



EMBRACING AGE
HAMPSHIRE
Later life in all its fullness

Flowers & Gardening Volunteers

Could you help by sowing and growing flowers to give to older people living in our local care homes who might not otherwise perhaps receive flowers?

Together we can make a difference, bring joy and help to combat loneliness and isolation.

Whether you have a window box or an allotment, we would be so grateful for donations of flowers to gift to local care home residents, either for using in floral posies or as live potted plants.

We would also really appreciate help with arranging flowers into posies.

We also welcome volunteers to help in care homes so that residents can get involved in gardening projects, planting bulbs and seeds, making floral table displays and growing fruit, vegetables and herbs.

Please contact us to find out more
hampshire@embracingage.org.uk

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