



From time to time you may hear about Ninewells Community Garden. However, we often hear comments like "I never knew you were there! If only I had known about it before!". So, who exactly are we, and perhaps more importantly, where are we.

Lying on the edge of the arboretum at the back of Ninewells Hospital, and very near to the Maggie Centre and the hospital helipad, our mission is to promote physical activity and good health through community gardening. Over the course of almost 10 years, a group of very dedicated and hardworking volunteers have developed an environment where horticulture supports wellbeing, therapy and rehabilitation.

The garden is run and managed by our volunteers, with the support of few part time

staff members, and is open at all times to the general public, patients, staff, community groups, and our garden volunteers. Visitors drop in to eat their lunch, appreciate the plants, smell the flowers, watch the birds or simply take some time to just be.

The garden includes wheelchair accessible paths, herbaceous borders, vegetable, sensory and physic gardens, a small orchard with wildflowers, a picnic area, wildlife habitats, a poly-tunnel (hopefully two by the time of printing!) and a children's play area which now includes a mud kitchen.

We also have a garden room, the Leaf Room, used by our volunteers as a chat and catch up space and utilised by the Green Health Partnership twice a week for craft and mosaic groups and to host its Green Library.

From time to time we run our own workshops, covering everything from taking cuttings and planting bulbs to apple tree grafting and garden tool maintenance to writing and Christmas wreath making. These workshops are open to all and there is currently no charge, although we do ask for a small donation, if possible, to cover some of our costs.

We're looking forward to being able to run our healthy eating sessions again in the garden, taking produce which we have grown ourselves and creating healthy and nutritious recipe ideas for people to come together and chat over.

We're also looking at how we can support the communities which are near to us, specifically Menzieshill and Charleston. While we don't offer a gardening service nor wade come in and give general green space a makeover, we may be able to support residents and community groups in other ways such as cuttings or plants from our garden, or knowledge and skills sharing from our staff and volunteers, to enable them to work with their neighbours, the people in their street or block; so that they can do something with the green space nearby. If you know of a group who has a burning garden question or would like to learn a specific garden skill and think others in Charleston might like to learn too, then let me know and we can plan a workshop, either in the community or in the garden.



And don't forget, if you have service users at Ninewells hospital for an appointment or to support someone else, tell them to drop into the garden to enjoy a little bit of tranquillity and calmness before they head home again.

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