



# Living Well North Tyneside

Supporting Health and Wellbeing

Encouraging everyone to experience the joys and benefits of gardening

## What is National Gardening Week?

**National Gardening Week** is an annual celebration hosted by the **Royal Horticultural Society (RHS)**, created to inspire people of all ages to get gardening. Whether you're a seasoned horticulturist or someone who's just planted their first seeds, this week offers a perfect opportunity to learn new skills, connect with nature, and enjoy the wellbeing benefits of spending time outdoors.

Held from 28 April to 4 May in 2025, the week-long event promotes the many joys of gardening, sharing expert tips, educational activities, and plenty of inspiration to help both individuals and communities grow.

## Why Gardening Matters

Gardening is more than just a hobby — it's good for your mind, body, and environment. Research continues to show that gardening can help reduce stress, boost mood, improve fitness, and even contribute to better nutrition when growing your own food. It's also a great way to support biodiversity and green your local area.

## History of the Week

Launched by the RHS in **2012**, National Gardening Week has become one of the UK's biggest celebrations of gardening. Over the years, it's brought together schools, community groups, and individuals with a shared love of plants and green spaces. Each year, the campaign encourages people to try something new in the garden — whether that's planting bee-friendly flowers, growing vegetables from seed, or creating a wildlife habitat.

## How to Get Involved

### 1. Join RHS Activities

Visit the RHS website for free guides, downloadable resources, and ideas for activities throughout the week.

### 2. Start a Gardening Project

You don't need a big garden — try planting herbs on a windowsill, starting a container garden, or transforming a shared outdoor space in your community.

### 3. Host or Attend a Gardening Event

Libraries, schools, garden centres and community organisations may run workshops, plant swaps, or guided tours. Get involved or host one yourself!

### 4. Share Your Garden Online

Use the hashtag **#NationalGardeningWeek** to showcase your plants and progress on social media and connect with other gardening enthusiasts.

### 5. Inspire Children and Young People

Get the whole family involved by planting sunflowers, creating bug hotels, or designing colourful garden markers.

## Local Gardening Inspiration in North Tyneside

**Linskill Community Garden (North Shields)** — An inclusive garden space offering workshops, volunteering opportunities, and social events. A great place to get hands-on experience and meet fellow gardening fans.

**Whitley Bay Community Allotment** — A welcoming space for local residents to learn about growing their own produce and connecting with others.

## Growing More Than Plants — Growing Joy, Community, and Wellbeing

Whether you're planting your very first seed or tending to a thriving allotment, National Gardening Week is a chance to reconnect with nature, nurture your wellbeing, and grow something meaningful. Gardening is a gentle yet powerful way to create beauty, encourage biodiversity, and bring communities together. So why not step outside, get your hands a little muddy, and discover the joy of watching things grow — it might just become your new favourite habit.

### Related Links

- [Royal Horticultural Society \(RHS\): National Gardening Week](#)
- [Garden Organic: Tips for Organic Growing](#)
- [The Wildlife Trusts: Gardening for Wildlife](#)
- [Whitley Bay Community Allotment](#)
- [Linskill Community Garden \(North Shields\)](#)

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