



Rediscovering the Joy of Gardening

About Green Connections

At Age UK Cheshire, our Green Connections service helps people aged 55 and over reconnect with nature and enjoy the benefits of spending time outdoors. Through personalised one-to-one support, we help people regain confidence in their gardens, improve their wellbeing and continue enjoying the outdoor spaces that mean so much to them.

For one client, Green Connections made it possible to enjoy her garden once again.

A Garden Full of Memories

Following a stroke, our client had lost the use of some of her limbs and was only able to speak a few words. Despite the challenges she faced, her warmth, determination and positive outlook shone through every visit. Her garden had always been a place she loved, but it had become increasingly difficult to manage. To make life easier, the lawn had been replaced with artificial grass, allowing her to move around safely on her mobility scooter. Raised beds had also been installed, but they were too wide for her to reach, leaving weeds, brambles and ivy to take over. She found it frustrating not being able to care for the garden she loved.

Working Together



During the first visits, our Green Connections Coordinator helped tackle the jobs that had become impossible for the client to manage alone. Mare's Tail weeds were carefully dug out, overgrown ivy was cut back, and a large tree was reduced in height to make the garden feel more open and manageable again.

But the visits became about much more than practical gardening tasks. While discussing the garden, our Coordinator suggested replacing the artificial flowers in the raised beds with real plants that would not only brighten the space but also attract bees, butterflies and other wildlife while helping to suppress weeds.

The client's response was an enthusiastic smile and an immediate "yes." Although she couldn't carry out the heavier work herself, she enjoyed being involved wherever she could, joining in from her mobility scooter and sharing in every step of the transformation.

More Than Gardening

Each visit became an opportunity to share knowledge, spend time outdoors and reconnect with nature together.

One memorable moment came when insect eggs were discovered on the underside of a leaf. Together, they looked at what they might become and explored the fascinating wildlife already thriving in the garden. It was these simple moments of curiosity and shared discovery that made each visit so special.

Small acts of care, such as watering the plants, deadheading roses that were out of reach and leaving the garden neat and tidy after every visit, helped restore not only the garden but also the client's confidence and enjoyment of being outdoors.

A Lasting Difference

By the end of the third visit, the transformation was about far more than the garden itself.

The client was delighted with the changes and overjoyed to have an outdoor space she could once again enjoy. As the final visit came to an end, there were hugs all round and thoughtful gifts exchanged. The client presented a thank you card and a box of chocolates, while our Green Connections Coordinator gifted two small insect houses so the garden could continue to welcome and support local wildlife.

It was a touching end to a journey that had restored much more than flower beds.

This story is a wonderful reminder that Green Connections isn't simply about gardening. It's about helping people reconnect with nature, regain confidence, improve wellbeing and rediscover the enjoyment that comes from spending time in a place they love.

📞 To find out more or make a referral, contact Colette on 07717 501315 or email connections@ageukcheshire.org.uk.

