

NEWS STORY

IT'S 'READY STEADY GROW' FOR RESIDENTS' GARDENING COMPETITION

FEBRUARY 2021



Sanctuary Supported Living and Sanctuary Retirement Living residents are being encouraged to get outdoors and get growing, with the launch of their annual Ready Steady Grow gardening competition.

The competition aims to support residents to learn life skills, meet new people and build their self-confidence. Residents who took part in previous years said they enjoyed feeling both the mental and physical health benefits from getting out in their gardens and growing their own fruit and vegetables.

There are two categories: 'Welcoming Nature' and 'Seasonal Pride', and the competition is open to all Sanctuary Supported Living and

Sanctuary Retirement Living residents, whether they have access to a large communal garden or allotment; or have their own small garden, balcony or courtyard. The winners will be chosen by a public vote in July, and prizes include trophies, certificates and garden centre vouchers.

Michele Payne, Scrutiny and Co Production Manager in Sanctuary's Co-regulation team, who have organised the competition and are offering funding and support for residents taking part, said: "I'm really pleased to be running our Ready Steady Grow gardening competition again this year, after Covid-19 meant that last year's competition couldn't go ahead as originally planned. We've seen some amazingly creative and innovative gardening projects in previous years, so I'm looking forward to seeing this year's entries!"



www.sanctuary-retirement-living.co.uk