

Case Study

Joan used to be a keen gardener and spent many hours tending to the plants in her large garden. Unfortunately due to ill health Joan was no longer able to take care of her garden alone, so she called us and asked for some help. We have been happily giving her a helping hand since 2006.

Up until last year Joan was still very active, she enjoyed nurturing her potted plants, making wine and various arts and crafts projects. Sadly, a fall has confined her to bed but she is still able to watch her front garden taking shape from her window. Joan enjoys watching all of the activity in her garden and having a chat with our volunteers is even more important to her now she can't get out and about.



“I haven't been out since my fall last year. Looking out of my window into my lovely garden really cheers me up. The volunteers are so nice and they always leave my garden neat and tidy. They are very polite and friendly. They like to have a chat with me. They brighten up my day.”

Joan, 102 years old