wildlife, being outdoors and sharing peaceful moments in a space that feels like home. Green Connections made a real difference by helping Lesley feel supported, listened to and able to enjoy her garden again in a way that works for her and her husband.

Could Green Connections help someone you know?

If you, a friend or a family member is aged 55 or over, lives in Crewe or Nantwich and would benefit from a little practical support, companionship and time enjoying the outdoors, Green Connections could be for you. Whether it's helping someone make the most of their garden, encouraging them to spend more time outside, or simply creating the opportunity to talk, share interests and reconnect with the things they love, our support is personalised around the individual.

Get in touch with Age UK Cheshire to find out more about Green Connections and how we could support you or someone you care about.



**To find out more or make a referral, contact Colette on
07717 501315**



or email connections@ageukcheshire.org.uk.



