

Volunteer Gardening Service

Many people are at risk of social isolation and loneliness, especially older people. When their physical health begins to restrict their involvement in social and recreational activities they can withdraw from the outside world.

Our services run throughout Buckinghamshire and promote active, healthy ageing so that a longer life is a healthier life. We use horticulture as a tool to reduce social isolation and increase physical activity, as well as to provide access to local health networks.



We offer volunteering opportunities for people of all ages to work together with socially isolated participants and facilitate their involvement in activities such as maintaining their own garden or growing fruit, vegetables and plants. This can be as part of a supervised team who support multiple people or for the same person on a one-to-one basis.

Our services encompass a variety of gardening and growing activities, so there are many ways for both able-bodied and infirm people to be involved both as volunteers and participants.

We also provide a low-cost garden clearance and maintenance service. In addition to supporting individuals, we also engage with communities and local groups to carry out regeneration projects on unkempt green spaces.

A quote from a volunteer:

"I love helping someone. I enjoy working with my client and we have become friends."

A quote from a client:

"My volunteer is very kind and nice, we are now friends and even if the weather is bad she still comes and we have a coffee and a chat"

For further information please contact Leona on

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