



“Plant a Seed”

Contained in this pack are:

- A container filled with compost
- Seeds
- A plastic bag to act as a mini glasshouse
- A set of instructions

We wanted people to have something to look after, nurture and watch over as it grows.

One person has named their Sunflower seedling “Rainbow”, another is impressed that theirs has germinated!

All of them have something else to focus their minds on.

Through phone conversations we know that a lot of people are feeling the physical and emotional effect of their inability to exercise and move around as much as they used to. We joke that we won't recognise each other next time we meet!

So another challenge is our:

“Lets get fit together!”

We have set days to workout and a 4 weekly planner and diary to record our progress.

Knowing that others are taking part will hopefully increase our motivation to keep going.



We hope that everyone is keeping well and safe in these very strange times.

Please feel to contact us on nkelly@hillcrestfutures.org.uk or isummerton@hillcrestfutures.org.uk to share ideas and resources and to support each other and our clients.