



Growing Connections Through Nature

More Than Gardening: June's Green Connection

Sometimes, a little support can make a big difference.

For 85 year old June, her garden has always been a place of joy. She loves nature, painting and being outdoors, and although she still enjoys gardening, keeping on top of her large garden had become increasingly difficult.

That's where Green Connections from Age UK Cheshire came in.

Green Connections supports people aged 55 and over to stay connected with nature, enjoy their outdoor spaces and improve their wellbeing through personalised, practical support. But, as June discovered, it can offer so much more than gardening

Getting to know June

June is active, sociable and full of interests. She enjoys walking, nature and painting, and has spent many years surrounded by the things she loves.

Over three visits to her home, our Green Connections Coordinator Collette worked alongside June to bring new life to her garden.

Together, they refreshed some of June's pots, planting scented lavender and complementary flowers, including some beneath the pergola where June loves to sit and enjoy her garden.

June had a much-loved Contorted Hazel which had sadly declined. Collette sourced a replacement and, together they planted a new tree for June to enjoy.

Working together, at June's pace

What made the visits so special was that June wasn't simply watching while someone else took care of her garden. She was part of it.

When the dry ground proved difficult to dig, June produced a special tool to help break up the soil — and even insisted on doing some of the digging herself!

Together, June and Collette planted the new Hazel, added compost and gave it a good watering.

It was practical support, but it was also about enabling June to continue doing the things she enjoys, in a way that worked for her.

A cup of tea, a conversation and a connection



And perhaps the most important part of the visits happened away from the gardening.

Over cups of tea and homemade biscuits, June and Collette got to know each other. They discovered shared interests in nature, animals and Reiki, while June also talked about her love of painting and the 11 years she spent playing the ukulele.

As they worked in the garden, they spotted wildlife together too — including a tiny green spider, a Green Shield Bug and a beautiful Painted Lady butterfly.

These might seem like small moments, but they provided opportunities to talk, share memories, exchange knowledge and simply enjoy each other's company.

The difference Green Connections made

By the end of the three visits, June's garden looked different but the real impact went much deeper.

June had spent time outdoors. She had remained actively involved in her garden. She had shared her interests, stories and experiences. And she had developed a genuine connection with someone who had taken the time to get to know her.

During Collette's final visit, June said something incredibly simple:

“You've asked me more about myself than anyone has for some time.”

That sentence says so much about what Green Connections can mean.

It isn't just about planting flowers, tending gardens or getting things done.

It's about people.

It's about having someone alongside you. Someone to talk to. Someone who takes an interest. Someone who helps you continue doing the things that bring you joy.

For June, Green Connections has helped her stay connected to her garden, to nature and, importantly, to another person.

And sometimes, that's exactly the kind of connection we all need.

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.

